

Monarch Newsletter

October 2026



Happy Thanksgiving

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



Social Entertainment

October 8th Rock, Paper Moon

October 22nd Tune Makers

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



Note from Kailan

Thanksgiving is a time to pause and reflect on the people, moments, and little things that bring warmth and meaning to our lives. This Thanksgiving, we want you to know just how grateful we are for YOU. Your laughter, kindness, stories, and smiles are what makes Kerrisdale Seniors Centre so special.

You are what makes this community feel like home, and we are so happy to share it with you. We look forward to celebrating together at our Thanksgiving Special Lunch on Thursday, October 8 th. We hope you'll join us for good food, good company, and an opportunity to celebrate the wonderful community we share.



Thanksgiving Special Lunch Menu:

Roast Turkey, Mashed Potatoes and Assorted Vegetables

Turkey Gravy Cranberry Sauce

Dessert: Pumpkin Surprise

Coffee and Tea

Thursday October 8 th from 12:00-2:30pm

Pre-registration is required. Please see the front desk.

Take out is NOT AVAILABLE



October 29th Birthday Party!

Do you have a birthday in October?

Please fill out a birthday form at the front desk to be entered in the birthday draw.

You must attend the lunch that day to take part in the birthday draw!

During lunch on Thursday, October 29th, all October 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.

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

Potters Christmas Store & Lunch

We will visit Potters Nursery in Langley, which transforms itself into Western Canada's largest Christmas store, boasting more than 28,000 square feet devoted to all things yuletide. You will have time to shop before heading over to Newland's Golf Course for their Buffet 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

Fri 9:30 am-4:00 pm Dec 18 630224 \$95/1 sess

REMINDER!

PROGRAM CARD RENEWAL 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

MOONCAKES, SONG AND FELLOWSHIP

Monday, September 28th, Kerrisdale Seniors membership came together to honor the Full Moon Festival or Mid-Autumn Festival. In the spirit of the season, it's a time to observe friends and family togetherness, and the qualities of harmony, balance and companionship.

Seniors sang, danced, and sampled mooncakes... a delicious baked crust surrounding sweet lotus seed or red bean paste... and tucked in the middle, a glorious deep yellow salted duck yolk.

The Xiao Ping Chorus entertained, and chef Jessica demonstrated the art of creating mooncakes.

In a spirit of unity, everyone participated in line dancing and the celebration finished with a rousing "This Land is Your Land"

Many thanks for the uplifting, all-inclusive experience go to K.K. Chu – Organizer, Vancouver Xiao Ping Chorus, Chef Jessica, and cornerstone volunteers: Gary, Joy, Fannie, Gigi, Grace, Sandra and the Seniors Council.



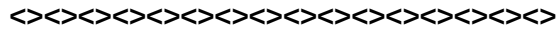
Delicious Moon Cakes

Living Street WALK October Seniors' Walk

Join us for a community walk hosted by BEST Mobility as part of the WALK October campaign under the Living Streets program. These walks aim to promote walking as an active, sustainable, and inclusive mode of transportation while fostering social connection among participants with routes accessible for all ages and abilities.

The community walk is on **Thursday October 8th, from 10:30am-11:30am** and we will be meeting at the Kerrisdale Seniors Centre.

You may sign up for this FREE event online or at the Seniors' desk and complete the waiver form.



Welcome John!

The Kitchen Management Committee and the Seniors Council would like to introduce and welcome John Thomas to our kitchen staff.



John will be assisting and training with Betty and working on Mondays, Wednesdays and Fridays. He will also be responsible for the coffee bar and its operation.

John has 20 years experience in cooking and managing both commercial and not-for-profit kitchens and is very familiar with the needs of our Senior patrons.

Please give John a warm welcome when you see him!

October 2026 Movies – Saturday & Sunday 2:00pm

Free popcorn at Saturday Movies!

Oct 3 & 4 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.

Oct 10 & 11 Miss Potter (2006)

Single at 30, Beatrix Potter (Renée Zellweger) lives in London, England with her social-climbing parents, who are exasperated that she has turned down several eligible young men. Her only real friends are the animals she has lovingly drawn and made-up stories about since childhood. She finally succeeds in selling a book of the stories, and it becomes Norman Warne's (Ewan McGregor's) first project. He quickly falls in love with both the book and Beatrix and together they carefully arrange publication. This proves to be the first of many successes, offering her the possibility of escaping from London and her parents' way of life.

Oct 17 & 18 BBC Life Disc 3 (2010)

Masters of adaptation, the vast variety of insects outnumber all other animal species put together. While the female Darwin stag beetle has normal-sized jaws, the male's mandibles are longer than his body. Serrated and strangely curved, they're used as a weapon against rival males

Oct 24 & 25 The Soloist (2009)

Steve Lopez is a journalist for the LA Times. He is on the lookout for new story ideas when he stumbles across Nathaniel Ayers, a homeless man with extraordinary musical talents. Lopez is eager to improve Ayers's situation, while writing a story on him, but the biggest problem may be Ayers himself.

Oct 31 & Nov 1 Beetlejuice (1988)

After Barbara and Adam Maitland die in a car accident, they find themselves stuck haunting their country residence, unable to leave the house. When the unbearable Deetzes and teen daughter Lydia buy the home, the Maitlands attempt to scare them away without success. Their efforts attract Beetlejuice, a rambunctious spirit whose help quickly becomes dangerous for the Maitlands and innocent Lydia.



ANGEL'S MIND MATTERS

October 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!

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

October 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

Thurs	1	Pork Tenderloin Wrapped in Bacon with Potatoes & Vegetables
Fri	2	Hot Lunch
Sat	3	Sun 4 CLOSED
Mon	5	Salmon Fillets with Mashed Potatoes, Veg & White Sauce
Tues	6	Veal Cutlets with Mashed Potatoes & Vegetables
Wed	7	Chicken ala King with Mashed Potatoes, Vegetables & Biscuits
Thurs	8	Special Lunch Thanksgiving
Fri	9	Hot Lunch
Sat	10	Sun 11 CLOSED
Mon	12	Closed for Thanksgiving
Tues	13	Sweet & Sour Pork with Rice & Chicken Chow Mein
Wed	14	Sole Fillets with Potatoes & Vegetables & Tartar Sauce
Thurs	15	Beef Lasagna with Salad & Garlic Toast
Fri	16	Hot Lunch
Sat	17	Sun 18 CLOSED
Mon	19	Baked Chicken Thigh with Potatoes & Vegetables
Tues	20	Roast Pork with Scalloped Potatoes & Vegetables
Wed	21	Seafood Newburg with Rice & Vegetables
Thurs	22	Beef Pot Pie with Potatoes & Vegetables
Fri	23	Hot Lunch
Sat	24	Sun 25 CLOSED
Mon	26	Pork Tenderloin in Orange ginger sauce, Potatoes & Veg
Tues	27	Fish of the Day with Potatoes & Vegetables
Wed	28	Curry Chicken with Rice, Vegetables & Naan Bread
Thurs	29	Shepherds' Pie with Salad and Garlic Toast
Fri	30	Hot Lunch
Sat	31	Happy Halloween

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
Refer pages 18/19 for on-going Social Programs	OCTOBER 2026			How to Maintain a Healthy Brain		Movie & Free Popcorn: Oceans Eleven Smart Device Workshop Coffee Bar open!!
4	5	6	7	8	9	10
Movie: Oceans Eleven  Opera Zone	Therapeutic Art for Seniors Free Workshop English Conversation Club Mondays 12:30 -1:30 pm			Thanksgiving Lunch Social: Rock, Paper Moon  Community Walk led by BEST BC 10:30-11:30am		Movie & Free Popcorn: Miss Potter Coffee Bar open!!
11	12	13	14	15	16	17
Movie: Miss Potter	English Conversation Club Mondays 12:30 -1:30 pm			Out Trip: Museum of North Vancouver	Free Hearing Screening	Movie & Free Popcorn: BBC Life disc 3 Smart Device Workshop Coffee Bar open!!

18	19	20	21	22	23	24
Movie: BBC Life Disc 3	English Conversati on Club Mondays 12:30 -1:30 pm			🎵 Social: Tune Makers performin g from		Movie & Free Popcorn: The Soloist
25	26	27	28	29	30	31
Movie: The Soloist	Your Legacy, Your Terms Workshop English			Birthday Party Lunch	 BOO!	Movie & Free Popcorn: TBA UKULELE JAM "Happy

The Opera Zone

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

First Sunday of Every Month October 4th
2:00 pm - 4:00 pm

Location: Seniors' Multipurpose Room



Enthusiastic Walkers October 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

Oct 2	Quilchena	Bus
Oct 9	Granville Island	Bus
Oct 16	Local	
Oct 23	Greenway to West 57 th Avenue	
Oct 30	Olympic Village via W 7 th Ave	Bus & Canada Line

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



I just finished writing a book on Penguins

It probably would have been easier to write on Paper!

October One Day Workshops

Therapeutic Art for Seniors Free Workshop

Join us for a free therapeutic art workshop designed especially for seniors. Explore creativity, self-expression, and connection in a welcoming, supportive environment. No previous art experience is needed. Enjoy a guided art activity, gentle conversation, and the opportunity to discover the joy of making art together. No previous art experience is required, and all materials are provided. Come as you are, meet new people, and enjoy a relaxing creative experience! **This workshop is free, but registration is required.**

Monday October 5 from 10-11:30am Activity number 642255

How to Maintain a Healthy Brain

Did you know your brain is the ultimate “use-it-or-lose-it” organ? Join us to discover practical ways to keep your brain active and reduce your risk of dementia.

This informative and interactive session is led by Karen Tyrell, CPCA, CDCP, Canadian Dementia Consultant, Educator, and author of Cracking the Dementia Code: Creative Solutions to Cope with Changed Behaviours.

Instructor: Karen Tyrell **Registration required.**

Th 10:00 am-11:00 am Oct 01 630029 Free,

A Understanding Aging: The Foundation

Explore what happens to the brain and body as we age, and learn to distinguish natural aging from dementia. This session builds empathy and understanding before diving into more complex topics around memory loss.

Instructor: Home Instead **Registration required**

Tu 1:00pm - 2:30pm Nov 3 633380 Free,

The following workshops are hosted by Edward Jones Investments.

A North American financial services firm that provides investment advice, wealth management, and retirement planning to individual investors and small-business owners.

Your Legacy, your Terms: An Estate Planning Workshop

Monday October 26 2-4pm 642397

Script your Family's Future: Why You Need an Estate Plan

Monday November 30 2-4pm 642401

Longevity and the New Journey of Retirement

Monday December 14 2-4pm 642402

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 October 3 rd, October 17 th

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

Free, Registration required

October 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

Oct 6th Granville Island

Oct 13th No Walk

Oct 20th North False Creek

Oct 27th Oakridge Park (depending if rooftop is open)



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



BOOK SALES

October 15th

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!

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 **November issue** of the
Monarch is October 21 st
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, October 22 nd

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**.

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

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

September Solutions

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

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

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