



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

Manager's Corner

I would like to take this opportunity to thank our amazing Volunteers who make our special events happen by sharing their talents, skills and enthusiasm. Thank you to Judy for leading the great decorating team, to Mary Rose and the dedicated servers, to our ticket takers/sellers, bartenders, and entertainers. You are all a joy to have on board and we could not offer special events without your involvement.

We are introducing our new Live.Care.Connect talks this month with a few interesting and motivating presentations you won't want to miss. I am so inspired by the commitment many of you make to maintaining your level of fitness. Come listen to Dr. Gordon Spence and his son Riley share inspiring stories about healthy aging, and the importance of remaining active to live a fulfilling, independent, and joyful life. We have plenty of classes here for all levels of fitness as well as carpet bowling, floor curling, the walking group, dancing, and other activities that keep you moving. Come check out what is on offer.

With Canada Day upon us and news from around the world, I think we can all feel grateful and fortunate to live in this wonderful country. Have a safe and enjoyable Canada Day long weekend.



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



Mark your Calendar!

- July 3 **CLOSED** for Canada Day long weekend
- July 5 & 12 **FREE** Alzheimer Society Webinars
- July 11 **FREE** Movie
- July 10 Members **50% at Unique Boutique**
- July 13 **FREE** Docu. — Owls Masters of the Night
- July 13 **FREE** What is Kombucha?—Free Tasting
- July 20 Guest Speaker & Dessert
- July 25 **FREE** Movie
- July 27 **FREE** Webinar—Healthy Sleep
- Sept. 9 Shari's Dinner & Dance
- Sept. 15 Dessert and Concert
- Sept. 14 Birds and Bees Presentation
- Sept. 17 Live Music with JUNO nominated "The Bills"
- Sept. 23 Quiz Night
- Oct. 14 Shari's Dance
- Oct 17 Fall Fashion Show (with parking shuttle)
- Oct. 22 Delta Music Makers Concert
- Nov. 3 Ceilidh Dance with Live Music
- Nov. 4 Shari's Dance
- Nov. 10 Remembrance Day Lunch w Beauty Shop Dolls
- Nov. 18 Christmas Market

Dates and Events subject to change



A MESSAGE FROM DAN LEVITT, CEO



Buenos Dias Café Petition and Community Centre Programs

A petition with hundreds of signatures was received supporting Buenos Dias Café requesting no rent and designated parking spots outside of the Community Centre. A meeting took place with Shari Lillie who initiated the petition to find a way forward to improve Community Centre concerns and generate more business for Buenos Dias Cafe. KinVillage is pleased to share the news that a reviewed contract has been signed with Chef Adrian. In addition, a meeting was held with members of the Community Centre to improve communication, increase participation in programs, introduce additional events that engage seniors and increase opportunities to encourage purchasing food from the Café. As a result of this meeting, an Advisory Committee will be formed; if you are interested in participating on the Committee please speak with Bettina or Jen. Parking will continue to be monitored and access improved where feasible.



**Eat at Buenos Dias Café—Open
Mon.-Fri. 8 am to 2:30 pm**

Try the tasty fresh muffins and scones, or a full breakfast, whatever

strikes your fancy. In addition to morning goodies, Chef Adrian prepares lunch specials every week. The outdoor patio is available for patrons. Or, you could pick up something to go and eat it on a park bench; have a conversation with someone you have not spent time with before and share stories. You could order a menu item you can't make at home; try the soup; and/or eat the curry special on Fridays. Be open to a menu item with unfamiliar ingredients and order a second plate for your table mate. Savour each bite. Bring your friends along for company. If you are eating alone, you can invite someone to join you. Before leaving, take out dinner to go. By the way, tips are gratefully accepted.



At Buenos Dias Café It's A Good Day For Food.

FUN TIMES IN JUNE

Sincere thanks to TOOBS and our volunteers for food preparation at our Beach Party on June 9th.



Thank you Lifeline for sponsoring our Ice Cream Social on June 5th. Thanks also to Ivor for the interesting Trivia questions.



June 7th was a beautiful day for a visit to the Reifel Bird Sanctuary.



Yvonne & Stuart pictured at Town Centre Mall on Seniors' Day. THANK YOU!



The line dancers certainly enjoyed the great music by the NewTones.



Cut & Dried and Tilbury Twist provided fun music for Happy Hour on June 16th.



NEW!! LIVE.CARE.CONNECT TALKS THIS MONTH

What is Kombucha and why is it good for me?

Info session and Tasting - Thursday July 13th from 1:30-3:00

Lygia Misquitta, Chef Adrian's wife and owner operator of Lygia's Brew, will be sharing her love and knowledge about this mysterious drink called kombucha.

She will offer samples of several of her unique flavours including Hibiscus Orange, Ginger, Grapefruit Hops, Chai, and Orange Spice.

Brewed naturally, true to its nature. Come have a sample! Learn about how good it is for your health.



DESSERT WITH FATHER-SON DUO DR. GORDON SPENCE & RILEY SPENCE

**Starting at 1 pm, Thursday, July 20th
Serving strawberry shortcake—Tickets \$10 & \$12**

So much more than a pastime:

How physical pursuits can change a life...at any age!

The importance of physical activity to healthy ageing is well proven. However, despite decades of good health promotion, people still do not move enough to maintain good physical & mental health. One of the best ways to help people move more is by connecting them to physical pursuits they are most likely to enjoy. Things they really love.

Dr Gordon Spence is a psychologist and exercise scientist. His work is focused on the joy and satisfaction people get from physical activity, and the stories they tell about that. In 2022, Gordon wrote a book on the topic and did so with a co-author, his 16-year-old son, Riley! They called the book: ***26 Ways to Keep Moving: The joyful connections people make with their physical selves.***

In this talk, Riley & Gordon will reinforce the importance of physical activity to healthy ageing by briefly sharing four inspiring stories from *26 Ways*: the stories of Eddie (fencing), Aylin (ice skating), Pete (table tennis) & Pierina (dancing). Whilst each is a story about the passion each person has for their physical pursuit of choice, all are also good examples of how connections made in one's 40s, 50s and 60s can positively transform a life, and in Pete's case, even save it!

It truly is never too late, and there truly is no time like the present!

An interactive panel discussion will follow the talk, along with a chance for some Q&A, plus book signings by Gordon and Riley.



SAFECARE BC— HEALTHY SLEEP | FREE WEBINAR - 1:30-3:30

Thursday, July 27th - Presenter Dr. Glen Landry

His research explored age-related changes in sleep duration, efficiency and architecture that contribute to or accelerate cognitive decline in older adults.

This webinar will help participants:

- ◆ Understand why healthy sleep matters and how it impacts overall health and performance.
- ◆ Examine barriers to sleep (work, life demands, age and other factors)
- ◆ Explore circadian rhythms (how they can address shift work and other factors) to optimize sleep.



COMING THIS MONTH - CONTINUED

DOCUMENTARY - OWLS - MASTERS OF THE NIGHT
THURSDAY, JULY 13 @ 10 am in MP Room 50 mins

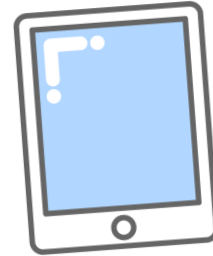
Owls are remarkable, highly resourceful birds that have carved out a unique way to live. They have colonized terrains from tundra to rainforest and will hunt almost anything.



TECH BUDDY!!

Tuesdays and Thursdays
10:30 am - 12 pm

July 18, 20, 25, 27 & Aug, 15, 17, 22.



Are you stumped by how to send a text or email from your tablet?

Confuzzled by how to register for parking using your cell phone?

Fret not! Help is on the way!

Bring your tech questions to Jamie, our new Tech Buddy, and he will help you navigate the confusing world of technology. All questions welcome!



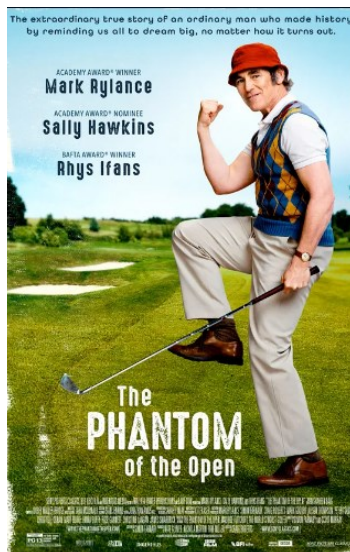
FREE MOVIE MATINEES - TUESDAYS AT 1:30



July 11 - The Phantom of the Open

2021 Comedy, Drama, Sport 1h 46m

A touching true story about Maurice Flitcroft, a dreamer and unrelenting optimist, who manages to gain entry to the 1976 British Open Golf Championship qualification round despite being a complete novice.



July 25 - Military Wives

2020 Music, Drama, Comedy, 1h 52m

With their partners away serving in Afghanistan, a group of women on the home front form a choir and quickly find themselves at the center of a media sensation and global movement.



Wednesday Webinars - Please register at Reception.

Wednesday July 5th 2-3 pm – MP Rm

Explore the various changes in behaviours caused by dementia and learn practical strategies for responding in supportive ways.

Wednesday July 12th 2-3 pm – MP Rm

An Introduction to Brain Health - it's never too late to make changes for a healthier brain. Learn how to maintain or improve your brain health by exploring topics including natural aging changes, dementia, risk reduction, memory, brain training and more.



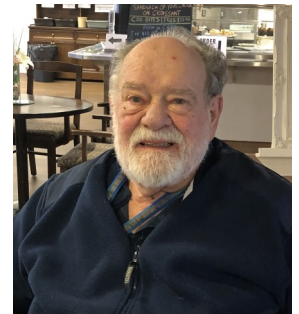
FUN WITH IVOR - July



1. What is the birthstone of this month?
2. If you were born before July 22, what star sign would you be?
3. In Catholic tradition, what is July the month of?
4. In the US, what food do we celebrate all month long in July?
5. July is the 7th month, but what month was it in the Roman calendar?
6. True or False: On July 6, we celebrate National Fried Chicken Day.
7. What is July's full moon otherwise known as?
8. What are the long hot days of July often called?
9. What country won the world cup on July 30, 1966?
10. What ended in the UK on July 4, 1954?

CONDOLENCES

It is with a heavy heart that we announce the passing of two dedicated KinVillage Volunteers: Diane Jorgensen and Peter Gurney. They were both active and involved, giving of their time and energy, making a difference for all the people they served. They are truly missed. Our hearts go out to their families and friends, at KinVillage and beyond.



2024 GIANT BOOK SALE

We are accepting donations at our [new collection location](#): Tsawwassen Town Centre Mall next to the Chocolate Bear Shop.

Limited Summer Hours: Wednesdays 12 to 4 pm.

Items can also be dropped off at KinVillage Community Centre M-F 8-4.

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, encyclopedias, bibles, National Geographics, old travel books, computer books, Time/Life books, or any material in poor condition.

Mark your calendar—the 2024 book sale will be held Friday March 8 to Sunday March 10!!

KinVillage Parking

Reminder that our West Court parking lot is available for anyone coming to KinVillage.



Please park in West Court's available 4-hour parking lot and register your vehicle at the machine by the Care Home entrance or use your smart phone. Instructions available at Community Centre Reception.

Please note that Handicap Stall #19 in front of the Community Centre is available for patrons of the Community Centre who have a handicap tag.



ARE YOU INTERESTED?

VOLUNTEERS NEEDED!

Are you interested in helping to decorate our entry in the SunFest parade? Get creative with fellow Volunteers to put together an eye-catching float. KinVillage Community Centre has won the Community Spirit Award in several of the past parades! Let's show our KinVillage spirit again this year!

Also looking for people to be part of the entry on Monday, Aug. 7. Come join the fun!



TSAWWASSEN
SUN FESTIVAL
2023



CANASTA

A card game of the rummy family of games, believed to be a variant of 500 Rum. Although many variations exist for two, three, five or six players, it is most commonly played by four in two partnerships with two standard decks of cards. There is someone who would organise this if there is enough interest. Please let Reception know if you would like to play Canasta.

This is for people who would like to participate in low key drama readings where they each take a part and read their lines. It could eventually grow to full on plays if the group desired. An Volunteer is willing to lead this group if there is enough interest. Please let Reception know if you would like to participate.



Conversational French

Are you interested in maintaining your language skills? Please let Reception know if you are interested in a French Language Club as we have a Volunteer interested in starting this group if there is interest.

Cribbage

The 2nd and 4th Mondays from 1-3 pm in the MP Rm starting September 11.

Join other players for a fun and social game of crib.

Coordinators: Liz M. & Bonnie K.

Did you know — Cribbage is played by American submariners, serving as a common pastime. The wardroom of the oldest active submarine in the United States Pacific Fleet carries on board the personal cribbage board of World War II submarine commander and Medal of Honor recipient Rear Admiral Dick O'Kane, and upon the boat's decommissioning, the board is transferred to the next oldest boat.



EVA'S CORNER

TIPS TO PROTECT YOURSELF FROM SUMMER HEAT

Extreme heat overview

Extreme heat events (also known as heat waves) involve high temperatures and may be combined with high humidity. As we experienced in 2021, heat can have devastating impacts. Episodes like this are projected to become hotter, longer, and more frequent as BC's climate changes. Interventions that are practical and feasible at the personal, community, governmental, and societal levels can increase community resiliency and save lives.

The [BC Heat Alert Response System \(BC HARS\)](#) has been developed with representatives from all health authorities and government agencies, and is a two-tiered response system that will trigger heat alerts, and coordinated provincial and regional action for heat warnings and heat emergencies.

But what can you do to ensure you and your family remain safe and healthy this summer?

Here are a few basic things to remember:

Stay informed

- Download the [WeatherCAN app](#) to receive real time updates for upcoming heat alerts for your community directly to your phone.

Prepare your home

- Identify a cooler space in your home and prepare it so you can stay there at night, if possible.
- Find an air-conditioned spot close by where you can cool off on very hot days. Consider staying with friends or family, or find air conditioned places in your community to spend time such as

movie theatres, libraries, community centres, shopping malls or even shaded parks.

- Check that you have a working fan. If you have an air conditioner, make sure it works.
- Install awnings, shutters, blinds, or curtains over your windows to keep the sun out during the day.
- Practice opening doors and windows to move cool air in at night, and shutting windows during the day to prevent hot outdoor air from coming inside.
- Get a digital room thermometer to keep with you so you know when your home is getting too hot. Generally, indoor temperatures over 31 C are too hot!



Take care of yourself

- Make sure you take it easy during the hottest hours of the day, drink plenty of water, and spray your body with water if you are feeling too hot. You can also make sure you are familiar with the [signs and symptoms of heat-related illness](#).

Check in on others

- Think of people who might be more susceptible to heat and develop a buddy system – check in with your hot weather buddy often, especially in the evenings when indoor temperatures are highest, and in the morning to see how they managed throughout the night.

Adapted from <http://www.bccdc.ca/health-info/prevention-public-health/preparing-for-heat-events>.

Delta's Seniors Support Coordinator helps connect people 50+ to services and resources in the larger community, including:

- Wellness
- Family & Caregiver Support
- Housing Options
- Healthcare
- Government Services & Benefits

Eva's hours at KVCC: Thursdays, 8:30 am-4 pm. To book an appointment, call **604-787-1242**, or email EBusich-Veloso@delta.ca



FUN WITH IVOR - JULY ANSWERS



1. What is the birthstone of this month? **Ruby**
2. If you were born before July 22, what star sign would you be? **Cancer**
3. In Catholic tradition, what is July the month of? **The Most Precious Blood of Jesus**
4. In the US, what food do we celebrate all month long in July? **Hot Dogs**
5. July is the 7th month, but what month was it in the Roman calendar? The **5th**
6. True or False: On July 6, we celebrate National Fried Chicken Day. **True**
7. What is July's full moon otherwise known as? **The Buck Moon**
8. What are the long hot days of July often called? **Dog Days**
9. What country won the world cup on July 30, 1966? **England**
10. What ended in the UK on July 4, 1954? **Food Rationing**



Pop-Up Class

9:30 am Saturday, July 15th

\$6 for members \$8 non-members - Pay Pam

For more info call Pam 778-840-5299

Foot Care - July 14

Next available appointment is

Friday, August 11th

Book at Reception

\$50 cash paid directly to nurse Laura.



Adaptive Fitness

Drop in fee \$7 for members

\$9 for non-members

For participants with Parkinson's Disease, Multiple Sclerosis, Stroke Survivors, and anyone else with mobility challenges. These 45-minute adaptive, accessible group classes are designed to increase mobility, as well as overall stamina, and regain/maintain movement on affected sides through a fun, social, inclusive atmosphere.



Caregivers of Clients Attending the KinVillage Day Program for Older Adults

Caregivers' Coffee Social — Meets from 12:30-2:00pm every Tuesday (West Court)

and/or Thursday (Community Center).

The Caregivers Coffee Social is an informal group offering a peer support network for caregivers wanting a safe and positive environment to talk and connect socially with others living similar experiences.

For more information contact Howie: Hmclennan9@gmail.com



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 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
 1:00 pm Cribbage — coming in Sept. in the 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 (1st & 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

Thursday

8:30-4 pm Drop-in Snooker
 8:30-4 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 Women's Drop-In Social Coffee Time
 10:00 am Knitters
10:00 am Watercolour Art (Laurel) On hold
 11:00 am Walking Group
 11:30 am Carpet Bowling
 1:00 pm Euchre **Moved to Lutheran Church**
 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 (Rachel)
8-10 pm Social Ballroom Dance (4th Fridays)

Sunday

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

Summer break notices

The Newtones will resume in September.

Shari's Saturday Social Dances will resume in September.

Follow us on Facebook for up to date events happening at the Community Centre!




Saturday, July 22
 Gates Open 11am
 Airshow 12-3:30pm
 BOUNDARY BAY AIRSHOW
 Flying, Family & Fun!
 Free Admission
 Boundary Bay Airport: 7800 Alpha Way, Delta
 delta.ca/airshow
 czbb.com/airshow2023
 Alpha Delta