



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

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

Feb. 27 to Mar. 3 No classes in the main hall. The Café and Boutique will be closed.

Manager's Corner

BIG NEWS! - I am happy to report that the 2023 Book Sale was a huge success!

Income included over \$17,000, plus \$300 from the Bake Sale, and more than \$800 during the three days in the Boutique.

There are so many people who contributed to the success of our book sale, bake sale, and Boutique sales. An extra special THANK YOU to Tracey S. for her dedication to making the sale a huge success. Also to the hardworking book sale helpers: Paul S., Deb K., Bernice R., Molly H., Andrea W., Judy B., Judith D., Ellen P., Marianne O., Anne L., and all the others who helped on the day of the sale. Thank you to Cindy B. and Gloria D. for working the bake sale table and to all the amazing bakers who contributed to the sale. Thanks also to the Boutique Volunteers who put in extra time to cover our extended hours: Lorie A., Sam H., Rachelle K., Jan G., Liz M., and Muriel P.

The bottom line is that we couldn't have done it without the help of so many volunteers. THANK YOU! Proceeds from the book and bake sale will be used to enhance the Community Centre user's experience with an upgrade in audio-visual equipment.

We have lots of great activities coming in March I hope you will come join in to learn, socialize and have fun.



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

Mark your Calendar!

- Mar. 7 Tax Help by appointment
- Mar. 9 **FREE** Documentary (note new day)
- Mar. 10 Foot Care Nurse by appointment
- Mar. 11 Shari's Special Dinner/Dance
- Mar. 13 FVRL Armchair Travel - Zimbabwe
- 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
- April 11 **FREE** Movie
- April 13 **FREE** Documentary
- April 14 Foot Care by appt.
- April 15 Shari's Saturday Social Dance
- April 18 Volunteer Appreciation Luncheon
- April 22 Bingo Bash (FUN-raiser)
- April 25 **FREE** Movie
- May 6 Quiz Night
- May 9 **FREE** Movie
- May 11 **FREE** Documentary
- May 12 Fashion Show & Luncheon
- May 12 Foot Care by appt.
- May 23 **FREE** Movie
- May 30 ElderCollege Singers

Events and dates subject to change

GREETINGS FROM THE CEO



As an undergraduate student, I was inspired to become a gerontologist after learning about the 1976 research study in which psychologists Ellen Langer and Judith Rodin investigated the effects of choice and enhanced personal responsibility for the aged, which resulted in a ground-breaking study on the impact of loneliness on seniors. They selected two floors of a nursing home. One group was told the staff was there to help them. Despite the care, 71 percent got worse in co-morbidity quality indicators in only three weeks. On the other floor, where seniors were encouraged to make decisions for themselves, 93 percent of the residents improved their quality of life. They were more active and happier. They were more mentally alert and more engaged in activities.

Today the aged care is changing dramatically around the globe – and a shift towards personal responsibility and societal interaction is at the forefront of this revolution.

Nursing homes are being replaced with centres of living, designed as small households where perhaps a dozen people live together. They share meals around a large dining room table, with an open kitchen and access to food 24/7. The seniors choose what they want to do and when they want to do it. The small homes have no characteristic features of a traditional nursing home. There is no central nursing station and no long corridors or bright fluorescent lights. Residents are not rushed to make it to a meal on time. Such revolutionary models are disrupting the aged-care sector and, in some markets, traditional old-age institutions are reinventing themselves as small homes.

In researching aged care organizations on five continents, KinVillage stands out as a unique campus built in-the-midst of a residential neighbourhood, with affordable housing for older persons, complex care, assisted living, meals on wheels, a community centre with a wide array of wellness and social programs and other community based services.

As we tell the KinVillage story, the Day Program for Older Adults (DPOA) is an integral community based service for older adults who need supervision, companionship and assistance, providing an opportunity for socialization with other people while offering respite for their family member.

DPOA clients benefit from physical rehabilitation, fitness strength and balance programs, health monitoring and caregiver support. As the demand for DPOA increases the new North Court Redevelopment Project will feature double the number of spaces to reach the growing need for this valuable program that extends independence and truly supports older adults to age in place in their community.

KinVillage is a vital component of an age friendly city, a community hub for older persons adjacent to a vibrant town centre complete with community amenities such as libraries, pools, restaurants, child care, schools, and the heart of the Village the community centre.

We have come a long way from how our grandparents experienced the ageing journey. With the redevelopment of KinVillage seniors' housing, care and community-based supports are becoming more welcoming for current and future generations.



FUN TIMES IN FEBRUARY



Coffee with a Cop - February 9th

Sincere thanks to Constable Leisa for spending time with us dispensing useful information and answering questions. We look forward to her next visit on Thursday, March 23.

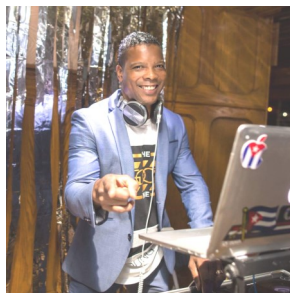


Valentine Dessert & Concert - February 14th

Such a lovely way to spend a couple of hours on Valentine's Day. The Crepe Suzettes Adrian made were fantastic and the audience seemed to really enjoy the Andre Rieu Concert video. There were three happy winners of door prizes. Wanda was pleased to contribute one of her diamond painting key chains as a prize.



There are some who really get into the spirit of the occasion - example, Valentine's Day. We'll see what they come up with for St. Patrick's Day.



LATIN DANCE PARTY

With DJ Kubanito
and Salsa instructors
Sara & Carlos



Carlos & Sara

Due to the weather warning and hazardous driving conditions, we made the difficult decision to postpone the Latin Dance night. Purchased tickets will be honoured and we hope you will be able to join us for the new date of Saturday, April 29.

If you cannot make that date, you can request a refund. We apologize for the inconvenience but keeping everyone safe is our top priority. We have no doubt the event will be a huge success thanks to DJ Kubanito and Salsa instructors Sara and Carlos.

POSTPONED TO APRIL 29TH

FUN TIMES IN FEBRUARY

SHARI'S DINER DANCE ON FEBRUARY 11TH



The dinner/dance was so successful, Shari is hosting another dinner/dance on March 11th. See page 5 for details.



MARCH EVENTS

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 Dinner/Dance

March 11th

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

Doors open at 6:00 pm - Dinner at 6:30 pm

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

Dress optional but... dress to the theme would be welcome.



Dinner Menu: *Artisan bread rolls with herb butter, Italian herb rubbed roasted chicken with three onion caramalized pan jus, buttermilk mashed potatoes, roasted root vegetables.*

Dessert: *Warm apple strudel with caramel glaze, vanilla whipped cream, sugar dust and fresh strawberry.*

DEADLINE FOR TICKET PURCHASE - MARCH 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 or call 604-943-0225

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

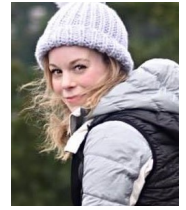
Licensed premises - cash bar - Please drink responsibly.

MORE MARCH EVENTS



ADAPTIVE FITNESS CLASSES START MARCH 10TH AT 2:30 Drop in fee \$7 for members \$9 for non-members

Instructor Rachel Hansen has her Bachelor's degree in Kinesiology from UBC focusing on leisure access and barrier removal for persons with disabilities. This class is designed for participants with Parkinson's Disease, Multiple Sclerosis, Stroke Survivors and anyone else with mobility challenges. Classes will work towards increasing mobility, overall stamina, and regaining/maintaining movement on affected sides through a fun, social, inclusive atmosphere.



Representative Janeen Parent



ARMCHAIR TRAVEL - MP RM.

Mon., Mar. 13, 11:00-12:30

Let's go to Zimbabwe



Rev. Basvi



We are pleased that, along with Janeen, Rev. Simbarashe Basvi, who is from Zimbabwe, will provide us with some insight into this landlocked country in southern Africa known for its dramatic landscape and diverse wildlife, much of it within parks, reserves and safari areas.

FREE TUESDAY MOVIE MATINEES AT 1:30

March 14

The Big Sick - Rom/Com - 2hr
AFI Award - Movie of the Year - 2018



THE BIG SICK breathes new life into the romantic comedy with a rich bouquet of emotion - from belly laughs to broken hearts and back again. 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.

March 28

Still Alice - Drama - 1hr 37 min



Dr. Alice Howland (Julianne Moore) is a renowned linguistics professor at Columbia University. When words begin to escape her and she starts becoming lost on her daily jogs, Alice must come face-to-face with a devastating diagnosis: early-onset Alzheimer's disease. As the once-vibrant woman struggles to hang on to her sense of self for as long as possible, Alice's three grown children must watch helplessly as their mother disappears more and more with each passing day.



Coffee with a Cop

Thursday, March 23rd, 10 am. Coffee and cookies will be available. Bring your questions to get the conversation started.

Circle of Friends Thursday, March 23rd, 11 am in the Multi-Purpose Room.

Immediately following 'Coffee with a Cop'.

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



MORE MARCH EVENTS



A bit of Irish trivia - It became traditional for Irish men to wear the shamrock in their hats on St. Patrick's Day. After mass, they would visit the local drinking establishment to 'drown the shamrock' in 'St. Patrick's Pot.' This involved placing their shamrock in the last beverage of the day, draining the glass, then picking out the shamrock and tossing it over their left shoulder.

KinVillage Community Centre is hosting a CEILIDH* (pronounced Kay-lee) that you won't want to miss.

Saturday, March 18, 2023

Doors open at 6:30 - Dancing 7:00-10:00 pm

It's impossible to not have a great time at a ceilidh! Join us for a lively evening of Scottish folk music provided by Kilbimie Station's four piece band. Alison Moen will call out the dances and she'll have us looking good in no time.

Grab a friend or come on your own - all are welcome!



Please wear comfortable, flexible shoes and lightweight clothing (you'll warm up!).
Wearing Plaid or Tartan would be fun.

Tickets available at Reception M-F 9 am to 2:30 pm or call 604-943-0225
\$18 for members/\$22 for guests/\$25 at the door



*A *cèilidh* (pronounced KAY-lee) is a traditional Scottish or Irish social gathering involving dancing and playing Gaelic folk music.



Licensed Premises - 19+ - Please drink responsibly

HAPPY HOUR IS BACK!

FRIDAY, MARCH 31, 3:45-5:30 PM

HAPPY HOUR

WITH MUSICIANS CUT 'N DRIED

Admission by donation.

In a group or on your own, come socialize, hear some familiar tunes, and even get up and dance to the music of Cut 'n Dried.



Unique Boutique

Open M-F 10 am to 2:45 pm

March 20-31 clothing drive

Spring cleaning is the perfect time to donate your gently-used clothing and accessories to our Unique Boutique.

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

The first Monday of the month is 50% off for members only* *excluding jewellery



Who's Minding the Store?

We are thankful to have these wonderful **Unique Boutique volunteers** helping customers and keeping the boutique clothing clean and well stocked. If you would be willing to take on a morning or afternoon shift, please talk to Jen. We apologize if we've missed someone. There are those who did not want their picture taken.



Sunita



Pam



Maria



Patti



Bernice

Bonnie

Liz



May

Lorie

Ann

SHARING & CARING SECTION



Rotary
Club Of Tsawwassen



February 15, The Joy of Music

A big THANK YOU to the Rotary Club of Tsawwassen, Randy Scott of Randy's Tirecraft, and the Interact Club at SDSS for bringing the joy of music to KinVillage. Their combined generous donation of two high quality electric keyboards and accompanying accessories will be enjoyed for years to come in the Care Home and the Community Centre.

The Rotary Club of Tsawwassen invites people to learn more about being a Rotarian by being a guest at their fun and energetic weekly meetings.

Visit their website at: rotarytsawwassen.org



A conversation with the Mayor - February 18th An ElderCollege Delta (ECD) event.

We were pleased to be able to have ElderCollege use our main hall for the Mayor and Councillor Kruger's visit. L-R: Guillermo Bustos, President ECD; Mayor Harvie; Dan Levitt CEO KV; Councillor Kruger.



Learn about dementia from anywhere by participating in one of the Societies live webinars – all you need is a computer, tablet or phone! For more information and to register please go to their website:

<https://alzheimer.ca/bc/en/help-support/programs-services/webinars>

Making activities dementia inclusive

Wednesday, March 1 from 2 to 3 p.m.

Discuss the benefits of meaningful activities and explore how different types of activities can be dementia-inclusive. Be inspired to create your own dementia-inclusive activities to help improve quality of life, maintain well-being and maximize your enjoyment together.

Focus on Behaviour: Targeted strategies for denial, paranoia, shadowing and anxiety

Wednesday, March 8 from 2 to 3 p.m.

Learn specific strategies for responding to four commonly experienced behaviours that people ask us about, including denial of illness or symptoms, paranoia, following the caregiver closely and anxious behaviours.

Responsive Behaviours

Wednesday, March 15 from 2 to 3 p.m.

Explore possible reasons for our own reactivity and learn some coping strategies.

EVA'S CORNER

MARCH IS BRAIN HEALTH AWARENESS MONTH



WHAT IS BRAIN INJURY?

Brain injury refers to a sudden change in brain function, which prevents the brain from performing the way it normally does. Many people are surprised to learn that concussions, for example, are brain injuries.

There are two main types of acquired brain injury (brain injury after birth):

Traumatic: caused by a blow or other type of external impact to the head. Injuries in this category can be caused by hard falls, car accidents, sports injuries, and other collisions. From slipping on a patch of ice to falling off a bike, there are numerous ways a person can sustain a brain injury. : Hard falls are the greatest risk for brain injury worldwide, and are a severe health risk, especially for children and older adults.

Non-traumatic: acquired as a result of a health issue within the body, such as a stroke, tumor, infection, or anoxia (when the body is deprived of oxygen).

However, we as a community can do our best to prevent brain injuries.

The stigma attached to brain injury can interfere with the ability of survivors to improve their quality of life. People find it difficult to recognize an “invisible disability” like brain injury – some survivors are mistakenly perceived as drunk or are treated like they are children because people do not understand the effects of brain injury. Regrettably, too many survivors also notice that people now feel uncomfortable around them

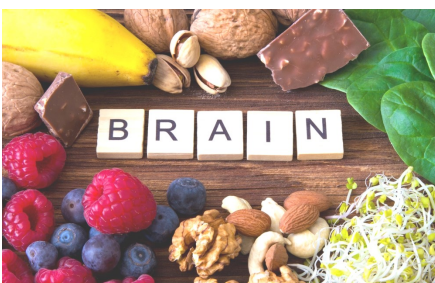
When people sustain brain injuries, their lives are permanently altered.

COGNITIVE EFFECTS: Memory loss, Reading difficulties, Issues with writing, Difficulty with arithmetic, Trouble with concentrating

PHYSICAL EFFECTS: Reduced mobility, Trouble with coordination, Sensory impairment, Fatigue and/or Insomnia, Chronic seizures

SOCIAL EFFECTS: More dependent on others, Difficulties returning to work/school, Trouble adapting to changes, Stigma attached with the diagnosis, Social isolation

The list of effects above is not exhaustive, but it should give you a good idea of some of the challenges survivors face. While some symptoms are more common than others, no two brain injuries are alike. One survivor’s symptoms can differ greatly from another’s, which could be down to the nature of the injury, differences in the individuals’ brains pre-injury, or simply the individuals’ unique personalities.



Adapted from www.BrainLove.ca.

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



Fun with Ivor

In The 1970's

1. Who replaced the Shah of Iran in 1979?
2. Which President resigned in 1974 over the Watergate scandal?
3. Which Olympic athlete set a record in 1972 by winning seven gold medals?
4. What was the top selling song of the 1970's decade?
5. What was the name of Stephen King's first published novel that came out in 1974?
6. Which athlete was the first to earn a perfect score in the history of Olympic gymnastics?
7. What newspaper heiress took part in a San Francisco bank robbery in April 1974?
8. Paul Allen and Bill Gates founded what company in 1975?
9. In June 1971, the 26th Amendment passed giving 18-year-olds what right?
10. What was the name of the character played by Herve Villechaize in the TV series "Fantasy Island"?

A cue for you

A big thank you to Michael B. for repairing several snooker cues.



Purchase your snooker membership and bring a buddy or meet a buddy at the snooker tables.

Available for play Mon.-Fri. 8-4
Except for special functions
in the main hall.

Lending a hand (and feet)

Tsawwassen Town Centre Mall asked if we could provide some entertainment on Valentine's Day when they thanked their patrons with some prizes and promoted shopping in their mall. Thanks to Susana and some of her line dancers, we were able to help out.



THIS MONTH'S SHOUT OUT

URSULA T., PROGRAM COORDINATOR FOR EUCHRE

Ursula started coming to the Centre in 1990 when she found out euchre was being played here. In 2006 she was voted in as coordinator when Grace could no longer fill the role. There are currently three tables of players and Ursula encourages everyone to come out on **Thursdays when games start at 1 pm**. With a partner or on your own, Ursula will ensure you get to play the game in their relaxed and social environment.

Who and what is a Program Coordinator?

The Program Coordinator role is not difficult but it is critical!

The Coordinator is the conduit between the Manager and the program participants, disseminating information, keeping the group organised, reporting attendance and maintaining contact information, and ensuring the area is set up for the activity and equipment is put away after use. If you're part of a program, please check in with your Program Coordinator to see if they already have a back up person. If not, consider offering your services. And don't forget to thank them for all they do to keep the program running.

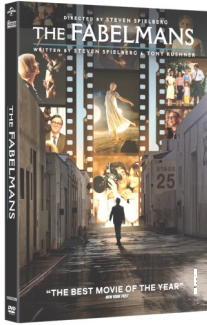


COMING IN EARLY APRIL

FREE MOVIE MATINEE AT 1:30

TUESDAY, APRIL 11TH

THE FABELMANS - DRAMA - 2h 31 min



Young Sammy Fabelman falls in love with movies after his parents take him to see "The Greatest Show on Earth." Armed with a camera, Sammy starts to make his own films at home, much to the delight of his supportive mother. The film was awarded Golden Globes' highest honor, Best Motion Picture –

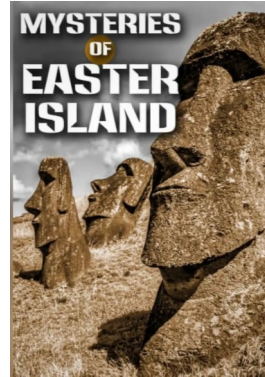
Drama, and Best Director – Motion Picture

One reviewer said: Even though the film is based on Spielberg's life, it manages quite artfully to not feel too artful; it refuses to turn itself into a fable.

FREE DOCUMENTARY AT 10 AM

THURSDAY, APRIL 13TH - 46 min

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



A triangle of volcanic rock in the South Pacific, Easter Island is over 2000 miles from the nearest population center, making it one of the most isolated spots on earth. It is best known for the giant stone statues, know as the Moai, that dot the coastline.

Shari's Saturday Social

The theme is 'Splendor of the South Seas'

Saturday, April 15, 2023

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

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

Includes mid-evening tea, coffee, and assorted goodies

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

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

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

Licensed premises - 19+ - Please drink responsibly



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.



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.
- **Art and/or Knitting volunteer** - Seeking a person who feels comfortable teaching simple art projects to seniors who want to engage in an activity outside their home.

To apply as a volunteer, please pick up an application at Reception, or download the form from our website: kinvillage.org

When complete, please call 604-943-0225 to make an appointment with Jen.

WE LOVE OUR VOLUNTEERS!

Fun with Ivor Trivia Answers

1970's Quiz Answers

1. Ayatollah Khomeini
2. Richard Nixon
3. Mark Spitz
4. American Pie (Don McLean)
5. Carrie
6. Nadia Comaneci
7. Patty Hearst
8. Microsoft
9. Right to Vote
10. Tattoo

Come Out and Play

\$ BINGO \$

**UP TO \$500 IN CASH PRIZES
PAID OUT EVERY WEEK!**

You can start playing for as little as \$5.50
KinVillage Community Centre, 5430 10th Avenue.
We host the largest, richest bingo games in Tsawwassen.

Wednesdays from 1 PM to 3 PM

Know your limit Play within it. 19+

BC Gaming License #136148



Sincere thanks to our Bingo volunteers.

News about parking

In a meeting with members and other interested parties, our CEO Dan Levitt suggested that we let him know what we suggest can be done to accommodate the lack of parking in the Community Centre parking lots since those spots will be taken up by those in North Building and Vidal Court when they lose their current spots.

Here are some suggestions and if you think of others, please feel free to visit Reception or Jen to add your ideas.

GREAT PEOPLE HAVE GREAT IDEAS FOR GREAT SOLUTIONS

Summary of discussions with Dan February 21 & 22, 2023

Parking for KinVillage resident's family, and Community Centre patrons

- ◆ Car pool
- ◆ Get dropped off by your spouse or a friend
- ◆ Use Delta Seniors' Bus
- ◆ Walk or ride your bike (get more exercise while also helping with the parking situation)
- ◆ Park further away and walk
- ◆ Park in South Delta Recreation Centre (SDRC) lot and take shuttle
- ◆ Shuttle bus on a regular schedule from various locations
- ◆ Ensure that evening/weekend event participants are aware of parking options
- ◆ Parking curbside on both sides of 10th
- ◆ Parking curbside on 54A
- ◆ Have KinVillage windshield decals with our logo on it for various locations that agreed we can park there and not get towed
- ◆ Adjust program schedule so there is less overlap in parking needs

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

Activities in the Main Hall will be cancelled February 27 to March 3 inclusive so that our dance floor can be refinished. The Café and Boutique will be closed.

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 - Mar. 23 - MP Rm.
10:00 am Watercolour Art (*Laurel*) - Vidal Crt. Or CC
 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

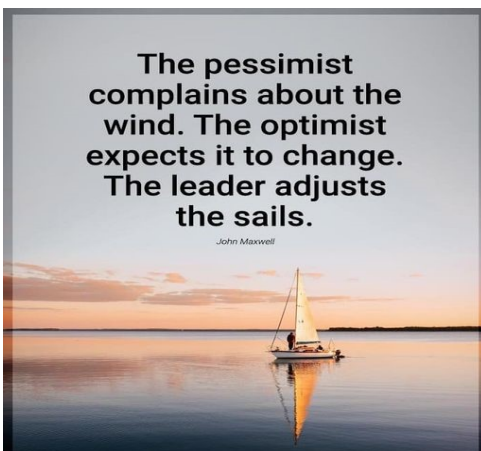
8 am-4 pm Drop-in Snooker
9:00 am Yoga (*Shigeko*)
 10:00 am Men's Drop-In Social Coffee Time
 10:00 am Mahjong - MP Rm
10:30 am Dancercise (*Shari*)
 11:45 am Floor Curling
1:00 pm Beginners Line Dance (*Susana*)
 2:30 pm Adaptive Fitness starting March 10th

Saturday

Shari's Social - March 11th
 Roaring 20's Flapper Frolic Dinner/Dance

Sunday

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



The pessimist
complains about the
wind. The optimist
expects it to change.
The leader adjusts
the sails.

John Maxwell

JAZZERCISE Pop-Up Class

9:30 am Saturday, March 11

\$6 for members \$8 non-members - Pay Pam
 For more info call Pam 778-840-5299

Check us out at www.kinvillage.org &

