



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

Our Spring Fashion Show was so well received we have decided to add another show to our Fall line-up. Mark your calendar for that and other fun end-of-the-year events (see page 11).

Seniors Week kicks off June in a big way! We have lots going on that you won't want to miss, starting with the Ice Cream Social & Trivia and ending with our Beach Party BBQ Lunch with live music. Put on your beach attire and come join the fun. Seniors Week provides great opportunities to introduce a friend or two to the Community Centre! Bring a friend new to Ball Fitness or Thursday's Line Dance and you BOTH get in for FREE! And if you introduce a friend to the Community Centre and they become a member during Seniors Week, you get a 50% off coupon to use in our Unique Boutique. What's not to love about that? There are lots of free classes and other happenings! Come join the fun.

Wrapping up the month, our Canada Day Celebration and Drumming Circle will be sure to delight. If you came last year, you know what a fabulous event this was. If you did not make it last time, you do not want to miss this year's celebration. No experience required. Come feel the beat of the drum. It is salve for the soul and healing for the body. I hope to see you here for our line-up of great June events!

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

Mark your Calendar!

June 5-9 Seniors' Week special events:

- June 5 **FREE** Ice Cream Social & Trivia
- June 6 **FREE** Coffee with a Cop
- June 6 **FREE** Music with the KinTones
- June 6 **FREE** Movie with popcorn
- June 7 Field trip to Reifel Bird Sanctuary
- June 8 **FREE** ICBC Presentation
- June 9 Beach Party BBQ Luncheon w TOOBS
- June 10 South Delta Seniors Celebration at Tsawwassen Town Centre
- June 15 **FREE** South Park Elementary School Choir performs
- June 16 Happy Hour with Cut & Dried
- June 27 **FREE** Movie
- June 30 **FREE** Canada Day Celebration & Drumming Circle
- July 3 **CLOSED** for Canada Day long weekend



Events and dates subject to change

A Message from Wanda Green

I am grateful to all who bought items from me and made it possible to contribute another \$1,000 to the 'entertainment fund', the first \$1,000 being from the sale of Jean Kay's book. I now have diamond painting coasters for sale as well as cards and key chains to build yet another sum of money for entertainment. I hope to be back at the Centre soon so please come see me when I return. By the way, I pay for all the materials so that all the money from sales goes directly to the entertainment fund for the Community Centre.

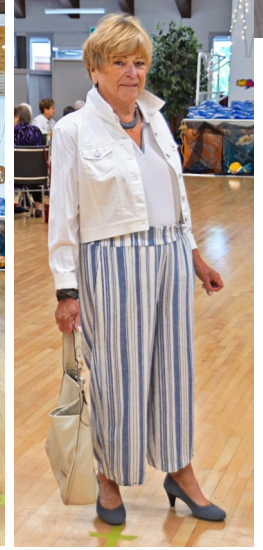
A big thank you to Wanda for all she does for the Community Centre and for her very generous donation.



FUN TIMES IN MAY

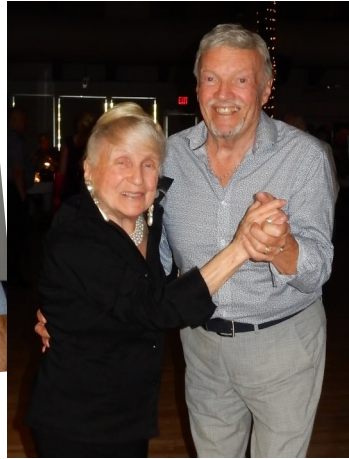
Cruising for Fashion

Featuring clothing from our Unique Boutique



MORE FUN TIMES IN MAY

Shari's Dinner & Dance Red Wine & Roses



A big THANK YOU goes out to Shari for putting on fabulous events 9 months of the year!
She deserves a summer break!
Shari's Saturday Social Dances will resume on September 9th.

ElderCollege Singers Concert



Quiz Night



The "Food 4 Thought" Team won Quiz Night on May 6th.



Thank you to Margriet and Vera for taking on the tablecloth organizing project. They have become our new "Queen of the Tablecloths" duo.

Seniors Week* at KinVillage Community Centre

Monday, June 5th

9:00-10:00 Fitness Class - Pilates 2

10:00-11:00 Men's Coffee Social

10-2:30 - Unique Boutique - 50% off for KVCC Members

10:15-11:15 Fitness Class - Fitness & Stretch

11:30 -1:00 Come try Carpet Bowling and/or Ping Pong for **FREE!**

1:00 Ukulele Jam - Grab your uke and come jam with us!

1:00-2:00 **FREE!** Ice Cream Social Sponsored by Lifeline + Fun with Ivor Trivia

2:30-3:30 **FREE** Class of the Day: Chair Yoga



Wednesday, June 7th

Today is **HAT DAY!** Wear a decorated hat, bonnet, or cap and receive a treat.



9:00-10:00 - Fitness Class - Jazzercise

10:00-11:00 Men's Coffee Social

10:00-1:00 Bus outing to Reifel Bird Sanctuary

FREE Transportation! \$6.00 entry fee payable to Reifel - Enjoy a walk through nature where millions of birds feed and rest on their annual migrations. How many different species will we find? *Led by Jen.* Reserve your spot on the bus at Reception.



10:15-11:15 Fitness Class - Pilates 1

1:00-3:30 Fun with BINGO - Come try your luck at this lively game.



Tuesday, June 6th

9:00-10:00 Bring a friend new to Ball Fitness and you both get the class for **FREE!**

10:00-11:00 Men's Coffee Social

10:00 Coffee with a Cop - Join Cst.

Leisa for conversation and answers to your questions. **FREE** coffee!



10:30-11:30 Line Dance Mixed Level - come experience the joy of dancing then stay afterwards for more dancing to the music of the KinTones.

12:00-1:00 KinTones Live Music - **FREE!**

Come tap to your toes, sing along, or hit the dance floor.



1:00-3:30 Social Bridge - no partner required.

1:30-3:15 **FREE!** Movie Matinee - 80 for Brady

A quartet of elderly best friends decide to live life to the fullest by taking a wild trip to the Super Bowl LI to see their hero Tom Brady play. Free popcorn from the Kinsmen.



5:30-6:30 - Jazzercise class -

a fun Lo-Impact workout at YOUR level that includes dance, strength and stretch.

Thursday, June 8th

9:00-10:00 Fitness Class - Functional Fitness

10:00-11:00 Men's Coffee Social

10:00 Knitting Group

10:30-12:00 **FREE** ICBC Enhanced Road Assessment Workshop - Come learn tips to stay fit and healthy to drive safely as long as possible. In this workshop we'll discuss resources to assist you in driving safely, what happens if you're required to attend a driver licencing office to be assessed on your driving skills and how to prepare for a road test. *Space limited, please sign up at Reception.*

11:00 Walking Group - **FREE!** Enjoy fresh air, exercise, and commraderie. *Led by Ken.*

11:30 -1:00 Carpet Bowling - Come give this fun game a try!



1:00-3:00 KinQuilters - Enjoy working on your creative project in a social setting.

4:00-5:00 Bring a friend new to Line Dance and you both get the class for **FREE!**

5:30-6:30 - Jazzercise class - a fun Lo-Impact workout at YOUR level that includes dance, strength and stretch.

**Members! If you introduce a friend to KVCC and they become a member this week, you get a coupon for 50% off in the Unique Boutique to use any day in June, July, or August.*

Friday, June 9th

9:00-10:00 **FREE** Class of the Day - Yoga

12:00 - 2:00 **Beach Party BBQ Lunch with Live Beach Music** - Get your tickets for this fun BBQ Lunch of Burgers, Veggie Burgers, Smokies, Curly Fries, Salad, and Ice Cream, sponsored by TOOBS. Beach games, food, music, and a summer drink special at the bar...what better way to wrap up Seniors Week!

\$10 for members/\$13 for non-members. *Last chance for tickets is at 2 pm Wednesday, June 7.*

Saturday, June 10th

South Delta Seniors Day

Hosted by



Discounts, demonstrations, giveaways, free entertainment and more!

**JUNE 10, 2023 AT TTC MALL
11 AM TO 3 PM**

PS: Grandchildren welcome!
We will have entertainment and fun for kids.

Special Events - Week at a Glance

	Monday June 5	Tuesday June 6	Wednesday June 7	Thursday June 8	Friday June 9	Saturday June 10
AM	50% off in Boutique for KVCC members 10 am - 2:30 pm FREE Carpet Bowling & Ping Pong	Bring a friend new to Ball Fitness and you both get in for FREE! FREE Coffee with a Cop	Hat Day!* Bus Outing to Reifel Bird Sanctuary ** <i>(sign up at Reception)</i>	FREE ICBC Enhanced Road Assessment Workshop** <i>(sign up at Reception)</i>	FREE Yoga Class	South Delta Seniors Day at Tsawwassen Town Centre Mall
Lunch Specials	Turkey Pot Pie \$8.50	Fish & Chips \$12.00	Turkey Pot Pie \$8.50	Fish & Chips \$12.00	Indian Meal \$15.00	
PM	FREE Ice Cream Social and Trivia FREE Chair Yoga Class	FREE Live Music FREE Movie Matinee with Popcorn	Hat Day! Bingo Mania	Bring a friend new to Line Dance Class and you both get in for FREE!	Beach Party BBQ Lunch with Live Music** <i>(tickets on sale now!)</i>	South Delta Seniors Day at Tsawwassen Town Centre Mall

Members! If you introduce a friend to KVCC and they become a member this week, you get a coupon for 50% off in the Unique Boutique to use any day in June, July, or August.

**Ladies and Gentlemen, wear your decorated hat, bonnet, or cap and receive a treat!*

*** Please register for these events in advance.*

COMING THIS MONTH



COFFEE WITH A COP 10 am, Tuesday, June 6th

Join Cst. Leisa for conversation and answers to your questions. **FREE** coffee!



Foot Care Friday, June 9

Book at Reception

\$50 cash paid directly to nurse Laura.



FREE! Lifeline 

SENIORS WEEK EVENT
**KinVillage Community Centre
Tsawwassen**

 **ICE CREAM
SOCIAL &
TRIVIA**

**FREE
SUNDAES &
TOPPINGS**

**MONDAY, JUNE 5, 2023
1:00 PM - 2:00 PM**

Join us for a FREE fun event, welcome to all Delta residents 50+



KinVillage Community Centre 5430 10th Ave, Tsawwassen Tel: (604) 943-0225

 **Event by DELTA HOSPITAL
AUXILIARY LIFELINE PROGRAM**

KinTones Live Music - Tuesday, June 6 12-1 pm



Enjoy lunch from the café while listening to music then join the line dancing led by



Free Documentary - Thursday, June 15

Queen Elizabeth II - Entire
BBC Documentary



Children's Choir - Thursday, June 15 @ 1:30

Come listen to the sweet sounds of the South Park Elementary School Choir.



Field trip by KV Bus to Reifel Bird Sanctuary

Wednesday, June 7 10 am - 1 pm

Enjoy a walk through nature and see how many different bird species we can find.

Free Transportation/\$6 admission fee payable to Reifel. Maximum 16. Sign up at Reception. *Meet at 9:30 at KVCC.*



ICBC Enhanced Road Assessment Workshop



Thursday, June 8 10:30-12:00 in MP Room



Come learn tips to stay fit and healthy to drive safely as long as possible. In this workshop we'll discuss resources to assist you in driving safely, what

happens if you're required to attend a driver licencing office to be assessed on your driving skills and how to prepare for a road test.

Space limited, please sign up at Reception.

COMING THIS MONTH - CONTINUED



KINVILLAGE
Community Centre

BEACH

Themed BBQ Lunch

FRIDAY, JUNE 9TH

WRAPPING UP SENIORS WEEK WITH A LIVELY BEACH PARTY LUNCHEON

12:00 pm BBQ Lunch* with TOOBs
1:00 pm Live Beach Music, Dancing & Games

\$10 for members/\$13 for non-members

*Burgers, veggie burgers, curly fries, salad.

5430 10TH AVE., TSAWWASSEN. PARKING LIMITED. PLEASE CARPOOL.

For tickets call : 604-943-0225



KINVILLAGE
Community Centre

CANADA DAY CELEBRATION AND DRUMMING CIRCLE

FRIDAY JUNE 30TH | 1:30-3:30 PM

BRING YOUR CHILDREN AND GRANDCHILDREN TO THIS FUN INTER-GENERATIONAL CELEBRATION OF CANADIAN FAMILIES.

Canada Day cupcakes will be served following the Drumming Circle!
Wear Red & White!

KINVILLAGE COMMUNITY CENTRE
5430 10th Ave. Tsawwassen

Lyle Povah, an international musician, keynote speaker, drum circle facilitator, researcher and workshop leader, will lead us in this fun, health inducing, smile producing, event.

FREE MOVIE MATINEES - TUESDAYS AT 1:30



June 6 - 80 For Brady

2023 Comedy, Drama, Sport 1h 38m

The movie is inspired by the true story of 4 best friends and New England Patriots fans who take a life-changing trip to Super Bowl LI to see their hero Tom Brady play, and the chaos that ensues as they navigate the wilds of the



biggest sporting event in the country.



Free popcorn from Kinsmen Club.



June 27 - The Identical

2014 Musical, Drama 1h 47m

During the Great Depression, identical twins are separated at birth. One, Drexel Hemsley, becomes a wildly successful '50s rock star, while the other, Ryan Wade, struggles to balance his passion for music and pleasing his parents, who want him to become a preacher. Finally, Ryan rebels against his parents' wishes and launches his own music career -- performing the hits of Drexel Hemsley. Ryan later learns the truth about Drexel when their fates tragically collide.





2024 GIANT BOOK SALE

WE ARE READY FOR YOUR DONATIONS!

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.

NOTE: Please donate during posted times only as 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, encyclopedias, bibles, National Geographics, old travel books, computer books, Time/Life books, or any material in poor condition.

Please donate your best to us!

THANK YOU!

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

FUN WITH IVOR - QUIZ



1. In this month in 1936, Gone with the Wind was first published. Who was the author?
2. In 1883 the train line that is identified with intrigue and luxury travel started operations. What is it called?
3. In June 1949 George Orwell published his political novel of life under a totalitarian government. What was it called??
4. On her birthday, in 1942, Anne Frank began keeping a diary. How old was she?
5. June has two zodiac signs, name both?
6. What is June's birthstone?
7. The longest day of the year can occur on one of three dates in June, name any of the three?
8. Which animated cartoon character has three triplet nieces named April, May, and June?
9. Which 1956 film adaptation of a Rodgers and Hammerstein stage musical of the same name features the song 'June Is Bustin' Out All Over'? (Hint: the film revolves around Billy Bigelow)
10. What historical event happened on Tuesday, 6 June 1944?

RETURNING & NEW PROGRAMS



WALKING GROUP - Thursdays at 11 am.



Join the Walking Group to get fresh air, movement, and social time in a fun informal setting.

Meet at the Community Centre. Volunteer Ken will lead the walk unless it is raining.

By keeping our bodies active, we maximize our ability to do everyday tasks. Here are 6

1. Walking strengthens your whole body - your bones, joints and muscles will thank you for keeping them active.
2. Walking improves your balance & coordination - Walking is a key component of a falls prevention exercise program.
3. Walking improves your heart health - Regularly getting your heart rate up can improve your cardiovascular health in the long run.
4. Walking helps maintain cognitive function - Staying sharp is a lesser known benefit of regular walking.
5. Walking reduces the risk of disability later life.
6. It's free!



Friday Night Social Ballroom Dances are Back!

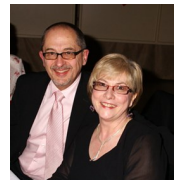


We are pleased to announce that Friday Night Social Dances have resumed. Dances are from 8-10 pm on the *fourth Friday of each month*. Come practice your dance moves to a variety of tunes and enjoy the social atmosphere.

\$6.00 for KinVillage members / \$8.00 for non-members.

Save time and money by purchasing a multi-class punch card in advance.

Coordinators: Roger and Sherry Everett



TECH BUDDY - NEW!!

Tuesdays and Thursdays in June beginning on June 13

10:30 am - 12 pm

Are you stumped by how to send a text or email from your tablet? Confuzzled by how to register for parking with your 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!



Cribbage Club The 2nd and 4th Mondays from 1-3 pm in the MP Rm starting on June 12.

Come join other players for a fun and social game of crib.

Coordinators: Liz M. & Bonnie K.



EVA'S CORNER

June is Men's Health Awareness Month

The **average man** pays less attention to his health than the average woman. Compared to women, men are more likely to: drink alcohol and use tobacco, make risky choices, not see a doctor for regular checkups. Men are assailed by the diseases that can affect anyone—heart disease, stroke, diabetes, cancer, depression. But they also have unique issues such as prostate cancer and benign prostate enlargement. Many of the major health risks that men face can be prevented with a healthy lifestyle. So **don't be an average man** — get on board with protecting your health.



Tips for Good Health in Later Life: For Older Men

- **See your Doctor regularly.** Even if you feel perfectly healthy, you should see your Doctor at least once a year for a checkup.
- **Call or see your healthcare provider when you're feeling sick.** Surveys find that men are less likely than women to see a healthcare provider when they're not feeling well.
- **Take medications, vitamins, and supplements only as directed.** When you visit your provider, bring a complete list of these. The longer you live, and the more medicines you take, the more likely you are to experience some side effects, even from medicines bought over-the-counter at the pharmacy.
- **Get your shots!** Check with your healthcare provider to make sure you're getting: a **flu** shot every year, the **shingles** (herpes zoster) vaccine—once when 60 or older, a combination **tetanus/diphtheria** booster shot— every 10 years, **Pneumonia** vaccination—once after age 65.
- **Use sunscreen.** Aging skin is more susceptible to sun damage, which increases risks of skin cancer.
- **Lower your risk of falls and fractures.** Be sure to get plenty of bone-healthy calcium and vitamin D daily.
- **Don't smoke; quit if you do.** Tell your healthcare provider if you smoke; he or she can help you stop. It's never too late to quit.
- **Eat right.** In later life, you still need to eat healthy foods, though you need fewer calories.
- **Exercise your brain.** Join a book or discussion club. Make sure you challenge your brain by trying new things, and playing against the clock rather than just repeating the same exercises over and over again.
- **Exercise your body.** Regular exercise is important for good health, no matter how old you are. It tones up your heart, circulation, and muscles; strengthens bones; boosts brain function; lifts your mood; and can help prevent and ease depression. If you exercise with others you also get the fun and benefits of their company.
- **Drink only in moderation.** Check with your healthcare provider to make sure that drinking alcohol is alright for you. If you have a health problem or take certain medications, you may need to drink less or not at all.
- **Spend time with others.** Spending time and doing things with other people, of all ages, can help keep you mentally, physically and emotionally fit.
- **Get checked out!** Screening, or checking, for early signs of certain health problems can help diagnose them early.



Harvard Health Publishing
HARVARD MEDICAL SCHOOL
Trusted advice for a healthier life

Adapted from and Healthy Aging.org Please contact Eva, Seniors Support Coordinator, for more information, 604-787-1242, EBusich-Veloso@delta.ca



SAVE THE DATE!

- Sept. 9 Shari's Dinner & Dance
- Sept. 15 Dessert and Concert
- Sept. 17 Live Concert 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
- Nov. 25 Delta Concert Band
- Dec. 5 Christmas Lunch
- Dec. 9 Langley Ukulele Ensemble
- Dec. 16 Shari's Dinner & Dance
- Dec. 31 New Years Even Gala

Dates and Events subject to change



KinVillage Parking

Reminder that our West Court parking lot is available for any visitors coming to KinVillage whether it's for visiting family, friends, or attending activities in our wonderful Community Centre, our Boutique, or the great food in the Buenos Dias Café, please come and park in West Court's available 4-hour parking lot. Please register your vehicle at the machine or using your smart phone. Instructions available at Community Centre Reception.

FUN WITH IVOR TRIVIA - ANSWERS



1. In this month in 1936, *Gone with the Wind* was first published. Who was the author?
Margaret Mitchell
2. In 1883 the train line that is identified with intrigue and luxury travel started operations.
What is it called? **The Orient Express**
3. In June 1949 George Orwell published his political novel of life under a totalitarian government. What was it called? **1984**
4. On her birthday, in 1942, Anne Frank began keeping a diary. How old was she? **13**
5. June has two zodiac signs, name both? **Gemini and Cancer**
6. What is June's birthstone? **Pearl, Alexandrite or Moonstone**
7. The longest day of the year can occur on one of three dates in June, name any of the three? **20th, 21st or 22nd.**
8. Which animated cartoon character has three triplet nieces named April, May, and June?
Daisy Duck
9. Which 1956 film adaptation of a Rodgers and Hammerstein stage musical of the same name features the song 'June Is Bustin' Out All Over'? (Hint: the film revolves around Billy Bigelow) **Carousel**
10. What historical event happened on Tuesday, 6 June 1944? **Normandy Beach Landings**

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 (*Eileen subbing for Beth*)
 10:00 am Men's Drop-In Social Coffee Time
10:15 am Fitness & Stretch (Bev subbing for Beth)
 11:15 am Women's Social Group
 11:30 am Carpet Bowling
 1:00 pm Ukulele Jam Session (*except June 5*)
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 (*Eileen subbing for 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 (*June 29*)
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 - *May 18*
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
8-10 pm Social Ballroom Dance (4th Fridays)

Saturday Shari's Social Dinner & Dance - *May 20th*

Sunday

12:00-12:45 Beginners' Ballroom Dance Lessons
 12:45-1:30 Intermediate Ballroom Dance Lessons
1:30-3:30 Social Ballroom Dance (no dance June 18)



Pop-Up Class

9:30 am Saturday, June 17

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

For more info call Pam 778-840-5299

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

