Monarch Newsletter

November 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

Social Entertainment

November 5 th Brock House Jazz Band

November 12 th Sheryl Greenfield

November 19 th Metro Swing Band

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

Note from Kailan

This month we honour Remembrance Day. We will be hosting our Remembrance Day Special Lunch on Thursday, November 5, and a Remembrance Day Service will be taking place in the gymnasium on Wednesday November 11 beginning at 10:30am.

We wear a poppy to remember those who have served and sacrificed in war, and the funds raised from poppy sales are used to support veterans and their families. The poppy has been a symbol of remembrance for over 100 years, and there is no 'correct' way to wear a poppy – it is a personal choice
reflecting individual and personal memories



Remembrance Day Special Lunch Menu:
Roast Beef, Mashed Potatoes, Gravy and Yorkshire Pudding
Medley of Fresh Vegetables

Dessert: Apple Pie with Ice Cream
Coffee and Tea

Thursday November 5 th from 12:00-2:30pm
Pre-registration is required. Please see the front desk.
Take out is NOT AVAILABLE



November 26 th Birthday Party!

Do you have a birthday in November?
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, November 26 th, all November babies will be celebrated!
Lunch fee is still required.



Save the date!

Remembrance Day Simply Band Service on November 11 from 10:30-11:15am in the gymnasium.
All are welcomed. Seats are limited (70 seats) first come, first served.
No registration required.

Coffee Bar open on Saturdays!!

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.

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**

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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

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90's Club!

If you are 90 + you can select one card for free:
Lunch Card, Social Recreation Card, or Opera Zone Card

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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

KERRISDALE
Community Centre

KERRISDALE COMMUNITY CENTRE

SENIORS' COUNCIL ELECTION

Step up, share your voice, and make a difference.
Nominate yourself for the Kerrisdale Seniors' Council!

1. Nominations open November 5, 2026
2. Candidate applications are available at the Seniors Centre
3. Submit applications to Seniors Centre, Attn: Kailan Tang
4. Deadline for submission of applications January 22, 2027
5. All Candidates Meeting on January 27, 2027
6. Voting dates: February 4 and 5, 2027 10:00 a.m.-3:00p.m.
7. Voting requirement: 2026/27 Membership card (can be picked up at Seniors Centre front desk)

SENIORS' COUNCIL MEMBERSHIP DETAILS:
Monthly meetings: Tuesdays at 1:00 p.m.

1 or 2 Year Term dependant on voting outcomes

Join the Kerrisdale Seniors Council – Be Part of the Change!

Are you passionate about making a difference in your community? The **Kerrisdale Seniors Council** is inviting nominations for the upcoming election! This is your opportunity to help shape the programs, activities, and services that make the Kerrisdale Community Centre such a vibrant and welcoming place for seniors. Those of age 55+ and are active members of the KCC or local community are highly encouraged to submit an application.

As a Council member, you'll work closely with Centre staff to **plan events and programs**, **build community connections**, and **encourage participation** among Senior members. Your voice matters — and your involvement can make a real impact in making Kerrisdale Seniors Centre better.

Nominations open November 5, 2026, and close January 22, 2027.
Submit your nomination at the Senior Centre front desk.

For more information and an application form, please see Kailan Tang or visit the Seniors' Front Desk. Join us in shaping the future of Kerrisdale's senior community – your ideas, energy, and experience make all the difference!

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Parking at the KCC Is Changing on Monday October 26!

The iPad parking kiosks inside the KCC are going away.
Don't worry, you still get 3 free hours of parking in our lot! The same change is happening at Hillcrest and Trout Lake community centres.

How to get your 3 free hours?
At the parking meter in the lot (no fee): enter your licence plate at the meter to claim your 3 free hours.
OR, parking app ($0.45 fee):
A $0.45 convenience fee per transaction, even if you're only claiming your free 3 hours.
After your 3 free hours, parking is $3.50 an hour. If you're here for a rental or longer event, you can claim your free hours and pay for the extra time in one transaction.
Why the change?
The City made the change after hearing from visitors that the kiosks were a hassle. The parking meter is simpler, more reliable and familiar, and it should mean fewer parking tickets issued by mistake.
Questions?
About a parking ticket or a paid lot: contact **EasyPark**.
Feedback on the paid parking pilot: visit **vancouver.ca/311** or call 3-1-1.

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November 2026 Movies – Saturday & Sunday 2:00pm

Free popcorn at Saturday Movies!

Nov 1 Beetle Juice (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

Nov 7 & 8 Troy (2004)

Paris of Troy has taken Helen from her husband, King Menelaus of Sparta, sparking the Trojan War. The siege of Troy has begun, resulting in several years of stalemate. This does not prevent small victories on both sides and the scene is set for a final climactic battle.

Nov 14 & 15 Big Hero 6 (2014)

When a devastating event befalls the city of San Fransokyo and catapults Hiro into the midst of danger, he turns to Baymax and his close friends, adrenaline junkie Go Go Tomago, neatnik Wasabi, chemistry whiz Honey Lemon and fanboy Fred. Determined to uncover the mystery, Hiro transforms his friends into a band of high-tech heroes called "Big Hero 6."

Nov 21 & 22 King Kong (2005)

Carl Denham needs to finish his movie and has the perfect location; Skull Island. But he still needs to find a leading lady. This 'soon-to-be-unfortunate' soul is Ann Darrow. No one knows what they will encounter on this island and why it is so mysterious, but once they reach it, they will soon find out. Living on this hidden island is a giant gorilla and this beast now has Ann in its grasps. Carl and Ann's new love, Jack Driscoll must travel through the jungle looking for Kong and Ann, whilst avoiding all sorts of creatures and beasts. But Carl has another plan in mind.

Nov 28 & 29 No Country for Old Men (2007)

Hunting in 1980 in the West Texas desert plains as usual, local welder Lewelyn Moss, who lives in a trailer park in Sanderson with his wife Carla Jean, accidentally discovers the site of a drug trade shootout. Rather than seeking help for the survivor or reporting the crime, he dodges the roaming killers and after a nocturnal return, he brings home to hide $2 million in dirty cash and moves out, hoping for the good life. His trail is found by the psychopathic killer Anton Chigurh, who was hired to retrieve the money at all cost and enjoys going over corpses. After both of them are Terrell County's third-generation sheriff Ed Tom Bell and his naive deputy Wendell, who follow the trail of blood and destruction.

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 November 7 th, November 21 st
9:45am-10:30am / 10:45am-11:30am
Free, Registration required

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!

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November 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

Sun	1	CLOSED
Mon	2	Chicken Wellington with Mashed Potatoes & Vegetables
Tues	3	Quiche of the Day with Roasted Potatoes & Vegetables
Wed	4	Corn Beef & Cabbage with Steamed Potatoes
Thurs	5	**Special Lunch Remembrance Day**
Fri	**6**	**Hot Lunch**
Sat	7	Sun 8 CLOSED
Mon	9	Beef Stew with Mashed Potatoes, Vegetables & Biscuits
Tues	10	Chicken Alfredo with Garlic toast & Salad
Wed	11	**Closed for Remembrance Day**
Thurs	12	Liver & Onions with Bacon, Mashed Potatoes & Vegetables
Fri	**13**	**Hot Lunch**
Sat	14	Sun 15 CLOSED
Mon	16	Banger, Mashed Potatoes & Vegetables
Tues	17	Salmon Fillets with Potatoes & Vegetables
Wed	18	Baked Chicken legs with Stuffed Potatoes & Vegetables
Thurs	19	Pork Chops in a Mushroom Sauce, Mashed Potatoes & Veg
Fri	**20**	**Hot Lunch**
Sat	21	Sun 22 CLOSED
Mon	23	Pork Cutlets with Mashed Potatoes & Vegetables
Tues	24	Cabbage Rolls with Perogies, Vegetables & Sauerkraut
Wed	25	Moroccan Chicken with Couscous & Vegetables
Thurs	26	Turkey Meatloaf with Potatoes & Vegetables
Fri	**27**	**Hot Lunch**
Sat	28	Sun 29 CLOSED
Mon	30	Cod Fillets, Potatoes and 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	6	7
Movie: **Beetlejuice**  **Opera Zone**	**English Conversation Club Mondays 12:30 -1:30 pm**		**Indispensable Binder 9:30am - 12:00pm**	**Special Lunch** **Remembrance Day:** **Social: Brock House Jazz Band**	**Improv for Brain Health 1:00 – 2:30pm**	Movie & Free Popcorn: **Troy** **Smart Device Workshop** **Coffee Bar open!!**
8	9	10	11	12	13	14
Movie: **Troy**	**English Conversation Club Mondays 12:30 -1:30 pm**	**Men's Shed Program Info Session 9am-10am**	**Remembrance Day Simply Band Service** 	**Social: Sheryl Greenfield performing from 1:15-2:45pm**		Movie & Free Popcorn: **Big Hero 6** **Recorder Class for Seniors 10-11am** **Coffee Bar open!!**
15	16	17	18	19	20	21
Movie: **Big Hero 6**	**Fraud and Scam Workshop in Cantonese - 1:00-2:30pm** **English Conversation Club Mondays 12:30 -1:30 pm**	**Digital Foundations: Understanding Apps – 9:30-10:30am**		**Social: Metro Swing Band performing from 1:15-2:45pm**	**Out Trip: Nikkei National Museum**	Movie & Free Popcorn: **King Kong** **Smart Device Workshop** **Coffee Bar open!!**

22	23	24	25	26	27	28
Movie**: King Kong**	**English Conversation Club Mondays 12:30 -1:30 pm**			**Birthday Party Lunch**		Movie & Free Popcorn: **No Country for Old Men** **UKULELE JAM** **Coffee Bar open!!**
29	**30**					
Movie: **No Country for Old Men**	**English Conversation Club Mondays 12:30 -1:30 pm**		**Refer pages 18/19 for on-going Social Programs**		**NOVEMBER 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 *November 1 st*
2:00 pm – 4:00 pm
Location: Seniors' Multipurpose Room



Enthusiastic Walkers November 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**

Nov 6	Downtown Heritage	Bus
Nov 13	Minoru Park	Bus & Canada Line
Nov 20	U.B.C. North Campus	Bus
Nov 27	Coal Harbour	Bus

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



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When is a Retiree's bedtime?

Three hours after they fall asleep on the Couch!

November One Day Workshops

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,

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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.
Script your Family's Future: Why You Need an Estate Plan
Monday November 30 2-4pm 642401

Indispensable Binder
Imagine your house is on fire and you need to take with you your most important information and documents. Grab your Indispensable Binder! This important course walks you through the steps to create your own Indispensable Binder, or for $45 in class, you can purchase a binder ready to go. Workshop is $35 and binder is optional to add on. Purchase of binder can be done at the time of registration.
Instructor: Diana Cruchley
Wed 9:30 am-12:00 pm Nov 4 635127 $35/1 sess

Improv for Brain Health
Join the BC Brain Wellness Program for an in-person "Improv for Brain Health" workshop, in which you will connect with others, exercise your brain, and share some laughs! During the workshop, teachers from Improv for Work and Wellness will lead you through a series of improvisation games and exercises to foster the skills of presence, listening, and spontaneity. Beyond learning some basic improv skills, participants will explore how these can be applied to fostering wellness in everyday life. No experience is needed, everyone is welcome!
Registration is required; drop-in may be available depending on capacity.
Instructor: BC Brain Wellness Program & Improv for Work and Wellness
Fri 1:00pm-2:30Ppm Nov 6 635919 Free, registration required.

November One Day Workshops

Men's Shed Program Info Session
Men's Shed is a community-based, non-profit organization for men to gather to work on practical hands-on projects, share skills, and build friendships. Our programs welcome a safe, tolerant, helpful and low-pressure environment and we want to share a little bit more about it to see if it is of interest to the Kerrisdale community.
Tuesday November 10 9-10am 652517

Recorder Class for Seniors
A one-day recorder class. This class is welcome for beginners where you will learn to play familiar songs. Please bring your own recorder or pay a $14 for a recorder.
Saturday November 14 10-11am 652527

Fraud and Scam Workshop in Cantonese
Join us for a presentation led by the Seniors' Health & Wellness Institute COSCO. The workshop will be presented in Cantonese. Why are older adults often targeted by scammers? An overview of the various schemes scammers use to steal money and assets. Let's learn how to protect ourselves.
Monday November 16 1-2:30pm 641736

Digital Foundations – Understanding Apps
A free presentation led by ClarITy BC. Learn how to confidently find, download, and manage apps on your smartphone or tablet. This beginner-friendly workshop explores what apps are, how to identify and download the correct apps, uninstall ones you no longer need and make safer choices. Please bring your own iPhone, Android, iPad, laptop, etc. and ensure it can connect to internet.
Tuesday November 17 9:30-10:30am 644124

November 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



Nov 3 rd UBC Endowment Lands

Nov 10 th No Walk

Nov 17 th Richmond Minoru

Nov 24 th Yaletown Walk

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



HOLIDAY BOOK SALES

November 19 th and December 11 th

The book sale hours are 9:30 - 12:30

This month we will be bringing out the donated Christmas books and puzzles that have been sorted out throughout the year for the November and December sales.
There will also be the usual books, all in good or better condition, a variety of topics and categories, perhaps for Christmas gifts for friends, family and even yourself!
These 2 sales are your only chances for Christmas book buying.
These sales are our **HOLIDAY BIG BLOW OUT** sales with 50% reduced prices for the soft cover paperbacks and hardcover books.
Puzzles remain at $2.00 each.

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



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 **December issue** of the **Monarch** is **November 17 th**
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, November 12 th and 19 th

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 Straightsword 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

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Suggestion box is open for suggestions!
Found at Seniors' Centre front desk. Please be honest and kind.

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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.**

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

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

October Solutions

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

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

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