



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

CLOSED MONDAY, MAY 22 - HAPPY VICTORIA DAY

Manager's Corner

Spring has sprung and flowers are bursting with colour! It is such a welcome sight! As we spend more time outdoors in our gardens and engaged in various activities, I thought it was a good time to revisit the topic of FALLS, and more importantly, fall *prevention!* (See p. 11.) This is tied to the importance of staying active (p. 7). Remember: Motion is lotion!

The Unique Boutique Volunteers are busy preparing for the Spring Fashion Show coming up on May 12th. Get your tickets now as they do tend to sell out.

It makes a great Mother's Day gift. Speaking of Mother's Day, I send special wishes out to honour all Mothers or Mother figures in our KinVillage community.



On page 2, CEO Dan shares thoughts about rethinking aging. Someone who is a great example of "age is only a number" is our very own Doreen W. Doreen is celebrating her 99th birthday this month and age has not stopped her from volunteering and coming to fitness classes every week! She is a prime example of how staying active and engaged can add good quality years to ones life. Happy Birthday Doreen.



Jen K.

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

Two very important members of our KVCC community are currently out due to various health challenges. We send our healing thoughts and best wishes for a speedy recovery to our special Volunteer and newsletter editor Wanda, and Fitness Instructor Beth. We miss you and look forward to welcoming you back when you are ready!



Mark your Calendar!

- May 6 Quiz Night
- May 9 **FREE** Movie
- May 11 **FREE** Documentary
- May 12 Fashion Show & Luncheon
- May 12 Foot Care by appt.
- May 13 Healthy Aging Fair in Ladner
- May 18 Coffee with a Cop followed by Circle of friends
- May 20 Shari's Social Dinner & Dance
- May 22 Closed for Victoria Day
- May 23 **FREE** Movie
- May 24 Presentation-Planning for health-care, legal, and financial decisions
- May 30 ElderCollege Singers
- June 5-9 Seniors' Week special events:**
- June 5 Ice Cream Social & Trivia
- June 5 The Big Read begins
- June 6 Coffee with a Cop
- June 6 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 Luncheon w TOOBS
- June 10 South Delta Seniors Celebration at TTC
- June 15 Elementary school choir performs
- June 16 Happy Hour with Cut & Dried
- June 27 **FREE** Movie
- June 30 Canada Day Celebration
- July 2 **CLOSED** for Canada Day long weekend

Events and dates subject to change

A WORD ON AGEISM FROM DAN LEVITT, CEO



What if everything you know about ageing was wrong?

What if we embraced our ageing as something we have earned like an award.

If we accept this challenge, we certainly have a societal uphill road to run up against.

But, why shouldn't we be optimistic about changing our perceptions of older adults?

The generations alive today have demonstrated their ability to influence others in just about every aspect of society.

Let's be clear about what ageism is. The World Health Organization (WHO) defines ageism as stereotypes, prejudice and discrimination toward others or oneself based on age.

Ageism internalized is gerontophobia - the fear of growing old, and the fear of older people limiting what younger and older populations can contribute to society, which affects our health, longevity and well-being.

Ageism is one of the last "isms" that still is socially acceptable, making it OK to poke fun at people based solely on their age. Imagine another protected group of people from the Human Rights Code as the victim of such jokes — audiences would no longer be laughing. It's time to stop the ageist jokes. Nothing about ageism is funny.

Just ask, Lisa Laflamme, the 58-year female news anchor who reportedly lost her job because of the colour of her hair! That's called age discrimination.

Ageism cuts both ways, as younger people report more age discrimination than older age groups, especially in the workplace.

There is also a segment of the economy that is fuelled by our fear of aging. Walk into many stores and you will see the section selling anti-aging products, including hair colour "to wash the grey right out of your hair." The next aisle over are the "over-the-hill" cards to mark milestone birthdays. Think of the way older persons are portrayed on TV and in film. Question how we support the anti-aging movement.

Ageism is ugly. Age is beautiful. Just look at the March 2023 edition of Vogue Philippines magazine featuring a 106-year-old cover girl tattoo artist. Growing old is good. Eliminating ageism means inclusivity, where people from all ages are a part of the workplace and visible in cities all across our greying country.

To start eliminating ageism from our lives there are a couple of things we can all do to create a more age friendly life and redefine ageing in the 21st century.

The first is check our language. Let's stop using ageist language like...

I'm having a senior moment – do younger people say they are having a junior moment?

She's on the wrong side of 40 – most people are over 40 years of age, can they all be on the wrong side?

He's past his prime – every decade of life presents new opportunities.

I'm feeling my age – good, as long as you are feeling.

Showing my age – that's the point!

70 is the new 50 – still don't know what they are trying to say.

She looks good for her age – she has always looked good for her age.

You can't teach an old dog new tricks – not true intelligence does not decrease with age.

He "still" drives to work at 80. Stop using the word "still" to measure an older person's abilities compared to younger people.

Let's stop using ageist language. Why? Because every time we use it, we are reinforcing the stereotype that ageing is all about decline.

Let's be honest about our age. Let's stop lying about how old we are. Because when we lie about our age, we give the number a power over us it does not deserve. We lock ourselves into the dreary downbeat stereotypes.

Be honest about our age and own our age. By doing so we free ourselves of the ageist script. And define what our life will look like at every stage. Celebrate those birthdays instead of mourning them.

I'll start, I'm Dan I was born in 1969, I am proud of my age and I can't wait for my next birthday!

This year, my high school graduation class held a reunion and I proudly wore my Grad 87 jacket to celebrate reaching this milestone.

I'm also proud of my grey hair and wrinkles!

Whatever age you are, own it!

Now, go out there and show the world what you can do.

FUN TIMES IN APRIL

Volunteer Appreciation Luncheon - April 18



COMING THIS MONTH



Kin Village Quiz Night 14 Saturday 6th May 2023

Teams of 4 at \$40 per team
Bar opens at 6.30pm - Quiz starts at 7pm
Enter your team by phoning 604-943-0225
or register at reception
Monday to Friday between 9am and 2.45pm
Pay by cash, credit or debit card
Provide a Contact Name, Phone No. and Team Name
and of course \$40
Spectators welcome at \$5 each

Free Documentary

Thursday, May 11 at 10 am

Uncharted - The Beautiful World of the Amazon

Deep in the uncharted jungles of Peru, a silky anteater is fighting to stay awake, turtles are battling for sunbathing space and a mother hummingbird is working overtime to provide for her newly hatched chick. The rainforest is about to enter a time of turmoil; dark clouds signify the arrival of the rains where violent storms wreak havoc through the forest, rivers burst and flash floods force strange creatures from their hiding places. Through millions of years of evolution the rainforests animals have developed bizarre relationships and unexpected strategies to overcome these challenging conditions. Yet despite all their ingenuity, they were never prepared for the arrival of a new species on the scene.



2024 GIANT BOOK SALE - WE'RE GETTING READY!



Beginning **Tuesday, May 2nd**, we will be accepting donations at our **new collection location**: Tsawwassen Town Centre Mall next to the Chocolate Bear Shop. Limited days and times.

Tuesdays 9 to noon and Wednesdays 2 to 5 pm. **

**** Times may vary - changes will be posted on the door.**

NOTE: Please donate during posted times only.

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 trave books, computer books, Time/Life books, or any material in poor condition.

Please donate your best to us!

THANK YOU!

COMING THIS MONTH



Our much anticipated Luncheon & Fashion Show is here!

Cruising for Fashion

Featuring clothing from our Unique Boutique.

FRIDAY, MAY 12

12 noon - Event begins/lunch

1 pm - Fashion Show begins

TICKETS ON SALE NOW

\$25 for KVCC Members/\$30 for Guests



Lunch Menu:

HONEY GLAZED 3 MUSTARD ROAST PORK LOIN

Pan fried zucchini, baked eggplant, and fire roasted beets, caramelized pearl onions roasted apples in a drunken raisin jus.

MANGO MOUSE CAKE

Whipped cream, raspberry, and mango coulis.

COFFEE & TEA

FREE MOVIE MATINEES - TUESDAYS AT 1:30



May 9

A MILLION COLOURS

2011/Drama/1h 55m



A story of love and friendship set against the violence of Apartheid in South Africa. It is a story of the ups and downs of the lives of the three main characters, and how their lives intersect over the years.

MAY 23

A SIMPLE FAVOR

2018/Comedy/Crime/Mystery/R/1h 57m



Stephanie is a single mother with a parenting vlog who befriends Emily, a secretive upper-class woman who has a child at the same elementary school.

When Emily goes missing, Stephanie takes it upon herself to investigate.

COMING THIS MONTH



COFFEE WITH A COP 10 am, Thursday May 18th
Followed by Eva's Circle of friends
Come chat with Community Policing Officer L. Schaeffer

Foot Care Friday, May 12

Book at Reception



Shari's Saturday Social Dinner & Dance

Saturday, May 20th, 2023



The theme is 'Red Wine & Roses'

Doors open 5:30 pm

Dinner 6:00 pm

Dancing 7:00-10:30 pm

\$27 for members \$30 for non-members

Please purchase tickets in advance at Reception (cash/debit/credit) or call 604-943-0225. No tickets at door.

Dinner menu: Chicken Piccata w creamy herb orzo, buttered vegetable succotash, tomato Chardonnay beurre blanc. Strawberry shortcake with berry compote. Coffee & tea.

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

Licensed premises - 19+ - Please drink responsibly

Planning for health-care, legal, and financial decisions

Wednesday, May 24 2:00 pm–3:00 pm – MP Room

In-person education session by **Alzheimer Society of B.C.**

Plan now, before dementia affects the ability to communicate. Learn how to begin early legal, health-care, and financial planning to prepare for your future.

Please register at Reception or call us at 604-943-0225.

ElderCollege Singers Concert

May 30th at 1:30

Bring a friend or 3 and come enjoy the music of the ElderCollege Singers in this special concert at KVCC. This is an event you won't want to miss!

Entrance by donation.



RETURNING 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 reasons to join the Walking Group:

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 commencing May 26, Friday Night Social Dances will resume. Dances will be held from 8-10 pm on the fourth Friday of each month. Come practice your dance moves to a variety of tunes.

\$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



The BIG READ Mondays 10-11:30 am in MP Rm starting June 5

Do you enjoy books but have a hard time reading on your own? Or would you like a new and different reading experience? Sit back and enjoy while retired broadcaster **Henry Shannon** brings a story to life for you!



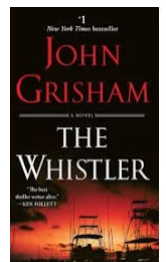
Book: The Whistler

Author: World Renowned Novelist John Grisham

Continue the journey each Monday until you reach the conclusion of the book (approximately 5 weeks).

Henry gains your interest with his professional pausing and inflection, and delivers the story with all the required emotion and feeling that keeps you listening to every word. Don't miss it! This is book reading like you've never experienced!

Please sign up at Reception. Minimum 6 people.



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.



COMING SOON - Conversational French

VOLUNTEERS NEEDED

Do you like to organise?

We are looking for two Volunteers to organise our supply of tablecloths!

- This is a one time job for approximately 4 hours in early May.
- Timing flexible.
- Must already be a KV Volunteer.
- If interested, please see Jen.



Do you like being in the Kitchen?

Chef Adrian is in need of a volunteer dishwasher on Tuesdays or Fridays from 10 am - 2 pm.



FUN WITH IVOR - QUIZ



1. What's the birthstone of May - it represents love and success?
2. Which tennis Open Championship normally begins in the last week of May?
3. What are the two zodiac signs for the month of May?
4. According to a 1732 traditional saying, what should you never cast till May be out?
5. In the nursery rhyme 'Nuts in May', on what sort of morning are the nuts gathered?
6. Which sweetly scented, highly poisonous woodland flowering plant is the birth flower of May?
7. How long is the lifespan for the adult female Mayfly,
5 minutes, 5 hours, or 5 days?
8. What is the more common name for the Mayflower shrub?
9. Victory in Europe Day, generally known as V-E Day, was celebrated on which day in May, 1945?
10. Which American federal holiday, sometimes called Decoration Day, is currently observed every year on the last Monday of May?

EVA'S CORNER

May is Celiac Disease Awareness Month

Overview

Celiac disease (CD) is a common disorder in which the absorptive surface of the small intestine is damaged by gluten. Gluten is a group of proteins present in wheat, rye and barley and their cross bred grains. The damage to the intestine can lead to a variety of symptoms and result in an inability of the body to absorb nutrients such as protein, fat, carbohydrates, vitamins and minerals, which are necessary for good health.

Symptoms

Patients with CD can present with a variety of symptoms.

The classical (typical) symptoms include: chronic diarrhea, abdominal pain, malabsorption, weight loss.

However, many patients now present with non-classical (atypical) symptoms including: anemia, osteoporosis, extreme fatigue, oral ulcers, liver enzyme abnormalities, constipation, infertility, dental enamel defects, neurological problems, etc.

Celiac disease occurs commonly in patients with other autoimmune disorders such as thyroid disease and type-I diabetes. It can also run in families, both in first and second degree relatives.

Diagnosis

1) **Screening:** In the past, physicians had to rely on clinical symptoms and signs alone to suspect the diagnosis of CD and select patients who would require further investigations for confirmation. Now, highly effective blood tests are available to screen for CD.

2) **Biopsy:** The definitive diagnosis of CD is made by a small intestinal biopsy. The biopsy is performed via endoscopy by gastroenterologists. Again, it is important that gluten not be removed from the diet before the biopsy is completed as it may impair the confirmation of the diagnosis.

Treatment

At present, there is no permanent cure for CD but it can be effectively treated with a gluten-free diet. The adherence to the gluten-free diet must be STRICT and LIFE-LONG.

Six key elements for management of patients with celiac disease

Consult a dietitian skilled in the management of celiac disease

Educate about the disease and family testing

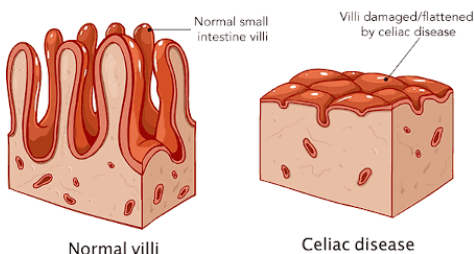
Lifelong adherence to a strict gluten-free diet and evaluation of compliance

Identification and treatment of nutritional deficiencies

Access to an advocacy group (e.g. Canadian Celiac Association & local chapter)

Continuous long-term follow-up by health professionals with expertise in celiac disease

Lining of the small intestine



For more information see the Wellness Board or please contact Eva, Seniors Support Coordinator, City of Delta, 604-787-1242, EBusich-Veloso@delta.ca



SHARING & CARING

The Mahjong Club grew rapidly as did the need for additional game sets. We are grateful to the Ladner Tsawwassen Kinsmen Club for donating enough funds for us to purchase two new sets! THANK YOU!



Wayne B., Coordinator of the KVCC Mahjong Club, accepts the cheque from Kinsmen Brian H., Stuart H., and Ted C.



Members of the Mahjong Club enjoy playing with the new sets.

FUN WITH IVOR TRIVIA - ANSWERS



1. What's the birthstone of May - it represents love and success? **Emerald**
2. Which tennis Open Championship normally begins in the last week of May? **French Open**
3. What are the two zodiac signs for the month of May?
Taurus (until May 20) Gemini (May 21 onwards)
4. According to a 1732 traditional saying, what should you never cast till May be out?
A Clout (an old saying for a piece of clothing)
5. In the nursery rhyme 'Nuts in May', on what sort of morning are the nuts gathered?
On a cold and frosty morning
6. Which sweetly scented, highly poisonous woodland flowering plant is the birth flower of May?
Lily of the Valley
7. How long is the lifespan for the adult female Mayfly, 5 minutes, 5 hours, or 5 days? **5 Minutes**
8. What is the more common name for the Mayflower shrub? **Hawthorn**
9. Victory in Europe Day, generally known as V-E Day, was celebrated on which day in May, 1945? **8th May**
10. Which American federal holiday, sometimes called Decoration Day, is currently observed every year on the last Monday of May? **Memorial Day**

Falls: How to lower your risk

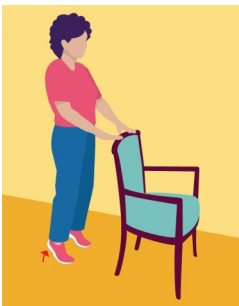
For older adults, the risk of falling is very real. Globally, falls are the second leading cause of death from unintentional injury. The good news is that there are things you can do to actively reduce your risk of falling and prevent injuries from happening. Incorporating exercises into your daily routine that involve some form of resistance training can help build flexibility. **Maintaining foot health** is also important, as older adults experience changes in muscle strength that can increase their risk of falling.

Regular exercise at least 3 times per week for 12 months can lower the risk of falls and reduce the number of falls that lead to injury. Tai chi, resistance training and exercises aimed at improving flexibility, such as yoga, are beneficial to maintaining balance and strength.

Studies have shown that combining exercise with other strategies can reduce your risk of falling. This might involve assessing your foot health, reviewing your medications with your healthcare professional, checking your vision, and modifying your living environment to reduce tripping hazards.

It is important to remember that falling should not be considered inevitable, but there are many things you can do to keep your feet firmly planted on the ground. Speak with your healthcare provider, and consider your circumstances, when deciding which strategy is best for you.

Mark your calendar: Fraser Health will have a Fall Prevention Clinic and Presentation at KVCC on Tuesday, August 15.



Featured Resources

Blog Post: [Getting your 'feet' in the game! Can exercising your feet help you stay on them?](#)

Blog Post: [Avoid falls with these 3 simple tips](#)

Blog Post: [Feeling unsteady? Exercise can help prevent falls in long-term care](#)

Blog Post: [Foot health: A ground-up approach to preventing falls](#)

Blog Post: [Watch your step! Fall prevention for seniors living in the community](#)



COMING IN JUNE - SENIORS' WEEK

Monday, June 5



Lifeline
MONDAY, JUNE 5, 2023
ICE CREAM SOCIAL
FREE ICE CREAM
1:00 PM - 2:00 PM
KinVillage Community Centre
DELTA HOSPITAL AUXILIARY LIFELINE PROGRAM

+

Fun with Ivor TRIVIA
Come join the fun with Ivor's interesting questions that always have us guessing and laughing.

Tuesday, June 6



Coffee with a Cop



KinTones Live Music
and line dancing led by Susana



Movie Matinee
with free popcorn



Wednesday, June 7

Field trip by KV Bus to Reifel Bird Sanctuary

\$6 admission fee. Maximum 16.



Thursday, June 8

ICBC Enhanced Road Assessment workshop and a possible surprise



Friday, June 9

Beach Party Luncheon with Live Beachy Music



Wear your colorful summer attire including sun hats and shades.
Hosted by TOOBs serving curly fries, burgers, sausages and salad.
Need cute summer attire? Check out the Unique Boutique!



Saturday, June 10

South Delta Seniors Celebration at Tsawwassen Town Centre Mall



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

CLOSED VICTORIA DAY LONG WEEKEND

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 (Beth) On hold
 11:15 am Women's Social Group
 11:30 am Carpet Bowling
 1:00 pm Ukulele Jam Session
2:30 pm Chair Yoga (Shigeko)

Tuesday

8 am-4 pm Drop-in Snooker
9:00 am Ball Fitness (Beth) On hold
 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 (*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 (*Eileen subbing for Beth*)
 10:30 am Conversational Spanish - MP Rm
 12:45 pm Bingo **note new start time!**

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 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
 1:00 pm KinQuilters
 1:00 pm Partners Bridge - **Moved to Lutheran Church**
4:00 pm Line Dance (Susana) (no class May 18)
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) (no class May 5, 12, 19)
 2:30 pm Adaptive Fitness (*no class May 5*)
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



Pop-Up Class

9:30 am Saturday, May 27

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

For more info call Pam 778-840-5299



A great time was had by all who attended the Latin Dance night! Thanks to our amazing Volunteers who helped make it happen!

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

