



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

[www.kinvillage.org](http://www.kinvillage.org)

The Community Centre is open 8 to 4  
Reception Desk 9 to 2:45  
Unique Boutique 10 to 2:45  
Buenos Dias Café 7:30-2:30



Closed Monday,  
February 20th

### Manager's Corner

The Community Centre looked very festive during the holiday season thanks to volunteers. My sincere thanks goes out to everyone who helped with the set up and take down of the decorations.

Thank you to all who came to the Armchair Travel presentation of my trip to Patagonia. It was fun to relive the memories while sharing it with the 60+ people who attended. A special thanks to Ivor for helping with technology, Judy for preparing the refreshments, and Ken for donating the drinks for all to enjoy.

February is a busy month starting with our ever-popular annual BOOK SALE Feb. 2-4. Grab a friend and find a year's worth of reading, all at bargain prices. A big shout out to Tracey, Book Sale Coordinator, and her dedicated team, for the many hours they have devoted to bringing this sale to our community.

The rest of the month is filled with other fun and educational events, including a Library Information session, Coffee with a Cop, a lovely Valentine's dessert prepared by Chef Adrian, to be enjoyed while watching an Andre Rieu concert, Shari's special Dinner & Dance, a Conversation with Mayor Harvie sponsored by ElderCollege, and the grand finale of the month, a Latin Dance Night. It was a full house the last time we hosted this event in 2020 so don't delay in getting tickets (available soon). Delta Stageworks is performing a show in the Community Centre and they've extended discounts for KinVillage members.



Happy February! Let's see what the groundhog has to say about what's in store for us.

Jen K.

604-943-0155 ext. 262  
[jkormendy@kinvillage.org](mailto:jkormendy@kinvillage.org)

### Mark your Calendar!

- Feb. 1 **FREE** Alzheimer Society Webinar
- Feb. 2-4 Giant Book Sale
- Feb. 4 Bake Sale & the Boutique will be open
- Feb. 6 Library Information Session - FVRL
- Feb. 8 **FREE** Alzheimer Society Webinar
- Feb. 9 Coffee with a Cop
- Feb. 10 Foot Care Nurse by appointment
- Feb. 11 Pop-Up Jazzercise class
- Feb. 11 Shari's Special Dinner/Dance
- Feb. 14 Valentines Day Dessert and Concert
- Feb. 15 **FREE** Alzheimer Society Webinar
- Feb. 16 Circle of Friends with Eva
- Feb. 16 **FREE** Documentary (note new day)
- Feb. 18 A Conversation with the Mayor (ECD)
- Feb. 20 **CLOSED** for Family Day
- Feb. 22 **FREE** Alzheimer Society Webinar
- Feb. 25 Salsa Lesson & Latin Dance with DJ
- Feb. 28 **FREE** Movie Matinee
- Mar. 7 Tax Help by appointment
- Mar. 9 **FREE** Documentary (note new day)
- Mar. 10 Foot Care Nurse by appointment
- Mar. 11 Shari's Saturday Social Dance
- Mar. 13 FVRL Armchair Travel
- Mar. 14 **FREE** Movie Matinee
- Mar. 18 Ceilidh Dance with Live Band
- Mar. 21 Tax Help by appointment
- Mar. 23 Coffee with a Cop followed by Circle of Friends
- Mar. 28 Tax Help by appointment
- Mar. 28 **FREE** Movie Matinee
- Mar. 31 Social Hour with Cut & Dried

Events and dates subject to change

## GREETINGS FROM THE CEO



### WE INVITE YOU TO SHARE YOUR STORY!

As KinVillage advances with the first phase of the campus redevelopment, ground breaking for a new North Court of affordable housing for older persons will take place this Spring. There is, therefore, an increasing need to raise the public's awareness of Tsawwassen's best kept secret. A marketing campaign has been initiated to communicate key messages from the amazing people who are part of the KinVillage community. The communication plan uses multiple media streams to get the word out to a broader audience, changing the way people think of the ageing journey and the role KinVillage plays in not only care and housing but in wellness programs and outreach services that support ageing in their place of choice.

Part of this story telling is a new logo reflecting the various aspects of KinVillage with the Community Centre in the heart of our newly designed insignia. When asked what people thought of the new logo we heard: **"Welcoming", "Caring", "Joyful", and "Love"**. The colour combination we are told is associated with nature and is invigorating, reminding us of the surrounding waters and sunny Tsawwassen.

The new logo represents KinVillage at its best. Stories will be told through a new website that is being developed for launch later this year featuring everyday experiences. The connections that people make at the Community Centre, via the meals delivered to homes, through the day program for older persons, independent living, assisted living and long-term care, as well as Buenos Dias Café and the Unique Boutique. What brings all of these entities together is a village of people who rely on receiving services, on volunteers, and on providing those services. **Together we create community.**

But there is more. At a time when older persons are impacted by ageism, it is critical to share the best kept secret in Tsawwassen by introducing ageing services to the public, demystifying and building confidence in our services sector and the professionals who deliver them.

**The objective of our communication plan is clear: increase awareness, understanding, and positive perceptions of the ageing services sector.**

One of the main messages will be that we all want to stay independent as we grow older. With extra help from ageing services, you can keep contributing and enjoying your life to the fullest.

The Canadian ageing population is growing exponentially. Canadians are living longer and have more complex health needs. One in three older adults will need long-term care and services. As South Delta continues to grow, many people are unaware that KinVillage provides a full array of services that can meet their needs - from activities in the Community Centre to help keep seniors active in mind and body, to meals delivered to their home, to caring for people with advanced dementia. Experience with KinVillage drives confidence. Most people who receive our direct ageing services rate it positively, and would recommend KinVillage to others. Research indicates that sharing KinVillage stories can positively shift opinions of the ageing process.

We will be featuring real images and first-hand experiences of older adults and care professionals at KinVillage. **We invite you to share your story!** You can email: [cc-reception@kinvillage.org](mailto:cc-reception@kinvillage.org)

# FUN TIMES IN JANUARY

## TRIVIA TITANS WIN THE DAY

KinVillage Quiz Night 13 was held on Saturday 21<sup>st</sup> January. Over 10 rounds of questions included a singalong rendition of “American Pie”. With only six points between the top four teams, the Trivia Titans held on to take the coveted first prize, with 67 points.

The next quiz will take place on Saturday 6<sup>th</sup> May.



L to R: Maria F., Bella F., Sandi G., Ted H.

## DOWNTON ABBEY MOVIE, TEA & TRIVIA - January 24th

**Sincere thanks to everyone who contributed to this lovely event:** From the ticket maker Yvonne to the ticket sellers at reception to the ticket taker Judy, there are so many people to thank. Flower arranger and decorator - Judy B., Artist - Echo-Marie, Trivia wizard - Ivor, Leanna from Delta Lifeline for prizes, Connie for contributing serving tiers, Doreen and Adele for matching the cups and saucers, Mary Rose and Connie for setting up and serving, Margaret Ryding for extra costuming, and of course our thanks also to Chef Adrian.



A bit of trivia from Ivor's quiz. It is believed that milk was added before tea to save the delicate china cups from cracking under the heat of the tea. When using sturdier cups, milk was often added after the tea.





## FEBRUARY EVENTS

# Shari's Hearts & Flowers Dinner Dance



**Saturday, February 11th**

Doors open at 5:30 pm - Dinner at 6:30 pm

Dancing 7:00-10:30 to the usual assortment of CD music

Dress optional but... glitz and glamour are always welcome.

Very special door and spot dance prizes!

***Dinner Menu:*** Dinner rolls, Spinach Salad, Grainy mustard marinated roast pork loin, Boursin cheese and candied bacon mashed potatoes, Bell peppers, asparagus, maple kissed carrots.

***Cupid's Dessert Buffet Tea & Coffee***

***DEADLINE FOR TICKET PURCHASE - February 8th***

***\$27 for members \$30 for non-members - No door or dance only tickets for this event.***

***Pay cash, debit, credit card at Reception M-F 9:00 am - 2:30 pm at Reception or call 604-943-0225***

**To reserve a table, advise Reception at time of ticket purchase.**

***Licensed premises - cash bar - Please drink responsibly.***

**FREE DOCUMENTARY - Thurs. Feb. 16, 10 am - MP Rm.**

**Who built Stonehenge? - 50 min.**

Stonehenge, located on the Salisbury Plain in Southern England, has long been associated with Druids, a group of wise men present in England more than 2000 years ago. Still today at Summer Solstice, the longest day of the year, Druid celebrations are held at Stonehenge. But were they the actual designers? Excavations underneath the stones have revealed artifacts, like antler horns, carbon dated at 4000 years ago. Bodies found buried nearby are of the same age. That leaves primitive people known as Ancient Britons, who lived at the start of the bronze age. Great precision was used in assembling the 15,000 tons of rock into circles. Did they have the know-how? These questions and more are explored in this documentary.



**Circle of Friends**

**Thurs., Feb. 16th 11 am- immediately following the documentary.** Join Eva, Delta's Seniors Support Coordinator, for a drop-in to meet others and increase your social connections in a fun, supportive way.

## MORE FEBRUARY EVENTS



### VALENTINE DESSERT WITH ANDRE RIEU'S "LOVE IN VENICE" CONCERT VIDEO

TUESDAY, FEBRUARY 14TH - 1:30 pm

Crepes Suzette with buttered brown sugar orange reduction & whipped vanilla cream.

**\$9 for members - \$12 for guests**



The Dutch violinist has captivated international audiences, bringing the glamour of the Viennese ballroom to millions across the world. The Johann Strauss Orchestra was founded in 1987. Following six months of rehearsals, the first concert was on January 1, 1988. The orchestra began with only twelve members, but now there are 50, sometimes even 60 on very large stages.



## FREE TUESDAY MOVIE MATINEE AT 1:30

February 28th



### **The Big Sick (2017) Romantic/Comedy - 2hr.**

Kumail is a Pakistani comic, who meets an American graduate student named Emily at one of his stand-up shows. As their relationship blossoms, he soon becomes worried about what his traditional Muslim parents will think of her. When Emily suddenly comes down with an illness that leaves her in a coma, Kumail finds himself developing a bond with her deeply concerned mother and father.

**One Movie Critic said:** What starts like a fresh take on the old "When Harry met Sally" premise soon gets a pretty dramatic and unexpected twist, and ultimately turns out to be based on true events. Likable, realistic characters and a great script make this a romantic comedy highlight of recent years, while tackling cultural differences and low key racism at the same time. Outstanding.

# DANCE, DANCE, DANCE



## LATIN DANCE PARTY

WITH DJ KUBANITO  
SATURDAY, FEBRUARY 25TH  
DOORS OPEN AT 6:30



SALSA LESSON WITH CARLOS REYES & SARA POU AT 7:00  
DANCING 7:45 TO 11:30  
TICKETS: \$20 FOR MEMBERS \$25 FOR GUESTS \$30 AT THE DOOR

Cash bar 19+ - Please drink responsibly

## EVERY SUNDAY



Professional instructors Wendy & George Pytlik provide dance lessons.

**Level 1 classes Sundays from 12:00 to 12:45** - suitable for those who have never danced, or those who wish to review basics after time away from the dance floor.

**Intermediate classes follow immediately after from 12:45 to 1:30 pm** - perfect for those familiar with the basics who want to look good on the dance floor.

For more information and prices call 604.657.1351  
or visit their website: <https://delta.dance/contact/>

Classes are taught by these two, seven time undefeated BC Senior Latin champions and ranked among Canada's top three competitive Ten-Dance ballroom dance couples.



**Sunday Social Dance 1:30 - 3:30** -  
**\$6 for members & \$8 for guests at the door - cash only**  
**or, use your multi-class punch card.**

Following the lessons, you can practice your dance moves in the warm and welcoming environment. The music varies regularly and is strict-tempo especially selected by Roger Everett.

# FREE SHARING & CARING EVENTS

We are fortunate to be able to share our facility with caring non-profit societies and community organizations. This month we feature activities being held here by the Arthritis and Alzheimer's Societies as well as the library, the Delta Police and ElderCollege.



**Alzheimer Society**  
BRITISH COLUMBIA

## **Dementia Webinars - 2:00-3:30pm in the Multi-Purpose Room**

**Wed Feb 1 – 2:00-3:30pm**

### **How to Support a Friend who has Dementia or a Caregiver**

Offering practical tips on how to offer support to a person living with dementia, their caregiver or family.

**Wed Feb 8 – 2:00-3:30pm.**

### **Adjusting to Long Term Care**

Discusses the experience of transitioning into long term care and explores strategies for adjusting.

**Wed Feb 15 – 2:00-3:30pm.**

### **Disorientation Among People Living with Dementia**

Researcher Noelannah Neubauer discusses the risks associated with getting lost among persons living with dementia; hear strategies to mitigate the risks and learn about current and up and coming research in this area.

**Wed Feb 22 – 2:00-3:30pm.**

### **Life in Long Term Care**

Learn how to adjust your role as a caregiver after a person living with dementia has moved into long-term care.

**At the end of each webinar there will be time for questions and discussion.**

**Refreshments will be available.**

**Please sign up at Reception - Open M-F 9am to 2:45pm**



# FREE SHARING & CARING EVENTS

## LIBRARY INFORMATION SESSION



**Monday, Feb. 6, 11:30-12:30 - Multi-Purpose Room**

Want to borrow a ukulele or need a pair of binoculars? Your library has you covered! Attend this info session about your local library. We'll discuss how you can borrow items like ukes, binoculars, telescopes and robots too! Janeen from the Tsawwassen library will also demonstrate how to borrow e-books and downloadable audiobooks, stream movies, or how to request books and DVDs from the library. Please bring your library questions too!

**You can also sign up for your free library card.**



**Coffee with a Cop**

**Thursday, February 9th , 10 am** in the Multi-Purpose Room. Coffee and cookies will be available. Bring your questions to get the conversation started.



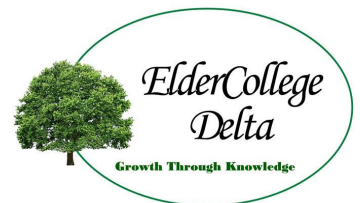
**Circle of Friends Thursday, Feb. 16th 11 am in the Multi-Purpose Room.**

Immediately following the documentary "Who built Stonehenge?"

Join Eva, Delta's Seniors Support Coordinator, for a drop-in to meet others and increase your social connections in a fun, supportive way.



## **ElderCollege Delta Presents A CONVERSATION WITH MAYOR GEORGE V. HARVIE**



**Saturday, February 18th starting at 10:30 am  
KinVillage Community Centre Main Hall  
5430 10th Ave., Tsawwassen**

**This is a FREE event open to the public.**

Mayor Harvie will begin by talking about the progress the City has made over the last four years and share with us what he and Council would like to accomplish in the coming term. You are then invited to ask questions of the Mayor. He will be available until approximately 11:45. You can also submit questions in advance by emailing [eldercollegedelta@gmail.com](mailto:eldercollegedelta@gmail.com) by Friday, February 10th.





## 2023 Spring Semester

Online on our website anytime beginning at 9am Feb 21st

By phone 10 am-noon Feb 21st & 22nd  
604-943-0262

At our location in Tsawwassen Town Centre Mall  
10 am-noon Feb 21st & 22nd

Note: if paying by cash or cheque,  
registration must be in person

### Technology



- ◆ Android Cell and Tablet
- ◆ Cellphone Photography
- ◆ Microsoft Word, Beyond the Basics
- ◆ iPad for Absolute Beginners
- ◆ iPad - Web Browsing & using Apps iPad - Learn to use Apple Email
- ◆ iPad- Learn to use your Camera & Photos
- ◆ Picasa: What Can I do with My Digital Photos
- ◆ Gmail & Google Apps
- ◆ Artificial Intelligence

### General Interest

Number of subjects in each category is in brackets and subject to change.



- ◆ History (3)
- ◆ Science (4)
- ◆ Lifestyles (3)
- ◆ Visual & Performing Arts (2)
- ◆ Field Trips (2)

### Zoom Presentations



- ◆ Preserving Farm Land and Wildlife in Delta
- ◆ The Influence and Contributions of the South Asian Community in BC
- ◆ The Life and Work of Maud Lewis
- ◆ Shocking News About the Universe
- ◆ Sir E. Shackleton The Legacy of the Endurance

**A full listing of subjects, dates, and times is available on our website: [eldercollegedelta.wildapricot.org](http://eldercollegedelta.wildapricot.org).**

# EVA'S CORNER

## HEART DISEASE AND STROKE- Healthy living tips

Heart disease and stroke can result in poor quality of life, disability, and death. Though both diseases are common, they can often be prevented by controlling risk factors like high blood pressure and high cholesterol through treatment.

**Prevention is key.** Learn about how to live a healthier lifestyle. Eight out of ten cases of premature heart disease and stroke are preventable through healthy lifestyle behaviours. Many risk factors for heart disease and stroke are in your power to control.



### Make healthy lifestyle choices, it's simple

**Eat well:** Learn how heart-healthy choices can help lower your risk of heart disease and stroke, whether eating at home or dining out. Did you know that up to 80% of premature heart disease and stroke can be prevented through your life habits, such as eating a healthy diet?

**Get moving:** Learn the benefits of healthy activity, and get tips on adding more exercise into your daily routine. For those searching for the fountain of youth, exercise is the next best thing. Regular activity can help you lose weight, stay healthier, slow the physical decline of aging, sleep better, reduce stress.... And more.

**Maintain a healthy weight:** Learn the basic principles of a healthy weight and waistline and why it matters. Achieving a healthy weight is an important step in promoting your heart and brain health, and it isn't easy. Weight loss is a challenging goal and should be met with a positive attitude and patience. But it's worth it in the end.

**Stop smoking:** Smoking and exposure to second-hand smoke increase your risk of developing heart disease and stroke. Smoking (or tobacco use) is a leading risk for disability and premature death in Canada. Becoming tobacco-free has huge health benefits – for you as well as the people around you.

**Manage your stress:** Learn to identify the things that are causing you stress so you can deal with them effectively. Stress can increase your risk of heart disease and stroke, and lead to depression and anxiety. That's why it is important to recognize and manage it.

Adapted from the Heart and Stroke Foundation of [Healthy living | Heart and Stroke Foundation](#)

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



## Fun with Ivor

# Valentine's Day Quiz

There are ten different ways of saying "I love you" in different languages.

Can you identify which language is which?

Je t'aime

Ti amo

Ich liebe dich

Kocham cię

S'agapo

Miluju tě

Ek het jou lief

Jag älskar dig

Te amo *or* te quiero

Ik hou van jou



## IT'S HAPPENING HERE

deltastageworks.ca

DELTA  
STAGEWORKS

**FEBRUARY 16,17,18**

7:30 PM WITH AN EXTRA SHOWING SAT. AT 3:00 PM

### Heirlooms and Baggage

(MY MOTHER'S  
STORY)

A Workshop Production  
of a new devised play

The extraordinary lives  
of ordinary women

Tickets available from Eventbrite.ca

<https://www.eventbrite.ca/e/heirlooms-baggage-my-mothers-story-tickets>

Evening performances: no reservation seating available from 7pm, **start time 7:30pm** -1 hr. performance.

Matinee performance (Feb 18): no reservation seating from 2:30 pm, **start time 3:00pm**

Tickets \$20 + processing fees Follow us on [FACEBOOK](#) and [INSTAGRAM](#) for ticket promos.

## THIS MONTH'S SHOUT OUTS



**L to R: Larry, Brian, Paul**

Always with a smile - Jen is grateful to the maintenance crew for their "can do" attitude and unwavering support.

### A VISIT TO PATAGONIA



I wrote this to Jen, January 27th. You impressed us with yet another of your many talents. That show was fantastic! So well done and a creative mix of stills and video.

Sincerely, Wanda.



# COMING IN EARLY MARCH

## NEED HELP WITH YOUR INCOME TAX RETURN?

ASSISTANCE WILL BE PROVIDED AT THE COMMUNITY CENTRE BETWEEN THE HOURS OF 2:00 PM AND 4:30 PM MARCH 7, 21 & 28

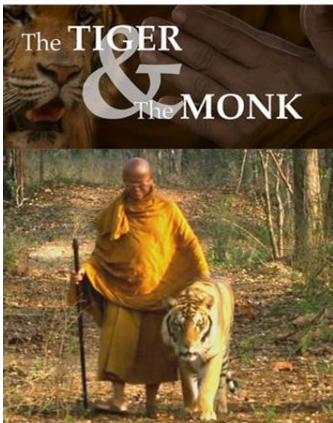
KinVillage has arranged with MP Carla Qualtrough's office for income tax returns to be prepared **FREE OF CHARGE** for those who have a modest income and a simple tax situation. Up to \$35,000 per annum for a single person and up to \$45,000 per couple.



**BOOK YOUR 15 MINUTE APPOINTMENT WITH SUKI NOW AT RECEPTION OR BY CALLING 604-943-0225.**

## Free documentary

**10 am, Thursday, March 9th - Multi-Purpose Room  
The Tiger & The Monk Documentary - 51 min.**



Wat Pa Luangta Bua is a monastery of meditation, situated far away from any civilization, about 200 kilometers west of Bangkok, and here, silence, peace and harmony reign. Every afternoon, a daily ritual is observed -- nonchalant Buddhist monks take their ten 3-5 year old tigers out on a leash for a walk through the bordering region of Burma. This documentary portrays the harmonious relationship between predators and humans without disregarding the monk's maxim that "a tiger will always be a tiger, even if it feeds from the hand. It will always be a wild animal".

# Shari's Saturday Social

**March 11th**

Doors open at 7:00 - Dancing 7:30-10:30

**Our theme is *The Roaring 20's***

Dress style optional but ..... put on your favourite roaring 20's outfits! As always, you can dance to a wide variety of great CD music including waltzes, jives, cha cha, mambo, soft rock and roll and much, much more.

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

***\$12 for members \$14 for non-members***

***Includes mid-evening tea, coffee, and assorted goodies***

***Some tickets available at the door. Cash only.***

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

*Licensed cash bar*



# COME JOIN OUR AMAZING TEAM OF VOLUNTEERS

## Community Centre:

- **Fashion Consultant in the Unique Boutique**- sell clothes and help keep the store updated, tidy and welcoming. One 2.5 hour shift/week.
- **Receptionist** - greet visitors, sign up new members, sell tickets to events, provide information, etc. One 3.25 hour shift/week.
- **Kitchen helper in Café** - Run dishwasher, clear tables. Once a month for special events.



**A big thank you to Judy B. for stepping into the role of Decorating Committee Coordinator, and to Carol M. and Marilyn F. for joining the committee as well.**



## South Court:

- **Bartenders** for weekly Happy Hour on Wednesdays, Serving-It-Right certificate essential.
- **Staff Assistants** for weekly games—e.g. bean bag toss, ring toss, horseshoes. Must be able to run the program independently.
- **Pets & Friends** - Looking for pet therapy volunteers.

## West Court:

- **Staff Assistant** to help with serving and resident engagement during interactive programs, e.g. weekly Social Hour, Bingo, coffee pop-up, and events. Help to decorate the activity areas during the themed week is appreciated.
- **One to One Social Visits.**
- **Gardeners** needed to adopt a garden space in West Court. We have areas like the patio off the lounge, the front entrance of the care home and sections of Parkview's Garden that are in much need of TLC. We have families already volunteering in some areas, like the Courtyard, which is visited by many, but the volunteer coordinating this area needs helpers to do weeding and other tasks.
- **Pets & Friends** - Looking for pet therapy volunteers.

## 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.
- **Social Visits** in the Community Centre - in-person meetings in the Community Centre over coffee with seniors who would otherwise be isolated at home.

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

## WE LOVE OUR VOLUNTEERS!

# FEBRUARY CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUNDAY	
8:00-2:30			Café Open					
8:00-4:00			Drop-In Snooker / Socialising					
8:30-4:00			Chat with Eva					
10:00-11:00 am			Men's Coffee Social Group					
10:00-2:45			Women's Coffee Social Group					
			Unique Boutique					
9:00-10 am	Pilates 2 (Beth)	Ball Fitness (Beth)	Jazzercise (Pam)	Functional Fitness (Bev)	Yoga (Shigeko)			
10:00 am								
10:15 am								
10:30 am	Fitness & Stretch (Beth)	Line Dance (Susana)	Pilates 1 (Beth)	Kin Knitters	Watercolour Class Laurel (Vidal)	Mahjong (MP Room)	Dancercise (Shari)	
11:15 am		Writing Group (MP Rm) (2 <sup>nd</sup> & 4 <sup>th</sup> Tues)						
11:30 am	Women's Social Group						Shari's Social Dance (Feb 11)	
11:45 am								
12:00 pm								
12:15 pm	Carpet Bowling	NewTones Music (1 <sup>st</sup> & 3 <sup>rd</sup> Tues)					12:00-12:45 - Beginner	
12:45 pm							12:45-1:30 - Intermediate Ballroom Dance Class	
1:00 pm	Ukulele Jam (MP Rm or east side of hall)	Free Movie Matinee (2 <sup>nd</sup> & 4 <sup>th</sup> Tues)	BINGO	Partner Bridge	Euchre (MP Room)			
2:00 pm								
2:30 pm	Chair Yoga (Shigeko)						1:30 - 3:00 Social Dance	
2:45 pm								
3:00 pm								
3:30 pm	Schedule subject to change							
4:00 pm				Line Dancing (Susana)				
5:00 pm								
5:30 pm		Jazzercise		Jazzercise				



## FUN WITH IVOR TRIVIA ANSWERS

### Valentine's Day Quiz Answers

1. Je t'aime  
**French**
2. Ti amo  
**Italian**
3. Ich liebe dich  
**German**
4. Kocham cię  
**Polish**
5. S'agapo  
**Greek**
6. Miluju tě  
**Czech**
7. Ek het jou lief  
**Afrikaans**
8. Jag älskar dig  
**Swedish** (Very similar to Danish "jeg elsker dig")
9. Te amo *or* te quiero  
**Spanish**
10. Ik hou van jou  
**Dutch**



## Unique Boutique

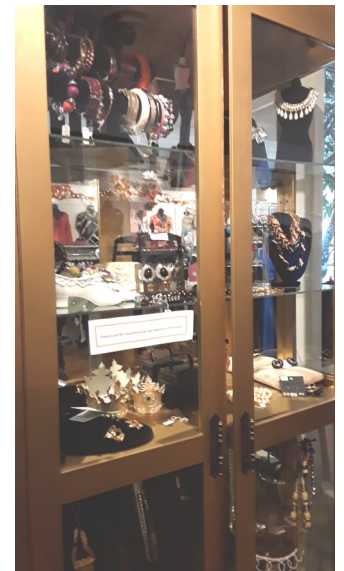
Open M-F 10 am to 2:45 pm

### SPRING CLEANING?

That's the perfect time to donate your gently-used clothing and accessories to our Unique Boutique. Our donations bins, located outside the Centre, are available for drop offs 24/7.

Make room for great buys from our Boutique to replenish your wardrobe.

**The first Monday of the month is 50% off for members.**



## 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

**BOOK SALE** - Feb. 2nd -4th - **BAKE SALE** 10-12 Saturday, Feb. 4th

All classes in the main hall are cancelled on Feb. 2nd and 3rd.

**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.  
 1:00-3:00 pm Parkinson's support group  
     1st Tues. of the month in the Café  
 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  
 1:00 pm Bingo

### 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 - Feb. 9th - MP Rm.  
**10:00 am Watercolour Art (*Laurel*)** - Vidal Crt.  
 11:00 am Walking Group  
 11:30 am Carpet Bowling  
 1:00 pm Euchre  
 1:00 pm KinQuilters  
 1:00 pm Partners Bridge  
**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*)**

### Saturday

Shari's Social - February 11th  
 Hearts & Flowers Dinner/Dance

### Sunday

12:00-12:45 Level 1 Ballroom Dance Lessons  
 12:45-1:30 Intermediate Ballroom Dance Lessons  
**1:30-3:30 Social Dance**

**BUENOS DIAS**

It's a good day for food.



**CONGRATULATIONS CHEF ADRIAN & PAWAN**  
 on your eight years at the Café serving great food and service. Thank you for the complimentary delicious cake and coffee.



### Pop-Up Classes

**9:30 am Sat. Feb. 11th & Mon. Feb. 20th**  
 \$6 for members \$8 non-members - Pay Pam  
 For more info call Pam 778-840-5299

Check us out at [www.kinvillage.org](http://www.kinvillage.org) &

