



5430 10th Ave. Tsawwassen BC V4M 3X8

Tel: 604-943-0225

www.kinvillage.org

Newsletter Editor: Wanda Green

**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 December 25-26 & January 1******Reduced Reception Hours 10-12:30: Dec. 27-29******Reduced Boutique Hours 10-12:30: Dec. 21-29*****Manager's Corner**

As we enter the final month of 2023, I wonder where the year went. Reflecting back, I feel like KinVillage is moving in a positive direction with lots of plans for growth. With it comes some growing pains, like our initial challenge with parking, but I have been impressed with how people have adapted to the new reality. Your patience and understanding have been greatly appreciated.

Looking forward to this season of giving, you may run up against the question "what do you give someone who has everything?" May I suggest four items to consider:

1) KVCC Membership. I am a big proponent of 'experiences', rather than 'stuff' and the gift of membership can help a friend, family member, or neighbour in so many ways. Did you know that social isolation and loneliness increase the risk of early death by as much as obesity, excessive alcohol consumption, and smoking daily? They also increase the risk of strokes, cardiovascular disease, anxiety, depression, and dementia. The KinVillage Community Centre (KVCC) is a warm and welcoming hub for people over 50 to meet new people, get involved, socialise, volunteer, exercise, and generally break the pattern of isolation and loneliness. Consider introducing someone new to KVCC with the gift of membership. 2) Unique Boutique Gift Certificate. Brand new certificates available in any denomination for someone who loves quality women's clothing at bargain prices. 3) A KVCC T-shirt. Look spiffy in one of our newly branded shirts while spreading the word about KinVillage. Available at Reception. S-XL. \$25 (\$20 for Volunteers). 4) Make a donation to KVCC in honour of someone who really has everything. Your donation will go a long way and the recipient of your gift will know they are helping seniors in our community.

I wish you a very merry holiday season filled with family, friends, peace, and good health.

Jen K.

jkormendy@kinvillage.org

**Mark your Calendar!**

- Dec. 6 **FREE** ICBC Presentation on Winter Driving
- Dec. 7 **FREE** Coffee with a Cop
- Dec. 7 **FREE** Documentary Hallelujah Leonard Cohen –A Journey A Song
- Dec. 7 Cheers for Volunteers
- Dec. 8 **FREE** Open Mic Night
- Dec. 9 **FREE** Langley Ukulele Ensemble
- Dec. 12 Christmas Luncheon—entertainer Colleen
- Dec. 16 Shari's Christmas Dance
- Dec. 19 **FREE** Jingle Bell Blast sing-along with the KinTones
- Dec. 31 NYE Dinner/Dance with Swing Patrol
- Jan. 9 **FREE** Movie Matinee
- Jan. 11 **FREE** Documentary
- Jan. 11 Fall Prevention Clinic- East Hall
- Jan. 13 Shari's Dance
- Jan. 16 Beatlemania Luncheon w Cut & Dried
- Jan. 18 **FREE** Justice Facility Dog- Hall
- Jan. 19 **FREE** Open Mic Night
- Jan. 23 **FREE** Movie Matinee
- Jan. 25 **FREE** Coffee with a Cop
- Jan. 27 Live Band & Dancing with "Group Therapy"
- Feb. 1 **FREE** Documentary
- Feb. 2 **FREE** Social Hour - Live Music w the Karmichaels
- Feb. 3 Quiz Night
- Feb. 5 Bingo Nights begin (*1st Mondays*)
- Feb. 10 Shari's Dance
- Feb. 13 Valentine's Day Dessert & Andre Rieu Concert
- Feb. 16 **FREE** Open Mic
- Feb. 22 **FREE** Coffee with a Cop
- Feb. 27 **FREE** Movie Matinee
- Mar. 2 Ceilidh with Live Band & Caller
- Mar. 4 Bingo Night
- Mar. 8-10 Annual Book Sale
- Mar. 14 **FREE** Advanced Care Planning
- Mar. 15 St. Pat's Irish Luncheon
- Mar. 16 Shari's Dance

***Events & Dates subject to change.***

# A MESSAGE FROM DAN LEVITT, CEO

As a Gerontologist, I am frequently asked to give talks on anything related to older persons. Recently, a group of concerned people engaged me to speak about how the human rights we all enjoy in Canada are also protected in the context of people living with dementia. In researching this topic, the literature is certainly thought provoking. Researchers give examples of how everyday life is different given the stigma of dementia in the way people with lived experience report.

A poignant example of this is told in Lisa Genova's book *Still Alice* a brutally honest account of the isolation and loneliness so many people living with Alzheimer's disease experience. The film version of the story won Julianne Moore a best actress Academy Award for her haunting portrayal of Alice Howland, a neurologist, who the viewer witnesses her cascading losses as her world closes in on her. The movie perfectly depicts the way people often react to others who have memory impairments and other mental conditions who do not fit in with the expectations we have of how someone should behave. This poses the question how do we restore the citizenship for people who live with changes in cognition?

At KinVillage, we see and hear the message of citizenship and view all people holistically for their intrinsic value. In fact, our mission is to "support older adults to live their lives fully." With a focus on how relationships and roles between and among people foster an environment in which the person with dementia can be included in decisions about their lives. This can be seen in many aspects of daily life and including the care received and programs attended offering the best possible quality of life.

This holiday season join the increasing number of supporters who reach out with investing their time spent with older adults who especially during the holidays will benefit from a friendly and empathic visit, perhaps the most valuable gift you can give to another citizen.

Speaking of movies and gifts... the term citizenship for me conjures up a Hollywood image of one of the greatest films of all time, according to the cinema critics, *Citizen Kane*, with the message that Kane learns all too late - it is not what you have around you as you grow old, but who you have around you that truly determines a person's worth.

Wishing you and your family the very best for the holidays and a joyous new year! **Dan Levitt, MSC., CHE**

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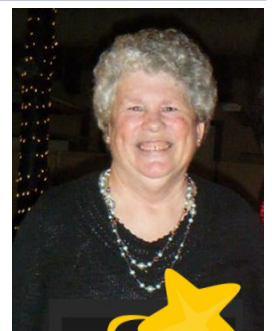
## 2024 KVCC Memberships

**It's almost time to renew your KVCC Membership!! 2024 Memberships will be available for purchase at Reception starting on Monday, December 11. Please consider a gift of membership for anyone who could benefit from increased social or physical activities. You could change the trajectory of someone's life with this gift that shows you care. 2024 Membership benefits begin Jan. 2, 2024. A year of Membership privileges = \$30.**

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Wanda's dedication as a KinVillage Volunteer has been unparalleled over the past two decades. She has treated her volunteer duties as a regular job, coming to 'work' 3-5 days per week. She has committed approximately 17,000 hours of her time to help the Community Centre run smoothly, making her an integral part of the Centre. Beyond her duties as Newsletter Editor, Wanda filled many administrative roles. It is with a heavy heart that, with Wanda's permission, we share Wanda's latest update.

Wanda was diagnosed with lung cancer and was given 5 years to live. Unfortunately, that timeline has been reduced significantly. Wanda chose to have no invasive treatment, and has signed up for hospice and MAID. She sends her love to all and thanks everyone for their love, support, and friendship over the years. Thank you, Wanda, for all your years as a dedicated, top tier Volunteer. We could not run the Community Centre without Volunteers as committed as you have been! You are a STAR!





# REMEMBRANCE DAY LUNCHEON

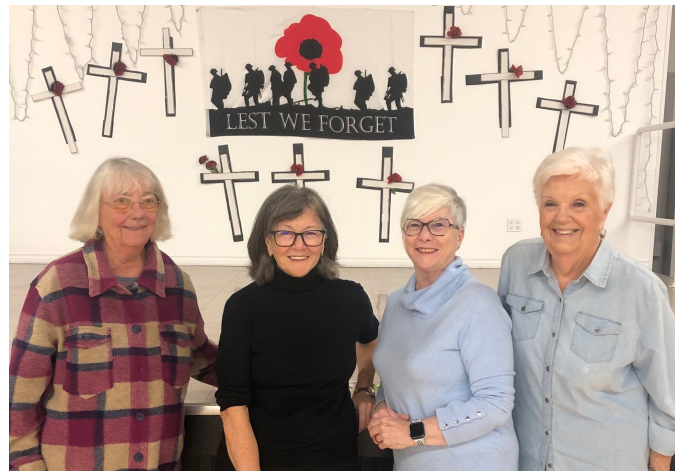


With gratitude and thanks, we honour our veterans.



Many hands make light work. These gals proved the point with their Remembrance Day Luncheon Decorations.

**THANK YOU Jill, Judy, Sherry, and Dee!**



# NOVEMBER EVENTS



## Open Mic Night November 10th

Lots of fun and great performances during our second Open Mic. We want to thank all the volunteers who help bring the Open Mic to KinVillage! Next sessions: Dec. 8 & Jan. 19. Come & join us!





## NOVEMBER EVENTS

### Christmas Market



The Christmas Market Day went very well. The feedback from the vendors was positive and they were happy with their sales. The customers enjoyed the variety of booths and the atmosphere.

A big shout out to Tracey and her team for all their



hard work with the pop-up book sale; Cindy, Jodi, and Katrina for pulling off an amazing bake sale; Molly and Ivor for managing the money; Jean for helping with set up on Friday; Wanda who sold her beautiful wares with proceeds going to our entertainment fund; Bernice and Liz who were busy elves hustling about in the Boutique; Jill and Flo for decorating the hall, and Yvonne for starting the organization of this fun event. It was a great team effort for a successful day.

## KINVILLAGE QUIZ NIGHT



*The winning team of the night from left to right Hilary Sanders, Ansa Bulfone, Ursula Schmelcher and Heather Howey.*

The latest quiz night was held on Saturday, November 25<sup>th</sup>. Eleven teams competed for the top prize with categories ranging from music and history through to geography and science. The team of the Flower Potts came out on top with a score of 67 points. Throughout the evening the teams were able to demonstrate their vocal skills with a number of singalongs. Next year there will be 3 quiz nights on: February 3<sup>rd</sup>, April 27<sup>th</sup>, and October 19<sup>th</sup>.

HAPPY DECEMBER !!

# CHRISTMAS CHEER FOR VOLUNTEERS

Thursday, December 7th, 1:30 - 2:45 pm

Dan, Jen, Bettina, and Brian invite KinVillage Volunteers

to celebrate the Holiday Season.

*RSVP at Reception by 2:30 pm on Monday, December 4th.*



Saturday, December 9th - Langley Ukulele Ensemble 'Themes of Christmas' 2:00-3:30 pm



Donations to support the ensemble gratefully accepted.



## CHRISTMAS LUNCHEON With entertainer Colleen Durdon

Tuesday, December 12th Doors open at 11:30 am

Tickets: Members \$20 Guests \$25



### MENU:

#### Entrée

CRANBERRY GLAZED CHICKEN  
Lemon thyme orange chardonnay crème  
Buttermilk crushed potatoes  
Olive oil roasted vegetables

#### Dessert

CRÈME CARAMEL CUSTARD  
Coffee or Tea



*Will you be the lucky  
winner of this Christmas  
basket door prize?*



# FUN DECEMBER



You're invited to our  
**Jingle Bell Blast Sing-along with the  
 KinTones!**



**Tuesday, December 19th, from 2:30-3:30 pm.**

## Shari's Saturday Social Dance

**December 16th**

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

Please purchase tickets in advance at Reception. Cash/debit/credit

\$13 for members \$15 for guests. Some tickets available at the door. Cash only.

Includes mid-evening tea, coffee, & assorted goodies.

To reserve a table, please call Shari at 604-943-8755 *Licensed cash bar*



**KINVILLAGE**  
 Community Centre  
 5430 10 Ave. Tsawwassen

**NEW YEAR'S  
 EVE**  
*Dinner & Dance*

**31 December | 2023**

**DINNER BY CHEF ADRIAN - BUENOS DIAS CAFE**  
**DANCE TO SCOTT ROBERTSON'S SWING PATROL**  
**DOORS: 7 PM | BUFFET DINNER: 7:30 PM**  
**DANCING: 9 PM - 12:30 AM**  
**MIDNIGHT CHAMPAGNE TOAST**

FOR TICKETS, CALL 604-943-0225 OR VISIT KINVILLAGE  
 COMMUNITY CENTRE BETWEEN 9AM-2:30PM. CASH, DEBIT,  
 CREDIT.

**TICKETS**  
 \$95 KVCC  
 MEMBERS  
 \$110 GUESTS

### 2023 NEW YEAR'S EVE DINNER MENU

#### SALAD

##### SPINACH & HEARTS OF PALM

Crisp cucumbers, hearts of palms, radish coins, sundried cranberries, mandarin orange segments, Carrots curls, maple balsamic vinaigrette

##### 3 POTATO & GRANNY SMITH APPLE

Baby red, Yukon & White potato, green onion, sour cream bacon dressing

##### ORGANIC MELANGE OF RICE & QUINOA

Pico de Gallo, green lentil, rainbow peppers, edamame, Italian parsley, smoked paprika honey dressing

#### ARTISAN BREAD ROLLS

#### CHAMPAGNE & WHITE STILTON BUTTER

#### ENTRÉE

##### Pre-carved in hotel pans

##### GRAINY DJON MARINADED ROAST PORKLOIN

Merlot glazed rosemary pearl onions, caramelized maple apple brandy jus.

##### SEARED TUSCAN CHICKEN

Hearts of artichokes, caper berries, sundried tomato double crème

##### LOBSTER, CRAB & SHRIMP CANNELLONI

Sauvignon Blanc beurre blanc

##### OVEN ROASTED BABY TRI-COLOURED POTATOES

Fine herb olive oil

##### CARAMELIZED ROOT VEGETABLES

Clover honey butternut squash, maple roasted carrots, broccoli, herb roasted zucchini, brown sugar roasted beets, orange & albino yams.

#### DESSERT

##### SANTA CLAUSE BUFFET

An assortment of mincemeat pie, pecan tarts, Christmas cookies, butter tarts

#### COFFEE & TEA

# Upcoming Free Presentations

## Free Presentation - Winter Driving

**Wednesday, December 6th at 1 pm in the MP Room. Please register at Reception**

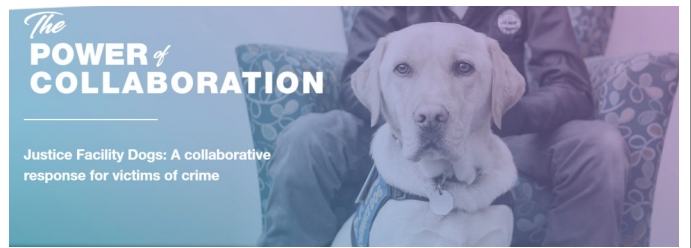
Presented by:



Join us for a discussion about road safety tips during the winter. As the weather turns colder and the days darken, road conditions become more challenging and driving more difficult. We'll hear from ICBC Road Safety and Community Coordinator Karon Trenaman about tips to aid you as both a driver and pedestrian to navigate our roads safely and to ensure your vehicle is prepared for winter weather.

## Presentation & Visit with Puma, Justice Facility Dog

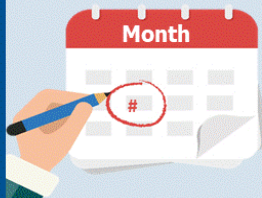
**Thursday, January 18th at 1:30 pm – Hall  
Please sign up at Reception.**



## FALLS PREVENTION MOBILE CLINIC



**When:** Thursday January 11, 2024  
9AM -5PM



**Where:** KinVillage Community Center

**\*\*Call 604-374-2273 to Register\*\***

Individuals with a history of falls will have the opportunity to sit one-on-one with a Pharmacist, Kinesiologist and Physiotherapist for an individualized assessment.

**Bring your questions!**



**Space is limited so please register now.**



## FALLS PREVENTION PRESENTATION



**When:** Thursday January 11, 2024  
3:30PM-4:30PM



**Where:** KinVillage Community Center

**\*\*Call 604-374-2273 to Register\*\***

This group presentation will provide you with some tips and tricks on how to reduce your risk of having a fall!

**Bring your questions!**



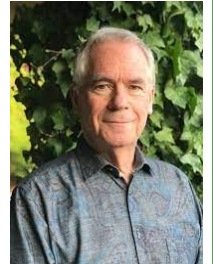
Nothing is more valuable than your independence ... so why risk it?

# December Programs

## COME AND LISTEN OR COME AND WATCH - December Events with David

### Brought to you courtesy of David Lemon

David Lemon is enthusiastic about films, especially those of the 1930s to the 1960s, and “classical” music. He likes sharing the films and music he enjoys with friends. As a boy he’d say “Come and listen to this!” to his parents when he was excited about a new record. These programs are informal and conversational. David will give a brief introduction to each film or piece of music, and afterwards the group can chat about what they have seen and heard. David looks forward to sharing some unusual as well as familiar films and music. The programs will be of different lengths according to the content. Some music programs will be without video. David introduces himself to the community of KinVillage with lighter first choices and sound equipment he donated for this program in the Multi-Purpose Rm.



David, a Tsawwassen resident, is the founder of Health Arts Society, whose Concerts in Care program is widely enjoyed, including by audiences at KinVillage. He had a long career in the marine insurance business and was involved in Vancouver music life as a volunteer in a number of ways. For twelve years he was owner of The Magic Flute store in Vancouver. He and his colleagues published a quarterly review of new recordings, a way to say - “Come and Listen to This!”

### December 5<sup>th</sup> at 10 am

**Liszt - Hungarian Rhapsody No.2 for Piano** (8 min.)

**Ravel - Piano Concerto for Left Hand** (19 min.) **Saint-Saëns Symphony No.3** (36 min.)

Liszt’s evocation of his native Hungarian music, Ravel’s concerto written for Paul Wittgenstein, who lost his right arm in the Great War, and Saint-Saëns’s glowing symphony for organ, orchestra and piano.



### December 14<sup>th</sup> at 1 pm 106 min.

“**Kind Hearts and Coronets**” 1948 (106 minutes.) A black comedy, starring Denis Price, Alec Guinness, Valerie Hobson, Joan Greenwood.



## FREE Documentary - Thursday, December 7th at 10 am in MP Room



### Hallelujah: Leonard Cohen, A Journey, A Song.

A definitive exploration of singer-songwriter Leonard Cohen as seen through the prism of his internationally renowned hymn, Hallelujah. This feature-length documentary weaves together creative strands: The songwriter and his times. The song's dramatic journey from record label reject to chart-topping hit. Included are moving testimonies from major recording artists for whom Hallelujah has become a personal touchstone. Approved for production by Leonard Cohen just before his 80th birthday in 2015, the film accesses a wealth of never-before-seen archival materials from the Cohen Trust including Cohen's personal notebooks, journals and photographs, performance footage and extremely rare audio recordings and interviews. 2 hours



# DECEMBER UPDATES



## UPCOMING SCHEDULE CHANGES

**Friday, Dec. 1** - Yoga, Dancercise, Floor Curling, Beginner's Line Dance cancelled

**Monday, Dec. 4** – Carpet bowling & Badminton cancelled; Ukulele Jam moved to MP Room; Canasta/ Cribbage moved to Fireside Lounge; Chair Yoga moved to Weds. Dec. 6 at 3:45.

**Tuesday, Dec. 5** – NewTones and Jazzercise cancelled

**Monday, Dec. 11** – Carpet bowling & Badminton cancelled; Ukulele Jam moved to MP Room; Canasta/ Cribbage moved to Fireside Lounge; Chair Yoga moved to Weds. Dec. 13 at 3:45.

**Tuesday, Dec. 12** – Ball Fitness and Line Dance cancelled due to Christmas Luncheon; no movie.

**Friday, Dec. 15** – Last Day for Yoga before holidays

**Monday, Dec. 18** – Last day for Chair Yoga before holidays

**Tuesday, Dec. 19** – Jazzercise cancelled

### Holiday Breaks

**Adaptive Fitness** - no class on Dec. 22, Dec. 29, Jan. 5, resume on Jan. 12.

**Bingo** – No bingo on Dec. 27

**Chair Yoga** – no class on Dec. 25, Jan. 1.

**Dancercise** - no class on Dec. 15, 22, 29. Back on Jan. 5.

**Jazzercise** – no break over holiday

**Sunday Dances** – No dance on Dec. 24 or Dec. 31

**Ukulele** – in Care Home Dec. 11, no session on Dec. 18, Dec. 25, and Jan. 1. Back on Jan. 8.

### COMMUNITY CENTRE:

- **Kitchen helper in Café** - Run dishwasher, clear tables. Tues. from 10-1:30 and/or occasionally, for special events - 3 volunteers
- **Decorating Crew** - Join Jill and Flora and bring your creativity to the Centre for seasonal and themed events - 3 volunteers
- **Movie Matinee**– Help us select movie titles to watch during the year and help before and after the movies (2x/month) – 1-2 volunteers.



### SOUTH COURT:

- **Staff Assistants** for weekly games - e.g. bean bag toss, ring toss, horseshoes. Must be able to run the program independently.
- **Bus Drivers with Class 4 license** for scenic drives and local bus outings. A Recreation staff facilitates the program and invites residents to join the outing.

### COMMUNITY CONNECTOR PROGRAM:

- **One to One Friendly Calls** -To do friendly/check in calls to seniors living in the community who are at risk of isolation and would benefit of social interaction.

## Message from the BOOK BARN Volunteers

Thank you to all who donated and/or came to support the Book Barn Pop-Up Book Sale at the Christmas Market. We brought in over \$600 towards the ongoing book sale total for KinVillage Community Centre programming!

Nothing says fall/winter like cuddling up with a cup of tea, a good book and the peace that these bring. The Book Barn volunteer team has worked tirelessly to sort and pack all the donations that have come in over the past ten months, in preparation for the March 8 –10, 2024 Book Sale. They, too, are looking forward to some time to enjoy family & friends as well as tucking into a good read over the holidays. To this end, **no donations will be**

**accepted at either KinVillage Community Centre or the Book Barn in the Tsawwassen Town Centre Mall from December 7<sup>th</sup> – January 16<sup>th</sup>.**

Looking forward, from mid-January until the weekend of the sale, the Book Barn team will be **accepting only fiction in excellent condition, puzzles, and dvd's/cd's/vinyl**. This is happy news as it is an indication of the massive amount of non-fiction we have already received!

*On behalf of Sue, Corinne, Bernice, Pam, Lynne, Paul, Tracey, Cindy, and Jodi, the Book Barnies wish everyone the happiest of holidays and look forward to seeing you in the New Year.*



**Mark your calendar!**

**The 2024 Book Sale will take place Fri. to Sun. March 8 to 10!**

*its the most*  
**DECEMBER**  
*wonderful time of the year*

*Fun with Ivor*

1. Do female reindeer have antlers?
2. With what do you deck the halls?
3. On what New York Street did a Santa Claus miracle happen?
4. In which ocean is Christmas Island found?
5. Which part of the turkey has less fat: breast or thigh?
6. What is the second line of "Silent Night"?
7. What is the most popular item to put on top of the Christmas tree?
8. Which Canadian province leads the world in exporting Christmas trees?
9. When is the feast of St. Stephen?
10. Which carol demands, "Bring us some figgy pudding"?



# EVA'S CORNER



## **Holiday Health Tips for Seniors: Lighten up Your Holiday Recipes Choose healthy fats and limit the amount of salt and sugar you use.**

The holidays are often a time to gather and celebrate with family and friends. Food can be a big part of the holiday season, providing enjoyment, comfort and connection. Preparing, sharing, and savouring traditional dishes and meals supports our social, mental, and spiritual well-being.

The holidays can also be an opportunity to build new food traditions. Modifying old recipes or adding new dishes to a traditional meal, helps make sure that everyone at the table has enjoyable options from which to choose.

Here are some ideas for adding new healthful foods to your holiday table:

- Serve a new vegetable or fruit side dish. Try:
- Roasted vegetables like squash, beets and Brussels sprouts
- Winter green salads using kale or collards
- Stewed fruit or fruit compotes using dried, fresh or frozen fruit
- Include dishes that feature plant proteins. Some ideas include:
- Shepherd's pie with lentils and mushrooms
- White bean and walnut meatloaf
- Peppered tofu steaks

If you're interested in modifying your classic holiday recipes to make them healthier, here are some ideas to get started:

- Use herbs and spices to add extra flavour instead of salt
- Try no sodium or low sodium broth for gravies, sauces and soups
- Rinse canned beans, chickpeas, lentils, and vegetables before using. Or use no sodium or lower sodium versions
- Make baked goods such as cookies, cakes and quick breads using ½ of the sugar in the recipe
- Consider using vegetable oil or non-hydrogenated margarine instead of butter or lard in your cooking and baking
- Replace some of the white flour in a recipe with whole grain flour
- Add some ground flaxseed, ground nuts or nut flour to your baked goods
- Use milk, low-fat evaporated milk or low-fat plain yogurt in place of cream and sour cream.

No matter what's on your holiday table or plate, take the time to practice mindful eating. Eat slowly, and savour the aromas, flavours and textures of your food.



For more information about holiday eating, visit Canada's food [Healthy eating for holidays](#). To learn more, visit Canada's food guide [Adjusting recipes to meet your needs](#)



Adapted from <https://www.healthlinkbc.ca/>.  
If you require more information, please contact Eva, Seniors Support Coordinator, City of Delta, 604-787-1242,  
[EBusich-Veloso@delta.ca](mailto:EBusich-Veloso@delta.ca)

**Have a happy, safe and healthy Holiday season!!!!**



## MORE HAPPENINGS AT THE CENTRE

### ADDITIONAL SUPPORT FOR SENIORS



The Seniors Community Connector (SCC) is available to older adults (60+) in South Delta. Come connect with the SCC in regards to your wellness needs such as

physical activities, nutritional needs, social engagements, wellness plans, and resource navigation. Namrata will be available to meet with Seniors at the Community Centre on Tuesday, Dec. 5<sup>th</sup> from 9:30 to 1:30.

You can drop in or make an appointment at 236-880-4120 or email:

[community.connector@kinvillage.org](mailto:community.connector@kinvillage.org).

### FUN WITH IVOR– ANSWERS

1. Do female reindeer have antlers? **Yes**
2. With what do you deck the halls?  
**Boughs of Holly**
3. On what New York Street did a Santa Claus miracle happen? **34th Street**
4. In which ocean is Christmas Island found?  
**Indian Ocean**
5. Which part of the turkey has less fat: breast or thigh? **Breast**
6. What is the second line of “Silent Night”?  
**All is Calm, All is Bright**
7. What is the most popular item to put on top of the Christmas tree? **An Angel**
8. Which Canadian province leads the world in exporting Christmas trees? **Nova Scotia**
9. When is the feast of St. Stephen?  
**December 26th**
10. Which carol demands, “Bring us some figgy pudding”? **We Wish You a Merry Christmas**



The sleigh is ready for your food and unwrapped toy donations.

### Most needed items (unexpired)

- Breakfast cereals
- Peanut butter
- Canned Meats
- Meal in a can such as hearty stew
- Rice
- Pasta
- Pasta sauce
- Canned fruits and Vegetables



**Deltassist will empty the sleigh on December 8th.**



## COMING EVENTS IN 2024 - MARK YOUR CALENDAR

### Live Band & Dancing with "GROUP THERAPY"

*Classic Rock (70's to 90's) with a little splash of country.*

**SATURDAY, January 27th**

**DOORS OPEN AT 7:00**

**MUSIC & DANCING 7:30 TO 11:00**

**TICKETS: \$22 FOR MEMBERS/**

**\$25 FOR GUESTS/\$30 AT THE DOOR**

Cash bar 19+ - Please drink responsibly

Tickets available at Reception!

### Bingo Night

Starting MONDAY, FEBRUARY 5th

7:00 - 9:00 pm

1st MONDAY OF EACH MONTH



### VALENTINE DESSERT

**WITH ANDRE RIEU'S CONCERT VIDEO**

TUESDAY, FEBRUARY 13TH - 1:30 pm

### Bringing back the CEILIDH

*(pronounced Kay-lee)*

Scottish Dance with live music and caller

**SATURDAY, March 2nd**

**DOORS OPEN AT 6:30**

**DANCING 7:00 TO 10:00**

**TICKETS: \$20 FOR MEMBERS /**

**\$24 FOR GUESTS / \$28 AT THE DOOR**

Cash bar 19+ - Please drink responsibly

Tickets available at Reception!

### QUIZ NIGHT

**SATURDAY, February 3rd**

Teams of 4 at \$40

& Spectators \$5

Door & Bar Opens

@ 6:30 pm

Quiz starts @ 7 pm



HAPPY NEW YEAR  
**2024!**

The **UNIQUE BOUTIQUE** is chock full of glitz and glam for your special New Year's Eve event. Check out the great deals before they are gone!

M-F 10 am - 2:45 pm.

Dec. 27-29 10-12:30.



### Hall Rentals

The KinVillage Community Centre offers a versatile facility for weddings, bridal and baby showers, family reunions, birthday celebrations, celebrations of life, conferences, workshops, seminars, staff parties, or live music events with a beautiful sprung dance floor and stage.

Details coming to our website soon [kinvillage.org](http://kinvillage.org) In the meantime, please inquire at Reception (604-943-0225).





**KINVILLAGE**  
Community Centre

5430 10th Ave., Tsawwassen

## 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

**Use your Multi-Class punch card for classes marked in red.**

### Monday

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

### Tuesday

8:00 am Drop-in Snooker 'til 4 pm  
**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 KinTones (Dec. 19 only)  
 1:00 pm Social Bridge - MP Rm  
 1:00 pm Euchre *Moved to Lutheran Church*  
 1:30 pm Movie Matinee (no movie in December)  
 5:30 pm **Jazzercise (Pam)**

### Wednesday

8:00 am Drop-in Snooker 'til 4 pm  
**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

### Thursday

8:00 am Drop-in Snooker 'til 4 pm  
 9 am --4 pm Chat with Eva - Seniors' Support  
**9:00 am Functional Fitness (Bev)**  
 10:00 am Men's Drop-In Social Coffee Time  
 10:00 am Knitters  
**10:15 am Watercolour Art (Laurel)**  
 11:00 am Walking Group  
 11:00 am Women's Drop-In Social Time  
 11:30 am Carpet Bowling  
 1:00 pm KinQuilters  
 1:00 pm Partners Bridge *Moved to Lutheran Church*  
**3:30 pm Line Dance (Susana)**  
**5:30 pm Jazzercise (Pam)**

### Friday

8:00 am Drop-in Snooker 'til 4 pm  
**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 (Rachel)  
**8-10 pm Social Ballroom Dance (4th Fridays)**

### Saturday

Dec. 9 - Langley Ukulele Ensemble  
 Dec. 16 - Shari's Social Dance

### Sunday

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

**Closed December 25-26 & January 1. Reduced Reception Hours Dec. 27-29: 10am-12:30pm**

Starting in January, we will have a **Suggestion Box** available in the Community Centre. Please feel free to add your suggestions for programs/classes/events.



**COFFEE WITH A COP**  
**10 am Thursday Dec. 7<sup>th</sup>**  
**in the Café.**



**Follow us on Instagram and Facebook for up-to-date happenings and coming events at the Community Centre!**





## Tis The Season of Giving: Help Us Raise \$5 Million for an Enhanced Day Program for Older Adults in Delta.

Dear Neighbour,

December 1, 2023

Growing up in Ladner, Howard, now 77, never expected to need KinVillage's Day Program for Older Adults until his wife Janis was diagnosed with Alzheimer's disease. Janis began attending KinVillage's Adult Day Program. The Day Program for Older Adults offers valuable social engagement, enjoyable activities, exercise, and health monitoring for seniors facing various health challenges, including cognitive decline, dementia, and physical disabilities. This program supports seniors striving for independent living, regardless of specific diagnoses. It also provides crucial respite for caregivers, allowing them to manage daily tasks or simply rest, as was the case for Howie. For many, this program is an essential support system during challenging times.

The existing Day Program for Older Adults has limited capacity with a long and growing waitlist. With the new Enhanced Day Program, we anticipate more than doubling our daily client capacity, which will significantly shorten the waitlist. At this time, the capital cost for the enhanced Day Program is not funded by the government. Our campaign aims to raise \$5 million by the end of 2025 to support this expansion. Of this, \$3 million will be allocated for the initial setup of the program, covering capital costs, equipment, and furnishings. The remaining \$2 million will be put into an endowment fund to ensure the ongoing operational costs of the program are met.

"We will forever be grateful for the care and support of the Adult Day Program. Simply put, it's the only reason we got to remain together for an additional three years, extending our uninterrupted living together for 53 years. And I know our story is mirrored many times," says Howie McLennan (Caregiver of his wife Janis and DPOA user for 3 years).

Your donation can help ensure that older adults continue to receive essential care & respite support. The future of KinVillage needs your support. Your tax-deductible gift will ensure that enhanced programs and services are fully in place, needed medical equipment is purchased, and physical upgrades to the living environment are made. Please support this fundraising initiative!



**Howard and Janis at KinVillage Courtyard**

**Join us this holiday season to help KinVillage raise \$5 million for the Enhanced Day Program for Older Adults. Every contribution brings joy, supports caregivers, and fulfills our wish to sustain this vital program in Delta.**



## Tis The Season of Giving: Help Us Raise \$5 Million for an Enhanced Day Program for Older Adults in Delta.

Make a Difference this Holiday Season with KinVillage. By giving a year-end gift, you can contribute to the ongoing development of KinVillage as a place of residence and a vibrant community where older adults can find the support they need.

Consider making a monthly contribution to help improve the lives of older Adults. Donating is easy - you can either fill out the enclosed envelope or visit the KinVillage website at [www.kinvillage.org/donate](http://www.kinvillage.org/donate). KinVillage has been providing affordable housing and care for older adults in BC for over 40 years with one of the most comprehensive ranges of services in the area.

### WHERE ARE FUNDS NEEDED



✓ **EQUIPMENT:** Facility Construction and Financing, Furniture, Fitness Equipment, Specialized Flooring, Essential Clinical Equipment, Music Therapy Equipment, Chefs Open Kitchen, Reception Area, Audio Visual Equipment.



✓ **PROGRAMS:** Fitness Rehabilitation, Cognitive Skill Development, Music Therapy, Recreation Program, Health Monitoring.

✓ **Endowment:** To cover operational costs.



**Arial view of construction for KinVillage Phase 1 Independent Living/Enhanced Day Program for Older Adults**

The entire KinVillage family would like to extend our warmest wishes for a joyful holiday season and a healthy New Year!

Yours Sincerely,



**Dan Levitt, MSc., CHE**  
CEO, KinVillage



**Lois Wilkinson**  
Board President, KinVillage



**Kristen Thomas**  
Director of Development, KinVillage

Join us this holiday season to help KinVillage raise \$5 million for the Enhanced Day Program for Older Adults. Every contribution brings joy, supports caregivers, and fulfills our wish to sustain this vital program in Delta.