

Monarch Newsletter



September 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

September 17th Brock House Big Band

September 24th Brock House Jazz Band

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



Note from Kailan

My name is Kailan and I am so excited to join Kerrisdale Seniors' Centre as the Programmer while Meeka is on parental leave.

I previously worked at several Parks Board arenas, including Kerrisdale Arena, where I was a Head Ice Skating Instructor and programmed skating lessons. I recently graduated from UBC's Master of Kinesiology program, where my research focused on accessibility and inclusion for people with disabilities in physical activity and community recreation.

I am looking forward to meeting many of you at the Special Welcome Back Lunch on September 17th!

If we haven't met yet, please come say hi – I'd love to get to know you!



Welcome Back Lunch Menu:

Stuffed Chicken, Garlic Mashed Potatoes with
Creamy Mushroom White Wine Gravy and Medley of Fresh Vegetables
Dessert: Triple Chocolate Mousse Cake
Coffee and Tea

Thursday September 17th from 12:00-2:30pm
Pre-registration is required. Please see the front desk.
In regard to Special Lunches, take-out is not available.



September 24th Birthday Party!

Do you have a birthday in September?

Registration is 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, September 24th, all September babies will be celebrated! Lunch fee is still required.



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!!



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!

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.

Railway Museum of BC & Lunch

On this trip we head up to Squamish and step back in time at the Railway Museum of BC.

Discover vintage trains, railcars, and amazing exhibits. Afterwards, we will head to White Spot for a late lunch (included). Prices include transportation, entrance fees and lunch (unless stated otherwise). Participants may want to bring a snack because lunch may be pushed late as some morning activities extend through lunchtime.

Please note a waiver form must be signed. Dress weather appropriate.

Instructor: Jason Martincic

Fri 9:30 am-5:00 pm Sep 25 630220 \$95/1 sess

Museum of North Vancouver & Lunch

We will head to the Museum of North Vancouver (MONOVA) to celebrate the North Shore's rich history. This guided tour will showcase beloved streetcar 153, history, and the community it served through an interactive experience. We will continue the tour of the gallery highlighting indigenous heritage, early settlements, and maritime industries.

Following the tour we will go to Brown's Social House for lunch (included). Prices include transportation, entrance fees and lunch (unless stated otherwise). Please bring a snack in case activities run late. Please note a waiver form must be signed.

Dress weather appropriate.

Instructor: Jason Martincic

Th 9:30 am-4:00 pm Oct 15 630221 \$95/1 sess

Nikkei National Museum & Lunch

The Nikkei National Museum and Cultural Centre mission is to honour, preserve, and share the history and heritage of Japanese Canadians and Japanese culture in Canada. We will learn about the culture of Japanese people in Canada through a guided tour. Following the museum we will have lunch at the Cactus Club Café (included). Prices include transportation, entrance fees and lunch (unless stated otherwise). Please bring a snack in case activities run late. Please note a waiver form must be signed. Dress weather appropriate.

Instructor: Jason Martincic

Fri 9:30 am-4:00 pm Nov 20 630223 \$95/1 sess

REMINDER!

PROGRAM CARD RENEWAL NOW DUE – 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 open

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

FULL MOON FESTIVAL CELEBRATION!



Festival to be held on September 28, 2026 at the multi-function room of KCC Seniors Centre

The programs include:

1. Chorus singing performed by Vancouver Xiao Ping Chorus
2. Moon cake making demo by Jessica Yue with tasting
3. Line dancing - all welcome

Continued on page 7

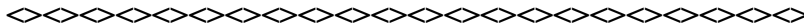
Full Moon Festival continued from page 6

4. Sing Along to be joined by everyone
5. Riddles and lucky draws - plenty of gifts for everyone

Time: 1:15 pm through 3:00 pm

Everyone is welcome! Free Admission!

Register at counter or call the Seniors Centre to secure your share of Moon cake for tasting.



Happy Hour at Peni's Porch



A Goose waddled into the Drugstore
and asked for a bottle of cologne.

The Druggist asked:
“Is this cash or credit card”?

The Goose replied:
“No, just put it on my bill”



Sept 2026 Movies – Saturday & Sunday 2:00pm

Free popcorn at Saturday Movies!

Sept 5 & 6 The Best Exotic Marigold Hotel (2011)

British retirees travel to India to take up residence in what they believe is a newly restored hotel. Less luxurious than advertised, the Marigold Hotel nevertheless slowly begins to charm in unexpected ways.

Sept 12 & 13 On a Clear Day (2005)

After losing his job at a Glasgow shipyard, 50-year-old Frank (Mullan) has few prospects and little hope. A casual remark by a buddy (Boyd) inspires him to find a new purpose - to swim the English Channel. Accompanied by his closest friends, Frank sets forth on a training regimen that will help him achieve his goal.

Sept 19 & 20 Little Women (2024)

Jo is a highly successful children's author, but her first attempt at writing for a slightly older audience doesn't appeal to the publisher. She's given two weeks to come up with something new. The problem is, it's Christmas and she's heading home to celebrate with her three sisters, so she's forced to combine the holiday with developing a new concept. In the meantime, the publisher sends Fritz, one of their editors, to support Jo in coming up with a better idea. He travels there but misses the chance to explain why he's there, and instead becomes acquainted with Jo, whose sisters encourage her to spend time with Fritz.

Sept 26 & 27 Shakespeare in Love (1998)

Young Will Shakespeare is the up and coming playwright of the time but has been disastrously struck by the bane of the writer's life - writer's block. His comedy "Romeo and Ethel, the Pirate's Daughter" isn't going anywhere and the playhouse is under threat of closure. What Will needs is a muse, and she appears in the form of the beautiful and betrothed Lady Viola. The path of true love does not run smooth for Will, but the joys and tragedy of his own life find their way onto the page in a moving, witty and spellbinding tale.



ANGEL'S MIND MATTERS

September 2026

This is a discussion group where several topics are presented and voted on by the members. We meet at 2pm on Mondays for an hour and a half.

However, at the moment our membership is full.

If you are interested, you would have to be placed on a waitlist.

For further information, please call Dale Fidler at 604 228 9435 or Maureen Kinney at 604 263 4579.

Free, Registration required
Meets MONDAYS From 2:00 to 3:30pm



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!

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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 (TAKE-OUT NOT AVAILABLE)

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 for lunches! (Special Lunches excluded) If you bring your own container you may request take out.

	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

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Sept 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

Tues	1	Pork Chops in Mushroom Sauce & Potatoes & Vegetables
Wed	2	Quiche of the Day with Roasted Potatoes & Salad
Thur	3	Beef Meat Loaf with Potatoes & Vegetables
Fri	4	Hot Lunch
Sat	5	Sun 6 CLOSED
Mon	7	Closed for Labour Day
Tues	8	Sole Fillets with Mashed Potatoes & Vegetables
Wed	9	Baked Chicken Legs with Potatoes & Vegetables
Thurs	10	Liver & Onions with Bacon, Mashed Potatoes & Vegetables
Fri	11	Hot Lunch
Sat	12	Sun 13 CLOSED
Mon	14	Cod Fillets with White Sauce, Potatoes & Vegetables
Tues	15	Beef Stew with Mashed Potatoes, Vegetables & Biscuit
Wed	16	Chicken Caccatore with Noodles & Vegetables
Thurs	17	Special Welcome Back Fall Lunch
Fri	18	Hot Lunch
Sat	19	Sun 20 CLOSED
Mon	21	Spaghetti Meatballs in Tomato Sauce, Salad & Garlic toast
Tues	22	Seasoned Chicken Breast with Potatoes & Vegetables
Wed	23	Pork Tenderloin in Orange Ginger Sauce, Potatoes & Veg
Thurs	24	Beef Moussaka with Roasted Potatoes & Vegetables
Fri	25	Hot Lunch
Sat	26	Sun 27 CLOSED
Mon	28	Butter Chicken with Rice, Naan Bread & Vegetables
Tues	29	Eggs Benny with hashbrowns & Waffles with Berry Sauce
Wed	30	Chicken Wellington with Potatoes & Vegetables

Refer Page 10 for further Seniors Lunch Program details

What's for lunch?? Get the menu direct to your inbox! Sign up at the front desk to receive an email each month with the lunch menu.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
Refer pages 18/19 for on-going Social Programs						Movie & Free Popcorn: The Best Exotic Marigold Hotel Smart Device Workshop Coffee Bar open!!
6	7	8	9	10	11	12
Movie: The Best Exotic Marigold Hotel  Opera Zone	Labour Day <u>Kitchen Closed</u> English Conversation Club Mondays 12:30 -1:30 pm			Making Informed Dietary Choices 10:00-11:30am		Movie & Free Popcorn: On A Clear Day Art Moves Coffee Bar open!!
13	14	15	16	17	18	19
Movie: On A Clear Day	English Conversation Club Mondays 12:30 -1:30 pm			Welcome Back Lunch Social:  Brockhouse Big Band Estate & Planning Seminar. 10-11 am		Movie & Free Popcorn: Little Women Smart Device Workshop Coffee Bar open!!

20	21	22	23	24	25	26
Movie: Little Women	English Conversati on Club Mondays 12:30 -1:30 pm	Info Session: BCRPA - Choose to Move 1:00pm- 2:00pm		See Something , Say Something ! 10- 11:30am <u>BOOK SALE</u> Social: Brock House Jazz Band performin g from	Out Trip: Railway Museum of BC	Movie & Free Popcorn: Shakespea re in Love Ukulele Jam Coffee Bar open!!
27	28	29	30			
Movie: Shakespea re In Love	Full Moon Festival Pelvic Power Reclaimed after 50. 10-11am					SEPTEMBER 2026

The Opera Zone



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

**First Sunday of Every Month September 6 th
2:00 pm – 4:00 pm**

Location: Seniors' Multipurpose Room



Enthusiastic Walkers September 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

Sept 4 Quilchena Bus

Sept 11 Dundarave Bus

Sept 18 Northside of False Creek Bus & Canada Line

Sept 25 Jericho Bus

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



I told my Wife she should embrace her mistakes,

She gave me a BIG HUG!!

September One Day Workshops

Estate & Planning Seminar

Learn about the key components of an estate plan, strategies to minimize estate taxes, ways to preserve your wealth and leave more for loved ones and charitable causes you support. Leave with the knowledge and confidence to make informed decisions and create peace of mind for yourself and your loved ones

Instructor: VGH & UBC Hospital Foundation Legacy Givin

Th 10:00 am-11:00 am Sep 17 630027 Free
Registration required

See Something, Say Something!

Designed to help people identify high-risk, vulnerable adults, particularly those who are isolated, living alone, and who would benefit from assistance to maintain their independence. Discusses topics such as adult abuse, neglect, and self-neglect. Presented by BC Community Response Network.

Instructor: BC CRN

Th 10:00 am-11:30 am Sep 24 632711 Free
Registration required

Making Informed Dietary Choices During Your Bonus Years

Aging is an unavoidable reality, and many individuals invest significant time and resources in the pursuit of the mythical “fountain of youth” only to discover its nonexistence. While we cannot alter our genes, we can make informed dietary choices that promote health. This presentation will help you choose your nutrients wisely as you age.

Instructor: Helga Saud

Th 10:00 am-11:00 am Sep 10 631674 Free
Registration required.

Pelvic Power Reclaimed: Beat Urinary Incontinence After 50

Join Registered Physiotherapist Ellen Atkinson from Physio2U for a free 1-hour educational wellness talk focused on beating urinary incontinence in women 50+. This informative session will provide practical strategies, build confidence, and empower participants with simple exercises to help improve bladder control and quality of life

Instructor: Physio2U

Mon 10:00 am-11:00 am Sep 28 630032 Free
Registration required

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	Sept 08-Dec 22	1:30 pm-2:30pm	631727/631735
Thur	Sept 10-Dec 17	1:15 pm-2:15pm	636407/636408

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 September 5th, September 19th

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

Free, Registration required

September 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

Sept 1 st No Walk

Sept 8 th UBC Walk

Sept 15 th Coal Harbour

Sept 22 nd Jericho Beach

Sept 29 th Local Walk



If you are interested in joining, please call to reserve a spot

Kerrisdale Seniors' Centre Front Desk Phone 604-257-8109.



BOOK SALES

September 24

The hours are 9:30 - 12:30

"Going into the bookstore looking for one book and coming out with 18 books! "
goodwilllibrarian

This could be you! We've had many wonderful donations in the blue bin over the summer which kept the books selling.

Thanks to all you donors and buyers!

With this sale we will bring from our storage cupboards boxes of books that you may not have seen before. We know you will find fiction and nonfiction books in all shapes, sizes and colours.

At 50 cents for soft covers of any size and \$1.00 for any hard cover, selecting only 18 books could be tough!

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

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 **October issue** of the
Monarch is September **21st**

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, Sept to December 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
 English Conversation Circle 1:00pm-2:00pm
 Knit a Bit & More 1:00pm-3:00pm
 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
 *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-12:00pm
 *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

Tuesday continued on Page 22

Tuesday continued from page 21

Fun Crafts 1:00pm-3:00pm
 *Great Books Discussion Group 2:00pm-3.30pm
 *BCRPA * Choose to Move / Choose to move Add-on 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
 *Chorisma Vocal Jazz Choir 11:00am-1:00pm
 *Adventures in Watercolour 12:00pm-2:45pm
 Bridge - No Instructor 12:30pm-3:00pm
 *Bridge Practice Drop-in 12:20pm-2:35pm
 Scrabble 1:00pm-3:00pm
 *Osteofit for Life 1:20pm-2:20pm
 *Brock House/Kerrisdale Bell Ringers 1:30pm-4:30pm
 *Joint Works 2:30pm-3:30pm
 Open Times Billiards 3:30pm-9:00pm

Thursday

Open Times Billiards 9:00am-9:00pm
 *Osteofit Level 1 9:00am-10:00am
 *Kerrisdale Senior Singers Choir 9:30am-12:00pm
 *Luxurious Oil Pastels 10:00am-12:00pm
 *Gentle Fit 10:30am-11:30am
 *Mind-Body 1:15pm-2:00pm
 *Adapted Fitness 1:15pm-2:15pm
 *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, September 17th and 24th

Friday

*UBC Bodyworks Changing Aging 8:00am-12:00pm
 Open Times Billiards 9:00am-9:00pm
 *Barre Fusion 10:00am-11:00am
 Enthusiastic Walkers 9:00am- 1:00pm
 *Gentle Fit 9:00am-10:00am
 *Move to music 9:30am-10:30am
 *Footcare 9:45am-2:00pm
 *SMILE - 10:00am-11:00am
 *Cardiac Health 10:05am-10:55am
 *Gentle Mat, Pilates & Stretch 11:15am-12:00pm
 *Yuan Ji Dance 10:15am-12:00pm
 *Bingo 1:00pm-3:30pm
 *Osteofit for Life 1:20pm-2:20pm
 *Tai Chi Set 24 for Beginners 2:35pm-3:35pm
 Open Drumming Circle 1:45pm-3:15pm
 *Joint Works 2:30pm-3:30pm
 *Tai Chi Fan 52 1:30pm-2:30pm
 *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**.

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

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

August Solutions

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

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