

Monarch Newsletter

August 2026



HAPPY B C DAY



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

August 13th Rock, Paper Moon Jazz Band

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



Note from Meeka:

I have officially started my parental leave in August and will be back in January 2027, I will miss a lot of things about Kerrisdale while I'm away, but what I will miss the most is the people! Thank you to the Kerrisdale Seniors for being so welcoming and engaging. I appreciate how you have embraced new programs, events, and offerings with curiosity. There are many new workshops and returning programs that you can expect to see in Fall 2026, registration opens August 8! This month's social is a new group that has not previously performed at KCC, it's a jazz band called Rock, Paper Moon. Social is August 13 at 1pm!



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!



Birthday Parties

We are bringing back the monthly birthday draw!

If you have a birthday in August, enter the contest to win a free lunch and a Kerrisdale Community Centre tote bag! Contest entry at the Seniors 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



Coffee Bar open on Saturdays!!



The total number of chocolates:

*Thank you to everyone who submitted a guess for the jar of
chocolates!*

The total was 117, and one person got it correct!!

Congratulations to Makai!

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.

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

August 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

REMINDER!

PROGRAM CARD RENEWAL – SEPT 2026/AUGUST 2027

LUNCH, SOCIAL & OPERA ZONE

Renew your 2026-2027 Program Participant Cards at front desk.

Programs requiring a \$10 registration fee:

Lunch Program and Social Recreation.

The Social Recreation program includes a broad range of free activities including, but not limited to, Mahjong, Chess, Texas hold'em poker, Bridge, Cribbage, Bingo, Table tennis, Scrabble

Program requiring a \$20 registration fee: Opera Zone

FALL REGISTRATION 2026 (SEPT- DECEMBER)

Registration opens August 8 th

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

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

Canada Day Flag Raising Ceremony



We Celebrated CANADA DAY from TOP to TOE



August 2026 Movies – Saturday & Sunday 2:00pm

Free popcorn at Saturday Movies!

Aug 1 & 2 Midnight Run (1988)

Jack Walsh (Robert De Niro) is a tough bounty hunter and has to deliver Jonathan "The Duke" Mardukas (Charles Grodin), who embezzled \$15 million from the Mob, but the FBI is after The Duke to testify - the Mob is after him for revenge - and Walsh is after him to just shut up. Will they survive each other and all the other pursuers to a happy ending?

Aug 8 & 9 A Fish Called Wanda (1988)

A Fish Called Wanda is a 1988 heist comedy film directed by Charles Crichton and written by John Cleese from a story conceived by Cleese and Crichton. It stars Cleese, Jamie Lee Curtis, Kevin Kline, and Michael Palin. The film follows a gang of diamond thieves who double-cross one another to recover stolen diamonds hidden by their jailed leader. His barrister becomes a central figure – and jealousies rage – as *femme fatale* Wanda seduces him to locate the loot.

Aug 15 & 16 Planet Earth Disc 5

Disc 5 of the original landmark BBC *Planet Earth* Series

Aug 22 & 23 Kiss Kiss Bang Bang (2005)

A petty thief posing as an actor is brought to Los Angeles for an unlikely audition and finds himself in the middle of a murder investigation along with his high school dream girl and a detective who's been training him for his upcoming role...

Aug 29 & 30 Mrs Brown (1997)

Queen Victoria (Dame Judi Dench) is deeply depressed after the death of her husband, disappearing from public. Her servant Mr. John Brown (Sir Billy Connolly), who adores her, through caress and admiration brings her back to life, but that relationship creates scandalous situation and is likely to lead to monarchy crisis.



Leaves of Gold

, In early dawn of morning light,
I look out my window the trees in my sight,
Its leaves reflecting colours of green, red and gold

As summer is seasonal and days grow cold,
For my body is weak and am old.
With the creator's gift of trees colours,
So beautiful sight I see in all morning light.
The creator's reflection in light so bold,
My sense of His spirit will never grow cold.
As in his spirit my heart takes flight.
As summer is gone in dawns early light,
I shiver and shake my will a fright,
As the leaves float gently to the ground
To curl up and die, I ask the creator why?
As I see my life before me I begin to cry
As leaves wither and die.
I see the creator's promises
In the spring season of following year,
Will carpet the earth's valleys with grass of green.
And all flowers and trees will flourish,
Life will be renewed giving peace and love
The creators' promises love is renewed

Poem by Arthur Power
Member of Kerrisdale Senior Centre

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

August 2026 Senior's 55+Years Lunch Menu

11:30am-12:45pm

\$10 annual registration fee for Lunch Program due Sept 1 2026

The Menu and days of service are SUBJECT TO CHANGE

Sat	1	Sun	2	CLOSED
Mon	3	Kitchen Closed for BC Day		
Tues	4	Butter Chicken with Rice & Vegetables & Naan Bread		
Wed	5	Cod Fillets with Potatoes & Vegetables		
Thurs	6	Shepherds' Pie with Vegetables		
Fri	7	Hot Lunch		
Sat	8	Sun	9	CLOSED
Mon	10	Pork tenderloin wrapped in Bacon with Mashed Potatoes & Veg		
Tues	11	Chicken in Alfredo sauce with Pasta & Salad & Garlic toast		
Wed	12	Beef Pot Pie with Mashed Potatoes & Vegetables		
Thurs	13	BBQ Ribs with Coleslaw & Baked Beans & roasted Potatoes		
Fri	14	Hot Lunch		
Sat	15	Sun	16	CLOSED
Mon	17	Country Sausages with Fried onions & Potatoes & Vegetables		
Tues	18	Swedish Meatballs with Rice & Vegetables		
Wed	19	Baked Chicken legs with Potatoes & Vegetables		
Thurs	20	Burgers day with all the fixing		
Fri	21	Hot Lunch		
Sat	22	Sun	23	CLOSED
Mon	24	Baked Chicken Thighs with Potatoes & Vegetables		
Tues	25	Turkey Meatloaf with Potatoes & Vegetables		
Wed	26	Salmon Fillets with Mashed Potatoes & Vegetables		
Thurs	27	Corn Beef with Steamed Potatoes & Cabbage		
Fri	28	Hot Lunch		
Sat	29	Sun	30	CLOSED
Mon	31	Hot Lunch		

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	12 SATURDAY
						1
Refer pages 18/19 for on-going Social Programs	AUG UST 2026				Lunch on Fridays!	Movie & Free Popcorn: Midnight Run Smart Device Workshop Coffee Bar open!!
2	3	4	5	6	7	8
Movie: Midnight Run  Opera Zone	B C DAY Kitchen closed		Nutrition Bingo		Coping with Extreme Heat presentati on	Movie & Free Popcorn: A Fish Called Wanda Fall Registratio n Coffee Bar open!!
9	10	11	12	13	14	15
Movie: A Fish Called Wanda	English Conversati on Club Mondays New time 12:30 -1:30 pm			Social:  Rock, Paper Moon Jazz Band		Movie & Free Popcorn: Planet Earth Disc 5 Smart Device Workshop Coffee Bar open!!

16	17	18	19	20	21	22
Movie: Planet Earth Disc 5	English Conversation Club Mondays New time 12:30 -1:30 pm				Bus Trip: Sunflower Festival	Movie & Free Popcorn: Kiss Kiss Bang Bang Coffee Bar open!!
23 / 30	24 / 31	25	26	27	28	29
Movie: Kiss Kiss Bang Bang ----- 30 th ----- Movie: Mrs Brown	English Conversation Club Mondays New time 12:30 -1:30 pm					Movie & Free Popcorn: Mrs Brown Coffee Bar open!! Smart Device Workshop

The Opera Zone

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



First Sunday of Every Month August 2nd
2:00 pm - 4:00 pm

Location: Seniors' Multipurpose Room



Enthusiastic Walkers August 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

Aug 7	North Side False Creek	Bus & Skytrain
Aug 14	Coal Harbour	Bus
Aug 21	Olympic Village via W 7 th Ave	Bus
Aug 28	Lonsdale Quay	Bus & Seabus

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



What do Dentists call their X Rays ?

Answer: Tooth Pics

Summer

Find and circle all of the summer words that are hidden
in the grid.

The remaining letters spell an additional summer item.

```

J U N E S T S S S S Y K S E U L B M
U S M E A U Y E O U H I K I N G S A
S M W E E A N L U B N W A S E Y R E
U T W I R R S G I C A B L N A R E R
N S H V M T C C L T E A U D T V L C
T Y U G I M Y S E A D B I R S S K E
A G L C I C I R N N S L R R N D N C
N R E U L F M N A U O S E A R G I I
O E A E J E R S G H S W E A B N R C
S E D A L B R E L L O R O S R I P R
C N A O F L O G T L T B T E E T S E
H G N I H S I F F A E O A E E A H C
O R C A M P I N G T W T H B Z O C C
O A C I N C I P A W A S P S E B A O
L S F L I E S K M O S Q U I T O E S
T S U G U A S I L L A B E S A B B O
G N I N E D R A G S U N S H I N E N

```

ANTS	FISHING	JULY	SUNBURN
AUGUST	FLIES	JUNE	SUNGLASSES
BARBECUE	FLOWERS	MOSQUITOES	SUNSCREEN
BASEBALL	GARDENING	NO SCHOOL	SUNSHINE
BEACH	GOLF	PICNIC	SUNTAN
BEES	GREEN	ROLLER	SWEAT
BICYCLE	GRASS	BLADES	SWIMMING
BLUE SKY	HAT	SANDALS	U V RAYS
BOATING	HIKING	SKATEBOARD	WASPS
BREEZE	HOLIDAYS	SOCCER	WATER
CAMPING	HOT	SOLSTICE	FIGHTS
	ICE CREAM	SPRINKLERS	WATERMELON

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 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 August 1 st, August 15 th, August 29 th
 9:45am-10:30am / 10:45am-11:30am

Free, Registration required

August 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

Aug 4 th TBA

Aug 11 th No walk

Aug 18 th TBA

Aug 25 th TBA



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

**BOOK SALES****NO SALES 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

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

Remember to renew! (valid September 2026-August 2027)

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 Club– Mondays at 12:30 – 1:30pm!

Practice speaking English in a non-judgmental environment

Registration recommended

Table Tennis

Have fun and exercise with friends. Tables are located in the seniors' centre and in the youth games room. Youth room table tennis is reserved for youth after 3 pm daily and all day on weekends. Additional times may be available throughout the week.

Please call or visit the seniors' centre on day of play for room availability.

Thu 2:30pm-4:30pm

Bingo

Spend a pleasant afternoon with friendly seniors.

Try your luck, maybe you will be a winner!

Fri 1:00pm-3:30pm

Bridge

No partners required. Please drop-in and play with a fun and friendly group. Always looking for new players. For people who have played bridge before, \$0.25/session

M/W 12:30pm-3:00pm

Chess

Join us for a friendly game of Chess! On-going drop-in program.

Mon 1:30pm-3:30pm

Mah Jong

Come and learn this Chinese game about numbered and pictured tiles. Great for the mind, all levels welcome. No registration required. Held in Seniors' Lounge.

Wed 9:00am-12:00pm

Scrabble

Join us for a friendly game of Scrabble! On-going drop-in program.

Wed 1:00pm-3:00pm

Texas Holdem Poker

You have seen it on TV and on the computer, now is the chance to play it at the Kerrisdale Seniors Centre, Seniors' Lounge.

This program is for players of all levels and ages looking for fun and excitement.

Tu 5:30pm-9:00pm

VIDEO MOVIES

Movie is subject to change due to availability

Come and enjoy a movie shown on a large screen TV.

Movie titles will be posted monthly in the Monarch newsletter.

Free Popcorn on Saturdays!

Sat / Sun 2:00pm-4:30pm South Room

Saturday Social Dance

Social Dance is back! Time to dust off those dancing shoes! Come and join this fun and relaxed group!

\$2 drop in or \$15/10 visit card

Sat 4:00 pm-6:00 pm On-going Multipurpose Room

Knit A Bit & More

This social group is for everybody who likes to knit, sew, crochet, embroider and quilt.

Join us on Mondays at 1:00pm – 3:00pm for two hours of friendship and productivity in a relaxed atmosphere. Ladies may bring their own projects to work on and share ideas.

In addition to being a fun, social group, the ladies of Knit-a-Bit give of their time and skills to create items for sale at 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

Incontinence products available at the Seniors front desk

Available for anybody who needs it! Please ask the cashier or any staff member and we can discreetly provide you with an incontinence product for your use.

Monarch Submissions

Deadline for submissions to the **September** issue of the
Monarch is **August 18th**
If you have anything to submit, please hand it in at the Kerrisdale
Seniors' desk



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	12:30pm-1:30 pm
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, August 13 th

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

Continued on page 23

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**.

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

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

July Solutions

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

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

Sudoku Puzzles courtesy of **Livewire Puzzles** www.puzzles.ca