



5430 10th Ave. Tsawwassen
BC V4M 3X8
Tel: 604-943-0225

www.kinvillage.org

The Community Centre is open 8 :00 to 4:00 Reception Desk 9:00 to 2:45 Unique Boutique 10:00 to 2:45
Buenos Dias Café 8:00 to 2:30



CLOSED EASTER WEEKEND - APRIL 7-10



Manager's Corner

Happy April!

April is a very special month as we celebrate National Volunteer Appreciation Week! KinVillage Community Centre's success is founded on the dedication and commitment of so many wonderful people who give generously of their time and energy. If you have been an active Volunteer in the past year, **please pick up your ticket for the Luncheon by April 14th** so you can enjoy being celebrated on Tuesday the 18th.

Following the CC's closure due to Covid, it took some time to get the Centre back to the active, vibrant facility that supports the social, mental and physical well being of so many in our community. It's been wonderful to see all the activity and use of this wonderful space.

As an organization we are experiencing growth and renewal which is a very positive sign. The new development will provide affordable housing for seniors for decades to come. Maybe you and I will someday be neighbours there. As with most change, there are some growing pains; in this case, it is the changes in parking for patrons of the Community Centre. The Community Centre lot is being repurposed for KinVillage tenants and the parking lot by the Care Home is now available to people visiting the Community Centre. If that lot is full, please use street parking. For those who can carpool, walk, get dropped off, or park further away, that is greatly appreciated so that the closer spots are available for those who really need them. Let's work together so that the Community Centre remains a hub of activity for those who find this facility an important part of their day.

The lovely splashes of colour bursting from the ground are a reminder that growth and renewal are part of the natural cycle of life, as is the growth and renewal of our beloved KinVillage.



Jen K.
604-943-0155 ext. 262
jkormendy@kinvillage.org

Mark your Calendar!

- April 7 **CLOSED** - Good Friday
- April 10 **CLOSED** - Easter Monday
- April 11 **FREE** Movie
- April 11 Writers' Group with guest speaker
- April 13 **FREE** Documentary
- April 14 Foot Care by appt.
- April 15 Shari's Saturday Social Dance
- April 18 Volunteer Appreciation Luncheon
- April 20 Coffee with a Cop followed by Circle of friends
- April 25 **FREE** Movie
- April 26 Transition to Long Term Care
- April 29 Latin Dance Night
- May 6 Quiz Night
- May 9 **FREE** Movie
- May 11 **FREE** Documentary
- May 12 Fashion Show & Luncheon
- May 12 Foot Care by appt.
- May 18 Coffee with a Cop followed by Circle of friends
- May 20 Shari's Saturday Dinner/Dance
- May 23 **FREE** Movie
- May 30 ElderCollege Singers
- June 5-9 Seniors' Week featuring special events
- June 6 Coffee with a Cop
- June 8 **FREE** ICBC Presentation
- June 6 **FREE** Movie
- June 16 Happy Hour with Cut & Dried
- June 27 **FREE** Movie
- June 30 Canada Day Celebration

Events and dates subject to change



GREETINGS FROM DAN LEVITT, CEO



April is a month in the year many of us look forward to with much anticipation. At KinVillage this month will be celebrated with numerous events that highlight our mission of living life to the fullest.

Part of this vision is the start of the redevelopment North Court with 152 affordable housing apartments for older persons. This is the first phase of the overall development of the KinVillage Campus of Care with more development planned for the future.

At the same time, access to KinVillage has been impacted with limited parking available and a new reliance on alternate transportation being chosen by people enjoying programs and services. It is encouraging to hear that staff parking has been secured at 53A and 12th freeing up pressure from traffic and parking for older persons. Thank you to the employees who have made the choice to park further afield and make life a little easier during construction.

Some older persons are now carpooling while others are using the Seniors' Bus to ensure they do not miss out on the many offerings at KinVillage. As the redevelopment gets into full swing in the coming months we will together look for viable solutions that encourage accessibility to continue with business as usual as much as possible.

We are also pleased to share that a new website and new branding is being launched and more of your stories will be told as we implement the KinVillage marketing plan.

As the weather outside improves and we spend more time outdoors we look forward to further restrictions being lifted that we have been living with during the pandemic.

Throughout the pandemic and going forward into the North Court construction phase, we are all in this together and by your involvement in daily life at KinVillage you make a difference in the lives of older persons.

I look forward to seeing you this Spring and to building a stronger KinVillage that we all desire to see become a reality.

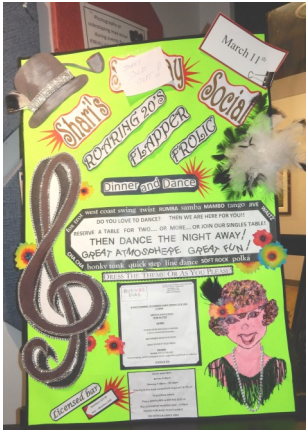
Yours sincerely,

Dan Levitt, MSc., CHE
CEO, KinVillage

FUN TIMES IN MARCH

The Roaring 20's Flapper Frolic on March 11th.

A sold-out event and for good reason. When Shari gets together with her team of volunteers, gets her music lined up, and sets a menu with Adrian, you can be sure it will be a fun-filled event. Good food, good music, and happy participants made for a great evening. Few people would have the talent or patience that Shari does to also decorate for an event including the great posters. Thanks Shari and team!



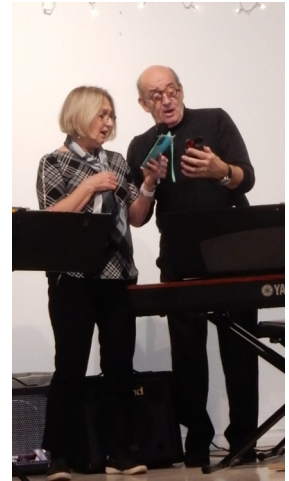
MORE FUN TIMES IN MARCH

Ceilidh - March 18, 2023

This event received rave reviews! So much fun and laughter. Everyone enjoyed the special treats provided too. We salute Lynn and Jeroen from the NewTones for coming forward to do a duet for us.



Kilbernie Station provided terrific music.



Lynn & Jeroen

Alison Moen did an amazing job as the caller. So good, in fact, that the participants caught on very quickly. Some only needed to be reminded a couple of times to use their other right. 😊



SHARING & CARING SECTION



Transition to Long Term Care

April 26 2:30 pm-3:30 pm - MP Rm. When a person living with dementia needs full-time support, moving to a long-term care home may be the next step for you and your family. Moving someone you've been caring for can bring about all kinds of emotion, but it doesn't mean that your role as a caregiver is any less important. This presentation can provide useful information to make the transition smoother and less stressful.

Please register at Reception or call us at 604-943-0225.



Ukraine, the Reality

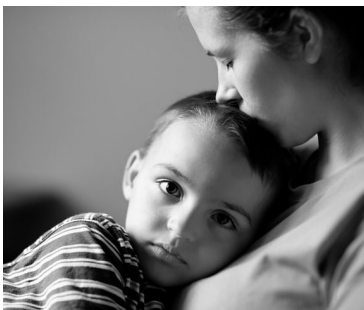
The boy looked up into the sky
And saw a drone circling high
He listened hard to hear the sound
And wished that it was on the ground.

The boy's mother was standing by
"Look up, Mummy, into the sky"
She looked up, pain filled her heart
Knowing she would have to play her part.

She knew the drone was not a toy
But built to kill her and her boy
Sweet innocence, her son was eight
And had no knowledge of his fate.

He looked at her, eyes full of trust
He did not know their end was dust
She told him the drone was not a toy
But made to injure, kill, destroy.

She put her arms around her son
And held him close, her only one
Whispering "do not worry, do not fear
For very soon we won't be here"



Written by one of our members, sharing memories from WWII while sheltering from bombs in London.

EVA'S CORNER

APRIL IS IRRITABLE BOWEL SYNDROME AWARENESS MONTH

Overview: If you suffer from the following on-going symptoms, you might have IBS: **Abdominal Pain, Bloating, Constipation, Diarrhea.**

IBS is a chronic, often debilitating, functional gastrointestinal (GI) disorder with symptoms that include abdominal pain, bloating, and altered bowel behaviours, such as constipation and/or diarrhea, or alternating between the two. It is the most common GI condition worldwide and the most frequent disorder presented by individuals consulting a gastrointestinal specialist (gastroenterologist).

Symptoms: Most people have experienced abdominal cramping, bloating, constipation, or diarrhea at some point in their life. However, those who have IBS experience these symptoms more frequently and intensely, to the extent that they interfere with day-to-day living.

Possible Causes: While we do not know for sure what causes IBS, it is a multi-factorial disorder that likely involves an interaction between the GI tract, bacteria in the gut, the nervous system, and external factors, such as stress. While irritable bowel syndrome is chronic and painful, there is no evidence for a relationship between this disorder and an increased risk of more serious bowel conditions such as inflammatory bowel disease or colorectal cancer.

Stress: The gut has its own independent nervous system (enteric nervous system). It regulates the processes of digesting foods and eliminating solid waste. This system communicates with the central nervous system, and they affect each other.

Management: The types of food eaten, the frequency and environment of eating, as well as various medications affect both the secretions and motility of the intestine.

The most important aspect of IBS treatment is to understand the unique nature of your symptoms and any potential aggravating or triggering factors.

Dietary and Lifestyle Modifications: The bowel responds to how and when a person eats, so it is important to eat regular, well-balanced, moderately sized meals rather than erratic, variable meals. One dietary therapy for IBS is the low FODMAP diet. The diet involves avoiding specific foods for six to eight weeks to see if symptoms subside. Be sure to consult a registered dietitian before eliminating any food group long-term. For more information on eating a balanced diet, consult Canada's Food Guide.

Outlook: Over time, with understanding and faithful adherence to an individualized treatment plan, many individuals with irritable bowel syndrome can look forward to a notable improvement in their condition.



Adapted from: GI Society, Canadian Society of Intestinal Research
<https://badgut.org/>

For more information, please contact Eva, Seniors' Support Coordinator, City of Delta, at 604-787-1242 or e-mail EBusich-Veloso@delta.ca



I ♥ WRITING

Writers' Group with Guest Speaker

Tuesday, April 11

10:30-11:30 am MP Room

Janeen, from the FVRL, will share information with the Writer's group about resources available to writers.



Representative Janeen Parent

ALL WRITERS WELCOME!

The group meets on the 2nd and 4th Tuesday of the month



COFFEE WITH A COP
10 am, Thursday April 20th
Followed by Eva's
Circle of friends

ADAPTIVE FITNESS CLASSES

FRIDAYS 2:30 - 3:15 PM

\$7 for members \$9 for non-members

Classes will work towards increasing mobility, overall stamina, and regaining/maintaining movement through a fun, social, inclusive atmosphere.

Everyone should have the opportunity to reach their fitness potential.



Instructor
Rachel Hansen

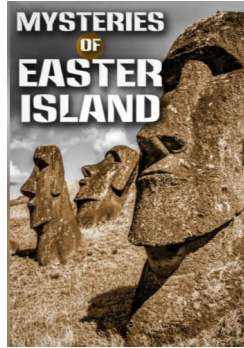


Love these gals!

Always decked out for the occasion.

FREE DOCUMENTARY AT 10 AM

Thursday, April 13 - 46 min



Easter Island has long been the subject of curiosity and speculation.

A triangle of volcanic rock in the South Pacific, Easter Island is over 2000 miles from the nearest population center, making it one of the most isolated spots on earth.

It is best known for the giant stone statues, know as the Moai, that dot the coastline.

FUN WITH IVOR



Questions

1. If you were born in April, what would your flower be?
2. If you were born on the 15th of April, what would your zodiac sign be?
3. The titanic hit the infamous iceberg on which day in April?
4. Which fast food franchise first opened its doors on April 15th, 1955?
5. What city was hit by an earthquake on the 18th of April 1906?
6. Which country celebrates Anzac Day, on the 25th of April?
7. Which Saint celebrates his feast day on the 23rd of April?
8. Which famous writer celebrated his birthday on the 23rd of April?
9. If you were born in April, what would your birthstone be?
10. What International Day is recognized on the 22nd of April?

LATIN DANCE PARTY

WITH DJ KUBANITO

SATURDAY, APRIL 29th

DOORS OPEN AT 6:00 PM

FREE 45 min. Salsa Lesson at 7 pm

Dancing from 7:45 to 11:30 pm

TICKETS: \$20 FOR MEMBERS \$25 FOR GUESTS

Chef Adrian will be offering specials from 6 pm to 10 pm

Cash bar 19+ - Please drink responsibly



2024 GIANT BOOK SALE - WE'RE GETTING READY!



Beginning **Tuesday, May 2nd**, we will be accepting donations at our **new collection location** at Tsawwassen Town Centre Mall next to the Chocolate Bear Shop. Limited days and times.

Tuesdays 9 to noon and Wednesdays 2 to 5 pm. **

**** Times may vary - changes will be posted on the door.**

NOTE: Please donate during posted times only.

Any items left outside the door will be immediately thrown away.

We accept books, CDs, DVDs, LPs, puzzles, and board games, all in good condition.

We do not accept VHS tapes, Readers' digests, magazines, text books, dictionaries, bibles, or any material in poor condition.

Please donate your best to us! 😊

THANK YOU!

APRIL EVENTS



FREE MOVIE MATINEES - TUESDAYS AT 1:30

APRIL 11TH

A MAN CALLED OTTO - Comedy/Drama 2h 6min



This movie tells the story of Otto Anderson (Tom Hanks), a grumpy widower whose only joy comes from criticizing and judging his exasperated neighbors.

When a lively young family moves in next door, he meets his match in quick-witted and very pregnant Marisol, leading to an unexpected friendship that will turn his world upside-down.

APRIL 25TH

AS THEY MADE US

Drama/Comedy/Romance - 1h 36min



Abigail, a divorced mother of two, is struggling to balance the dynamics within her dysfunctional family as she attempts to cultivate new love. Her

father Eugene has a degenerative condition that he and his wife Barbara refuse to accept, and her brother Nathan has been estranged from the family for decades. A self-appointed fixer, Abigail tries to mend her complicated family before it's too late.

Shari's Saturday Social

The theme is 'Splendor of the South Seas'

Saturday, April 15, 2023

Doors open at 7 - Dancing 7:30-10:30

\$13 for members \$15 for non-members

Includes mid-evening tea, coffee, and assorted goodies

Please purchase tickets in advance from Reception cash/debit/credit or call 604-943-0225

Dress style optional but cotton pants and colourful shirts, mumus, wrap-a-rounds or cool dresses and skirts are DEFINITELY IN STYLE!!! Dance to a wide variety of great CD music.

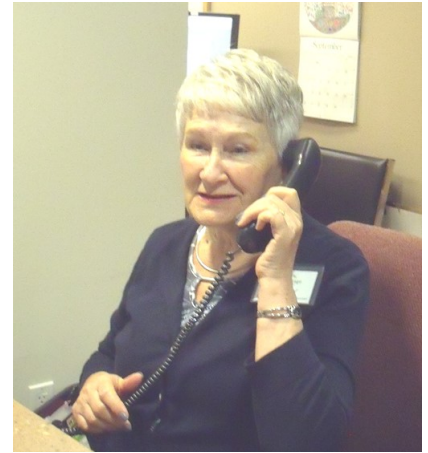
To reserve a table, please call Shari at 604-943-8755

Licensed premises - 19+ - Please drink responsibly



WE NEED RECEPTION HELP URGENTLY!

WE NEED YOU! Once a week for a three hour shift, morning or afternoon. Some computer experience would be helpful but is not essential. Reception Coordinator and trainer, Molly, and a few other volunteers, have put in a lot of extra hours recently and we don't want to wear them out :-). If you are ready, willing, and able to commit to a shift, please complete a volunteer application form and set up a meeting with Jen. Let's keep Molly smiling.



To apply as a volunteer, please pick up an application at Reception, or download the form from our website: kinvillage.org
When complete, please call 604-943-0225 to make an appointment with Jen.

THIS MONTH'S SHOUT OUT!

We are fortunate to have a volunteer with a Class 4 driver's license who enjoys taking seniors out on trips. Bob C. drives the bus for various KV groups and his enthusiasm is greatly appreciated. THANK YOU BOB!



Janet Folkes - September 18, 1932 - February 2, 2023 Condolences to family and friends



Janet was an active volunteer at our Community Centre for over 20 years. Some of the tasks she took on included staffing the front desk, managing the cash bar for the Saturday night dances, and assisting with the afternoon movies. Janet said she found fulfillment through volunteering. She was a huge asset to KinVillage and we were happy to have been an important part of her life.

Celebrating Janet's 90th birthday at KVCC

TO EVERYONE WHO VOLUNTEERED
DURING 2022-2023
THIS INVITATION IS FOR YOU!
PLEASE PICK UP YOUR FREE TICKET BY APRIL 14TH.

Volunteer Appreciation
Luncheon

Tuesday, April 18
12-2 pm

Enjoy the entertainment of Tim Hewitt
A one man band that will surprise and delight you!



YOU MAKE A DIFFERENCE!

Remember the starfish story

A storm had washed up thousands of starfish. A young girl picked one up and tossed it into the ocean. Then another, and another. People watched, amused. A man asked the little girl "What are you doing? You can't save them all. It's impossible for you to make a difference."

Returning another to the water, the girl replies "It made a difference to that one."



Fun with Ivor Trivia

April Madness

1. If you were born in April, what would your flower be?
ANSWER: Sweet Pea
2. If you were born on the 15th of April, what would your zodiac sign be? **ANSWER:** Aries
3. The titanic hit the infamous iceberg on which day in April?
ANSWER: 14th
4. Which fast food franchise first opened its doors on April 15th, 1955? **ANSWER:** McDonalds
5. What city was hit by an earthquake on the 18th of April 1906? **ANSWER:** San Francisco
6. Which country celebrates Anzac Day, on the 25th of April?
ANSWER: Australia
7. Which Saint celebrates his feast day on the 23rd of April?
ANSWER: St. George
8. Which famous writer celebrated his birthday on the 23rd of April?
ANSWER: William Shakespeare
9. If you were born in April, what would your birthstone be?
ANSWER: Diamond
10. What International Day is recognized on the 22nd of April?
ANSWER: Earth Day

May 9 FREE Movie at 1:30

A Million Colours - History/Drama 1h 50min



Inspired by true events. A story of love and friendship set against the violence of Apartheid in South Africa. It is a story of the ups and downs of the lives of the three main characters, and how their lives intersect over the years.

EARLY MAY EVENTS



Kin Village Quiz Night 14 Saturday 6th May 2023

Teams of 4 at \$40 per team
Bar opens at 6.30pm - Quiz starts at 7pm
Enter your team by phoning 604-943-0225
or register at reception
Monday to Friday between 9am and 2.45pm
Pay by cash, credit or debit card
Provide a Contact Name, Phone No. and Team Name
and of course \$40
Spectators welcome at \$5 each

MARK YOUR CALENDAR FOR MAY 12TH!

Fashions for Cruising

Featuring clothing from our Unique Boutique.

LUNCHEON & FASHION SHOW MAY 12



**TICKETS GO ON SALE SOON
AND WE SELL OUT QUICKLY.
STAY TUNED FOR MORE DETAILS.**

May 11 FREE Documentary at 10 am in the MP Rm

Born to be Wild - 45 min - An inspired story of love,



dedication and the remarkable bond between humans and animals. This film documents orphaned orangutans and elephants and the extraordinary people who rescue and raise them — saving endangered species one life at a time.

JUST FOR FUN - Happy Easter

EASTER WORD SEARCH PUZZLE

FIND 20 WORDS HIDDEN IN THIS PUZZLE

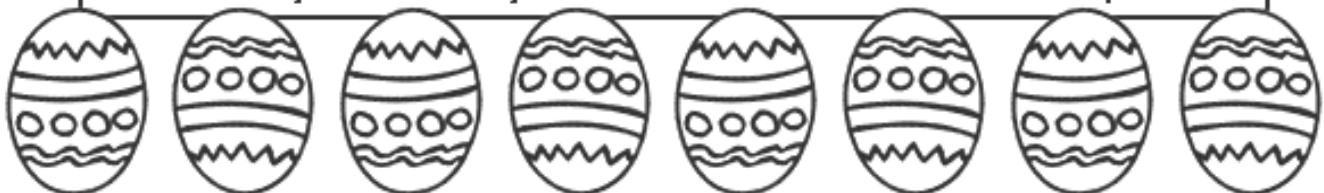


S G S E A R C H S R J K J G E
S Y A B D A F F O D I L E C C
R Q R H W U H F S J F X L H H
T P A I N T B A S K E T L O I
H O O V F P I A H W K E Y C C
L S D I W D O J U P Q A B O K
A U E S M H O W X P A S E L S
F N C U I Q G F U N M T A A G
B D O I E G G D G X S E N T Z
U A R N P B O N N E T R P E I
N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

Word List

BASKET
BUNNY
CANDY
CHOCOLATE
EASTER
EGG
FUN
HUNT
SUNDAY
RABBIT
SPRING
DAFFODIL
JELLYBEAN
PARADE
BONNET
CHICKS
SEARCH
FIND
DECORATED
PAINT

Search the puzzle for the words shown in the word list. Circle each word that you find until you find all of the words in the whole puzzle!



WEEKLY ACTIVITIES

Reception open Monday - Friday 9:00 am to 2:45 pm

Unique Boutique open Monday - Friday 10:00 am to 2:45 pm

Buenos Dias Café open M-F 8 am-2:30 pm

CLOSED EASTER WEEKEND - APRIL 7-10

Use your multi-purpose punch card for classes marked in red.

Monday

8 am-4 pm Drop-in Snooker
 9:00 am Pilates Level 2 *(Beth)*
 10:00 am Men's Drop-In Social Coffee Time
10:15 am Fitness & Stretch (Beth)
 11:15 am Women's Social Group
 11:30 am Carpet Bowling
 1:00 pm Ukulele Jam Session - MP Rm
2:30 pm Chair Yoga (Shigeko)

Tuesday

8 am-4 pm Drop-in Snooker
9:00 am Ball Fitness (Beth)
 10:00 am Men's Drop-In Social Coffee Time
10:30 am Line Dance (Susana)
 10:30 am Writing Group *(2nd & 4th Tues.) - MP Rm*
 11:45 am Music with The NewTones - *(1st & 3rd Tues.)*
 1:00 pm Social Bridge - MP Rm.
 1:30 pm Movie Matinee *(2nd & 4th Tues.)*
 5:30 pm **Jazzercise (Pam)**

Wednesday

8 am-4 pm Drop-in Snooker
9:00 am Jazzercise (Pam)
 10:00 am Men's Drop-In Social Coffee Time
 10:15 am Pilates Level 1 *(Beth)*
 10:30 am Conversational Spanish - MP Rm
***12:45 pm Bingo *please note the new start time**

Thursday

8:30 - 4 pm Drop-in Snooker
 8:30 - 4pm Chat with Eva - Seniors' Support
9:00 am Functional Fitness (Bev)
 10:00 am Men's Drop-In Social Coffee Time
 10:00 am Women's Drop-In Social Coffee Time
 10:00 am Knitters
 10:00 am Coffee with a Cop - April 20 - MP Rm.
10:00 am Watercolour Art (Laurel) - On hold
 11:00 am Walking Group
 11:30 am Carpet Bowling
 1:00 pm Euchre
 1:00 pm KinQuilters
 1:00 pm Partners Bridge - *Moved to Lutheran Church*
4:00 pm Line Dance (Susana)
5:30 pm Jazzercise (Pam)

Friday

8 am-4 pm Drop-in Snooker
9:00 am Yoga (Shigeko)
 10:00 am Men's Drop-In Social Coffee Time
 10:00 am Mahjong - MP Rm
10:30 am Dancercise (Shari)
 11:45 am Floor Curling
1:00 pm Beginners Line Dance (Susana)
 2:30 pm Adaptive Fitness


Saturday

Shari's Social - April 15th
 Splendor of the South Seas

Sunday

12:00-12:45 Beginners' Ballroom Dance Lessons
 12:45-1:30 Intermediate Ballroom Dance Lessons
1:30-3:30 Social Dance

ALONG WITH ALL OF OUR REGULAR PROGRAMS, WE'RE HAPPY TO REPORT THAT BOTH THE CAFÉ AND THE UNIQUE BOUTIQUE WILL BE OPEN AS USUAL DURING CONSTRUCTION. WE LOOK FORWARD TO SEEING YOU!

 **Pop-Up Class**
 9:30 am Saturday, April 22
 \$6 for members \$8 non-members - Pay Pam
 For more info call Pam 778-840-5299