

KERRISDALE SENIORS CENTRE



Open to patrons 55 years and older.

OFFICE HOURS

Monday-Friday 9:00am-8:00pm
Saturday 9:00am-4:00pm
Sunday Closed
For Centre Hours please see page 3.

HOW TO REGISTER

Summer program registration starts Friday May 24 at 9:00am

IN PERSON: Numbers will be given out at the Seniors Centre at 8:00am. 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. Please see page 3 for phone, fax, and [online registration information](#).

SENIORS (65 YRS & OLDER)

Seniors(65 yrs & older) may enroll in most of the adult programs and receive 25% off the adult fees. This does not include the programs in the retired citizens section as they are already reduced.

ADULTS (64 YRS & UNDER)

may enroll in the programs in the retired citizens section but will pay an adult rate.

PARTICIPATION

A resident age 55 and older may participate in a wide variety of activities in the Kerrisdale Seniors' Centre. Many programs are offered on a drop in basis. Many of these activities are self-organized and do not have an instructor or guide; however, residents who wish to participate are required to register for the programs and to pay an annual fee of \$10. Programs requiring a \$10 registration fee include the following: Lunch Program, Social Recreation and Opera Zone. The Social Recreation program includes a broad range of "free" activities including, but not limited to, mah jong, chess, Texas holdem poker, bridge, cribbage, ukulele sing along, bingo, drop-in Mandarin, table tennis, scrabble, weekend movies, billiards and snooker. (See page 39 for more program details.)



Seniors' Centre Coffee Bar

Mon-Thu 9:00am-7:00pm
Fri 9:00am-5:30pm
Sat 9:00am-3:00pm
Check out our daily fresh baked goods available Mon-Fri.

Dining Room

**Monday-Saturday
11:30am-1:00pm**

We offer a nutritious hot lunch 6 days a week to adults/seniors over age 55 who are registered in the Lunch Program.

A full meal includes a main entrée with a dessert and beverage. Lunch Program registration costs \$10 for the year.

The Lunch Program is open to residents over age 55. Lunch Program participants may purchase a single lunch or 10 meal punch card. Lunch Program participants may be asked to show their Lunch Program registration card. A guest of a program participant may purchase a single lunch provided the guest is over age 55.



(Monthly menu in the Monarch)

For patrons dining frequently, a 10 meal punch card is also available. At \$65 it provides a savings of \$5. Available for purchase at the seniors front desk.

SPECIAL LUNCHES



**Summer
Special
Barbeques**

**Thursday
July 18 &
August 15
11:30 AM
\$7.00**



Opera Zone All Ages

Enjoy an afternoon of listening to arias sung by Gerard Satamian and others, accompanied by a piano. A \$10 annual registration fee is required to attend Opera Zone performances for the year. You will be asked at the door to show your registration card or pay \$5/drop-in.

Su 2:00 PM-4:00 PM \$10/year
▶221717 Jul 7
▶221718 Aug 4

ENJOY THE JOURNEY

Enjoy The Journey - Mystery Tour 55+ yrs

This fun and entertaining magical mystery tour takes you to unknown destinations filled with clues, prizes and props! A must see attraction, a great lunch and afternoon mystery stops included. Use the clues correctly and win a variety of prizes including a free Enjoy The Journey Day Trip! **PACKAGE INCLUDES:** Mystery attraction, Lunch, Mystery stops, Prizes, All fees and taxes
Itinerary: Mystery Please note that a waiver form must be signed for all bus trips. Seat selection will be done at time of registration.

Tu 7:45 AM-5:00 PM Jul 16
▶221593 \$109/1 sess

Instructor: Enjoy The Journey

Enjoy The Journey - Sunflower Festival & British Sweets 55+ yrs

Tulips of the Valley presents The Chilliwack Sunflower Festival with 5 acres of giant sunflowers 12+ feet tall and show gardens featuring 15 varieties of sunflowers. Take a trip down memory lane for lunch at Dickens Sweet Shop and British Museum. **PACKAGE INCLUDES:** Chilliwack Sunflower Festival Admission, Dickens Sweet Shop and British Museum, Taste of Britain, Traditional High Tea Lunch, Ice Cream Cone Birchwood Dairy Farm, All fees and taxes. Please note that a waiver form must be signed for all bus trips. Seat selection will be done at time of registration.

W 7:45 AM-5:00 PM Aug 07
▶221594 \$89/1 sess

Instructor: Enjoy The Journey

THE MONARCH

This monthly newsletter is available for .25 cents starting on the last Wednesday at the seniors front desk or the main office.



KERRISDALE MINI BUS



Kerrisdale Mini Bus - Steveston 55+ yrs

Explore this quaint village. Window shop at many boutiques and stores and enjoy lunch at the dock or bring your own bagged lunch and watch the fishing boats in the harbour. This is an outdoor event, please dress for the weather. Transportation only provided.

M 10:00 AM-3:00 PM Jul 29
▶221681 \$18/1 sess

Kerrisdale Mini Bus - Ladner Village Market 55+ yrs

"The Ladner Market is a first class, village market that brings together "make it, bake it, grow it" vendors, community organizations and 48th Avenue merchants to create a community event." This is an outdoor event, please dress for the weather. Transportation only provided.

Su 10:00 AM-3:00 PM Aug 11
▶225938 \$18/1 sess

Kerrisdale Mini Bus - Whistler 55+ yrs

Spend time on your own at this world famous resort. Visit the many shops, trails and see the beautiful vista's. Bring a bagged lunch or eat at one of the local restaurants. This is an outdoor event. Transportation only.

M 10:00 AM-3:00 PM Aug 26
▶221682 \$18/1 sess

**Please note that a
waiver form must be signed.**

**Seat selection will be available
for mini bus trips only at the
time of registration.**

**Please arrive 15 minutes
BEFORE departure time.**



SENIORS

ART

Adventures in Watercolour **55+ yrs**

This program is an opportunity for students to continue to come in on a drop-in basis and paint. Drop-in \$4 adult/\$3 senior.

W 1:00 PM-4:00 PM Jul 03-Aug 28
221564

Mixed Media **19+ yrs**

Do you have a small apartment or no place to paint? Come to this drop-in social studio time. Participants paint using oils, pastels, watercolour, pen and ink or any other medium. No instruction. Drop-in \$4 adult/\$3 senior.

Tu 3:00 PM-6:00 PM Jul 09-Aug 27

221705

Th 11:30 AM-2:30 PM Jul 04-Aug 29

221706

DANCE

Saturday Social Dance **19+ yrs**

Come and join this fun and relaxed group! \$2 drop in or \$15/10 visit card

Sa 4:00 PM-6:00 PM Jul 06-Aug 31
221734

Tap Happy **19+ yrs**

Come learn some basic tap steps and easy routines in a fun relaxed environment and at the same time build up your fitness levels, balance, and rhythm and timing skills. We tap, dance, laugh, enjoy the music, get a little workout, and have a lot of fun. No dance experience necessary. Tap shoes not required, just a hard soled comfortable shoe is fine. Drop-in \$12 adult/\$10 senior, if space permits.

M 4:15 PM-5:15 PM Jul 8-Aug 26

221744

\$69/8 sess Adult Rate: \$92
 Instructor: Beryl Israel

CRAFTS

Busy Bees Crafts **55+ yrs**

These busy bees work hard creating beautiful articles. Baby sets, aprons, tea cosies, blankets and so much more. Items are displayed in the Senior Centre and are on sale Thursdays, 10am-3pm. The group welcomes new members especially those who can knit and sew. On-going no registration necessary

M 1:00 PM-3:00 PM Jul 08-Aug 26

221580

Free

MUSIC

You Can Ukulele for Beginners **55+ yrs**

Start on the road to an exciting lifetime of fun with this old/new instrument - the Ukulele. Learn the basics, from a simple understanding of the instrument to chord formation, strumming, and singing. Instructor will bring a few extra Ukuleles on the first class but each student must have their own ukulele thereafter.

Sa 11:15 AM-12:15 PM Jul 06-Aug 10

221762

\$42.75/6 sess Adult Rate: \$57
 Instructor: Joseph Young

Thursday Socials **55+ yrs**

Join other seniors every Thursday for fun, friendship and entertainment. Costs only \$1.00 and includes afternoon tea. Bands, piano entertainers, special events and more! Something different every week. Please call 604-257-8109 or look in the monthly Monarch for the schedule. Pay your drop-in at the desk on the day of the event.

Th 1:30 PM-2:30 PM Jul 04-Aug 29

221751

NEW Workshops
 See page 28 for details.

- Decluttering & Organizing
- Go For the Glow
- Emergency Preparedness
- Better Health: Vision

JUL 1

All Ages



Canada's 152nd Birthday Celebration! Monday July 1st FREE

Come and join the community in celebrating.

In Seniors Centre:

11:45am-12:45pm Hot dogs & drink \$2

1:00pm Flag Raising Ceremony

1:15- 3:00pm Entertainment

Kerrisdale Senior Singers, Buddy Fely & more.

Serving cupcakes & raffle.

At Kerrisdale Park:

12:00pm-3:00pm Inflatables, lawn games, carnival games, crafts & more

EDUCATION

French Conversation for the Older Adult **55+ yrs**

These informal meetings in a friendly atmosphere offer a good opportunity to practice your conversation in French. You will develop and improve your ability to communicate on different topics of daily life. This is an intermediate level class.

Th 1:30 PM-3:00 PM Jul 4-Aug 15
221669 \$78.75/7 sess Adult Rate: \$105
 Instructor: Rokia Tamache

Fun with iPads and iPhones Part 1 **55+ yrs**

No knowledge of technology required. Learn how to take beautiful pictures and to store and send your photos to friends and family. Its an easy tap on your screen to send and reply to email. Have fun using Safari to surf the worldwide web. Individual help and notes provided.

Th 11:00 AM-12:00 PM Jul 11-Jul 25
221670 \$32.25/3 sess Adult Rate: \$43.50
 Instructor: Catherine Myerowitz

Fun with iPads and iPhones Part 2 **55+ yrs**

No previous knowledge required. Learn to make free audio and video calls to your family and friends. Add new Contacts. Learn use You Tube to watch videos and listen to music. Download games and other apps. Bring your questions. Summarized handouts and individual help provided.

Th 11:00 AM-12:00 PM Aug 01-Aug 15
221671 \$32.25/3 sess Adult Rate: \$43.50
 Instructor: Catherine Myerowitz

Kerrisdale Peter Talks **19+ yrs**

Everyone is welcome! Join us for education talks on a variety of topics from science to the arts. Pick up a copy of the monthly Monarch for topic information Free, registration required.

Tu 11:00 AM-12:00 PM Jul 02
221684
 Tu 11:00 AM-12:00 PM Aug 06
221685

Bridge: Intermediate **19+ yrs**

For people who have played cards before and want to continue learning. Please call Barry at 604.872.0289 or email at bwade020@gmail.com for more information. Drop-in \$8. No class Aug 5.

M 10:00 AM-12:00 PM Jul 08-Aug 26
221575 \$34.25/7 sess Adult Rate: \$45.50
 Instructor: Barry Wade

Bridge: Practice Drop-in **19+ yrs**

An opportunity for duplicate-style bridge practice in a supervised environment. Call Barry at 604.872.0289 or email bwade020@gmail.com for information. Community Centre membership required.

W 12:30 PM-2:45 PM Jul 03-Aug 28
221576 Drop-in \$5
 Instructor: Barry Wade

Play Better Bridge **55+ yrs**

Join Zara Jackson in this workshop for novices, also refresh the players who would like to discuss previous problems in play. Hands-on experience to familiarize yourself with the game and promote your brain cells health. Drop-in \$7 adult/\$6 senior, if space permits.

W 5:00 PM-7:00 PM Jul 03-Jul 31
225927 \$25/5 sess Adult Rate: \$30
 W 5:00 PM-7:00 PM Aug 07-Aug 28
225928 \$20/4 sess Adult Rate: \$24
 Instructor: Zara Jackson

HEALTH & FITNESS

Blood Pressure Monitoring **55+ yrs**

This weekly service offered by retired nurses provide members an opportunity to keep track of their blood pressure. Helps to reduce anxiety between doctor visits. Please note: the first appointment will start at 9:15am. Due to time limitations please keep topics to blood pressure. Free, but Centre membership is required, registration not required.

W 9:15 AM-10:30 AM Jul 03-Aug 28
221574

Cardiofit **55+ yrs**

While designed with seniors in mind, CARDIOFIT is aimed at fitness for persons who have experienced, or are at risk of heart problems. It is particularly suitable to graduates of previous Healthy Heart programs. While the program follows certain guidelines, the instructors, who are all certified and carry CPR certification, each have their own routines and music. Everyone participates at his or her own pace. Each class on Mondays, Tuesdays and Thursdays is one hour long, from 7:30 am to 8:30 am and starts with 10 minutes of warm-up exercises followed by 15 minutes of more strenuous cardiac work and 5 minutes of cool down. Heart beat is monitored. The last half hour is devoted to general stretching and joint exercises, which includes work with weights and elastic bands, as well as exercises using chairs and mats. Drop-in \$6 adult/\$5 senior, if space permits. No class Aug 5.

M Tu Th 7:30 AM-8:30 AM Jul 02-Aug 20
221582 \$70.25/22 sess Adult Rate: \$93.50
 Instructor: Berdjis Bahrami

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SENIORS

HEALTH & FITNESS

Relief Yoga 19+ yrs

Focus on blood pressure, cholesterol and joint pain. We will be focusing on breathing techniques and exercises that cater to relieving pain. The yoga poses will make your joints stronger. Exercises will be done in a chair. Drop-in \$13 adult/\$11 senior, if space permits. No class Aug 5.

M 10:30 AM-11:30 AM Jul 08-Aug 19
221733 \$55.25/6 sess Adult Rate: \$73.50
 Instructor: Balbir Cheema

Chair Yoga 19+ yrs

Yoga adapted to the chair makes more yoga more accessible to more people. The many benefits of yoga can be enjoyed without getting up and down from the floor. This gentle yet deep practice works all parts and systems of the body. Breath awareness calms and balances the body and the mind. Some optional standing poses using the chair for balance help to improve strength and balance. Everyone moves within their own level of comfort. Drop-in \$13 adult/\$11 senior, if space permits.

Tu 10:30 AM-11:30 AM Jul 02-Jul 30
221583 \$47.00/5 sess Adult Rate: \$62.50
 Instructor: Sylvia Smallman

NEW Workshops
 See page 28 for details.

- Decluttering & Organizing
- Go For the Glow
- Emergency Preparedness
- Better Health: Vision

Enthusiastic Walkers 55+ yrs

This group meets at the centre and proceeds to a pre-arranged destination for their weekly walk. Walks are leisurely and allow time to enjoy and appreciate the sights of Vancouver and the lower mainland. Outings will be posted in the Monarch. A waiver must be filled out each season.

F 9:00 AM-12:00 PM Jul 05-Aug 30
221596 Free, registration required/13 sess

Footcare 55+ yrs

Simple footcare. Make an appointment to see a registered foot care nurse who will spend time assessing your feet and dealing with common conditions like foot fungus, in-grown nails, calluses, corns etc. Each appointment will be 30 minutes in length. Please no open wounds.

F 1:00 PM-5:30 PM \$39/1
 Instructor: Maxine Wishart

Joint Works 55+ yrs

An exercise program approved by the Arthritis Society. Suitable for those with mild to advanced Arthritis. The class helps to relieve stiffness, improve posture and increase endurance, flexibility and strength. Learn to relax your muscles and loosen up joints. Drop-in Adults \$6/ Seniors \$5 space permitting.

W 2:30 PM-3:30 PM Jul 03-Jul 31
221678 \$19.75/5 sess Adult Rate: \$26.25

F 2:30 PM-3:30 PM Jul 05-Jul 26
221679 \$15.75/4 sess Adult Rate: \$21

Instructor: Keno Kinoshita

Minds in Motion 55+ yrs

Join us for light exercise conducted by a certified fitness instructor followed by activities and social time. This program is for people living with dementia to attend with a friend, family member or care partner. For more information or to try out a free session prior to registering, call Minds in Motion® Coordinator Kate 604.675.5156

W 9:45 AM-11:45 AM Jul 03-Aug 28
221704 \$54/9 sess

Instructor: Keiko Murakami

Modified Fitness 55+ yrs

Formerly Adapted Fitness. An exercise class adapted to meet the needs of those with various disabilities. Work on mobility and coordination, strength and flexibility. Doctor or physiotherapist referral recommended. Class suitable for wheelchair users. Drop-in \$6 adult/\$5 seniors, if space permits.

Tu 1:30 PM-2:30 PM Jul 09-Aug 20
221707 \$25.75/7 sess Adult Rate: \$36.75

Instructor: Berdjis Bahrami

Morning Chair Yoga 19+ yrs

It's never too late to start something new and something beneficial for your Body-Soul-Mind. If you are an early riser, how about joining the new class "Morning Chair Yoga" and starting up your day with great feeling. Drop-in adults \$10/ seniors \$9, if space permits

Free Trial

W 8:30 AM-9:30 AM Jul 03
221710 Free, registration required

W 8:30 AM-9:30 AM Jul 10-Jul 31
221708 \$25.25/4 sess Adult Rate: \$36

W 8:30 AM-9:30 AM Aug 7-Aug 28
221709 \$25.25/4 sess Adult Rate: \$36

Instructor: Keiko Murakami

HEALTH & FITNESS

Osteofit For Life 55+ yrs

For those who have taken the Osteofit classes and are comfortable with Osteofit techniques. This exercise program is for those with osteoporosis with an emphasis on building strength and improving balance. Drop-in \$6 adult/\$5 senior, if space permits.

W F 1:20 PM-2:20 PM Jul 03-Jul 31
▶221722 \$33.75/9 sess Adult Rate: \$45.00
 Instructor: Keno Kinoshita

Osteofit Level 1 55+ yrs

Provided in partnership with BC Women's Health Centre, this exercise program is for people with Osteoporosis. Emphasis is on building strength and improving balance to prevent falls. An education component on nutrition, treatment options, and osteoporosis is also included. Monday class taught by Rachel King and Thursday class taught by Berdjis Bahrami. Drop-in \$5 adult/\$4 senior, if space permits. No class Aug 5.

M Th 10:00 AM-11:00 AM Jul 04-Aug 15
▶221723 \$73.25/13 sess Adult Rate: \$97.76
 Instructor: Berdjis Bahrami

Osteoporosis Fitness 55+ yrs

This class is designed for people with osteoporosis and who have taken osteofit classes before. Build strength, improve posture and balance. No class Aug 5. Drop-in \$5 adult/\$4 senior, if space permits.

M 8:55 AM-9:55 AM Jul 08-Aug 26
▶221724 \$25.25/8 sess Adult Rate: \$36
 Instructor: Rachel King

Osteoporosis Fitness 55+ yrs

This class is designed for people with osteoporosis and who have taken osteofit classes before. Build strength, improve posture and balance. Drop-in \$5 adult/\$4 senior, if space permits.

Th 8:55 AM-9:55 AM Jul 04-Aug 15
▶221725 \$22.25/7 sess Adult Rate: \$31.50
 Instructor: Berdjis Bahrami

Therapeutic Weight Training 55+ yrs

Improve your quality of life beyond chronic problems like diabetes, arthritis, bursitis, fibromyalgia, hypertension, asthma, and lower back problems with a low intensity and educational program using exercise bands and low weights. A doctor or physiotherapist's referral is recommended. Class incorporates use of the exercise room and is suitable for those able to lift at least 10lbs.

W 3:45 PM-4:45 PM Jul 03-Jul 31
▶221749 \$43.00/5 sess Adult Rate: \$62.50
 F 3:45 PM-4:45 PM Jul 05-Jul 26
▶221750 \$37.50/4 sess Adult Rate: \$50
 Instructor: Keno Kinoshita

Drummercise **NEW** 55+ yrs

Drumming is an easily accessible activity that burns calories & improves mood. Participants will be engaged in general cardio fun filled drumming while working on the following as well: core strengthening, and upper & lower body exercise & stretching. Beat yourself into a more active lifestyle now! Drop-in \$12, if space permits.

Th 1:00 PM-1:45 PM Jul 04-Aug 22
▶225930 \$56/8 sess Adult Rate: \$80
 Instructor: Musical Expressions

UBC Changing Aging Program 55+ yrs

This renowned evidence-based exercise program is delivered by specially trained Kinesiology students with advanced skills to work with aging and clinical populations. Designed for individuals age 65+, the program targets mobility and injury/disease prevention. Exercises focus on reducing cardiovascular disease risk factors and improving joint mobility and stability through strength, endurance, balance, coordination, agility and flexibility training. Prerequisites: stable health condition(s), moderate to high functional mobility and no use of mobility aids. To confirm eligibility, NEW participants MUST: 1) Schedule a free intake appointment with the School of Kinesiology staff by calling 604-822-0207 2) Bring the completed forms listed on

<http://outreach.kin.educ.ubc.ca/bodyworks/fitness-classes/forms>

to the intake appointment, including the BodyWorks Referral Form which must be completed by a physician. For participants who have already attended Changing Aging classes in the past, new physician referral forms are required every two years or if there has been a significant change in health status. Please note that late registration will not be allowed past the first three weeks class.

Tu F 8:30 AM-9:25 AM Jul 09-Aug 30
▶221752 \$120.00/16 sess
 Tu F 9:30 AM-10:25 AM Jul 09-Aug 30
▶221753 \$120.00/16 sess
 Tu F 10:30 AM-11:25 AM Jul 09-Aug 30
▶221754 \$120.00/16 sess
 Tu F 11:30 AM-12:25 PM Jul 09-Aug 30
▶221755 \$120.00/16 sess

Instructor: UBC School Of Kinesiology

RENTAL SPACE AVAILABLE

Do you need a facility suitable for wedding receptions, birthday parties, meetings or sports?

Kerrisdale Community Centre has rooms available to meet your needs!
 For more info, please phone 604-257-8100 or visit

www.kerrisdalecc.com/room-rentals

THE MONARCH

This monthly newsletter is available for .25 cents starting on the last Wednesday at the seniors front desk or the main office.



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SENIORS

EXERCISE ROOM

The Community Centre has an exercise room which has computerized bikes, treadmills, stair climbers, a variety of free weights, machines and more. It's open 7 days a week.

Fees	Sr/Yth	Adult
Drop-In	\$3.50	\$3.50
10 Visit Pass	\$29	\$29
1 Month Pass	\$27	\$35
3 Month Pass	\$56	\$76
6 Month Pass	\$105	\$140
12 Month Pass	\$168	\$221

Hours of Operation

Monday-Friday.... 6:00am-9:30pm
 Saturday 7:00am-6:30pm
 Sunday 9:00am-4:30pm
 For Holiday Hours see page 3.

EXERCISE ROOM ORIENTATIONS

FREE

We are now offering Exercise Room orientations during the day (8am-noon) on the last Wednesday of every month.

If you have any questions about your current fitness program or need some help getting started, please book a free 30 minute appointment with our Fitness Attendant.

Orientations also available Monday and Thursday evenings. Appointments can be made at the front desk or by calling 604-257-8100.

SENIORS GROUP FITNESS

Rates	Seniors	Adult
Drop-In	\$4.00	\$5.00
Fit Card 10 Classes	\$36.25	\$45.25
Fit Chip 9 Weeks	\$91.00	\$113.40

Please note: These prices are for all Kerrisdale fitness classes with the exception of pre-registered classes such as Joint Works, Osteofit, Yoga, Tai Chi, Adapted Fitness, Pilates and Exercise Room Workouts.

The classes listed below are designed especially for the older adult and can be attended by purchasing any of the price options above.

For a complete schedule of Kerrisdale's fitness classes please see page 24.

Monday Gentle Fit (Advanced)

Join in for an hour of fun and exercise. This is a go at your own pace workout. Suitable for the more active and mobile senior.

M 10:30am-11:30am On-going Instructor: Dee Cresdee

Tuesday Gentle Fit

A complete workout featuring options for performing all exercises on chairs. Our goal is to promote unaided mobility through gentle cardiovascular exercise.

Tu 9:15am-10:15am On-going Instructor: Audrey Darling

Wednesday Gentle Fit

Fitness for fun! Strengthen and build, then relax those muscles while you enjoy a work-out especially designed with seniors in mind.

W 9:00am-10:00am On-going Instructor: Berdjis Bahrami

Friday Gentle Fit

Fitness for the young at heart. Mild to moderate exercise to motivating music. For seniors who have attended fitness classes and wish to maintain their fitness level. Floor work will be done in chairs.

F 9:00am-10:00am On-going Instructor: Audrey Darling

Saturday Gentle Fit

Join us for an invigorating start to the week-end. Look for toe-tapping tunes, smooth moves and a good time. The floor work will be done in chairs.

Sa 10:20am-11:15am On-going Instructor: Audrey Darling

SOCIAL

Billiards/Snooker

55+ yrs

Enjoy our billiards room with two pool tables.

On-going drop-in play available.

Mon/Wed.....9:00am-1:00pm
4:00pm-9:30pm
 Tues/Thurs/Fri.....9:00am-9:30pm
 Sat/Sun.....9:00am-5:00pm

Bingo

55+ yrs

Spend a pleasant afternoon with friendly seniors. Try your luck, maybe you will be a winner! on-going, no registration required.

F 1:00 PM-3:30 PM Jul 05-Aug 30
 ▶221573

Cribbage

55+ yrs

On-going drop-in program.

W 9:00 AM-12:00 PM Jul 03-Aug 28
 ▶221590

Language Exchange

55+ yrs

Looking to learn English or Mandarin? Come join us in casual language learning and conversation sessions with native English and Mandarin speakers.

M 10:00 AM-12:00 PM Jul 01-Aug 26
 ▶221690

Ladies Bridge

55+ yrs

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 12:30 PM-3:00 PM Jul 03-Aug 28
 ▶221689

Mah Jong

55+ yrs

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 on Wednesdays and seniors craft room on Saturdays.

W 9:00 AM-12:00 PM Jul 03-Aug 28
 ▶221699

Sa 12:15 PM-3:45 PM Jul 06-Aug 31
 ▶221700

A Social Recreation card is required to participate in activities listed on this page.

This annual card can be purchased at the front desk for \$10.
 (Valid from Sept 1-Aug 31)

Mind Matters Mix

55+ yrs

A stimulating and interesting discussion group meets MONDAYS from 2 to 3:30pm to share opinions on various topics. Conversation is informative and is conducted with acceptance for others ideas. Discussions are shared by all in the group and differences of opinions are respected. Questionable points and passionate topics are handled diplomatically. Topics cover every realm from current new items, health, social and life issues. Activate your brain and enjoy various exercises to keep your mind active and alert. Educational mini-bus excursions are organized once month for a nominal fee. See monthly Monarch for more information of topics and bus trips. Free with membership. On-going, no registration required.

To return in Fall 2019

Scrabble

55+ yrs

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

W 1:00 PM-3:00 PM Jul 03-Aug 28
 ▶221735

Table Tennis

55+ yrs

Play table tennis - enjoy fun and exercise with friends. Table 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.

Th 2:30 PM-5:30 PM Jul 04-Aug 29
 ▶221742

Texas Holdem Poker

55+ yrs

You have seen it on TV and on the computer, now is the chance to learn how to play it at the Kerrisdale Seniors centre. This program is for players of all levels and ages looking for fun and excitement. Just drop-in, centre membership is required.

Tu 5:30 PM-9:30 PM Jul 02-Aug 27
 ▶221746

Ukulele Jam

19+ yrs

Please note that the sing along will now be the first Saturday of the month. Come join this program! We will sing and play ukulele in this fun and relaxed atmosphere. Songbooks will be provided to use during the session.

Sa 2:45 PM-3:45 PM Jul 06-Aug 03
 ▶221756

Video Movies

55+ yrs

Come and enjoy a movie shown on a large screen TV. Movie titles will be posted monthly in the Monarch newsletter.

Su Sa 1:30 PM-4:00 PM Jul 06-Aug 31
 ▶221759

Chess - Seniors Centre

55+ yrs

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

M 1:30 PM-3:30 PM Jul 08-Aug 26
 ▶221750

Enthusiastic Walkers

55+ yrs

This group meets at the centre and proceeds to a pre-arranged destination for their weekly walk. Walks are leisurely and allow time to enjoy and appreciate the sights of Vancouver and the lower mainland. Outings will be posted in the Monarch. A waiver must be filled out each season.

F 9:00 AM-12:00 PM Jul 05-Aug 30
 ▶221596

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