



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

**CLOSED SEPT. 4 FOR LABOUR DAY**

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

Why is it that when we are young, time seems to pass in slow motion as we wait for special events, or our next birthday? Yet as we get older, time passes like a mad dash to the finish line. So it has been with another summer, flown away on the wings of time. But it also means we get to welcome you back to the Community Centre after your summer outings and time spent outdoors.

September is full of our old favorites as well as new programs and offerings. Please check them out in the pages of this newsletter.

Don't forget to mark your calendar for our special events for the rest of the year. There is lots to look forward to.

It's not too late to purchase your 2023 membership. Though two thirds of the year has passed, you will still save on more than a dozen events and two dozen programs. You can also save 50% in the Unique Boutique, the first Monday of every month. Memberships for 2024 will go on sale in December.

I'd like to pass on a big thank you to our volunteer Program Coordinators who year after year keep their programs organized and running smoothly, and welcome new participants. Without the dedication of these fine individuals, our programs could not operate. If you would like to be a Program Coordinator, or if you have time to give in other areas, please check out our Volunteer opportunities on page 13.

Have a safe and happy long Labour Day weekend. I look forward to seeing you at the Community Centre for all our fun upcoming events.



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

## Mark your Calendar!

- Sept. 5 Parkinson's Group
- Sept. 9 Shari's Welcome Back Dinner & Dance
- Sept. 11 Members 50% off in Unique Boutique
- Sept. 12 Welcome Back Luncheon
- Sept. 14 **FREE** - Chickens & Bee Hives presentation
- Sept. 12 AGM
- Sept. 14 Coffee with a Cop
- Sept. 16 7 Over 70 Gala Fundraiser at Tsawwassen Springs
- Sept. 21 **FREE** Presentation by Fraser Health  
Healthy Eating for Seniors
- Sept. 23 Quiz Night with Ivor
- Sept. 26 FREE Movie
- Oct. 2 **CLOSED** for Truth & Reconciliation Day
- Oct. 3 Parkinson's Group
- Oct. 3 Seniors Day Social
- Oct. 6 Happy Hour w Cut & Dried and Tilbury Twist
- Oct. 9 **CLOSED** for Thanksgiving
- Oct. 12 Coffee with a Cop
- Oct. 14 Shari's Dance
- Oct. 22 Delta Music Makers Concert
- Oct. 28 Cheers for Fears Halloween Event
- Nov. 3 Ceilidh Dance with Live Music
- Nov. 4 Shari's Dance
- Nov. 7 Parkinson's Group
- Nov. 9 Coffee with a Cop
- Nov. 10 Remembrance Day Lunch w Beauty Shop Dolls
- Nov. 18 Christmas Market
- Dec. 7 Coffee with a Cop
- Dec. 12 Christmas Luncheon

**Events & Dates subject to change.**

# A MESSAGE FROM DAN LEVITT, CEO



## AUGUST WAS A MONTH TO REMEMBER!

The first weekend was a three-day celebration of fun in the sun, with the Tsawwassen Sun Festival. At the Rotary Club sponsored parade, the Community Spirit Award was bestowed upon KinVillage. Kudos to everyone involved in representing programs and services that support older persons in Tsawwassen so well. Let's keep that community spirit alive and thriving all year long!

By mid-month, the long-awaited ground breaking ceremony was held at the new North Court construction site, an important step in the KinVillage master plan transforming housing, programs and services to meet the changing needs of an ageing community. The 152 apartments being constructed will provide affordable housing for older adults to live and thrive in the heart of Tsawwassen. Not only will this project make an immense difference for many older adults in Delta, but it will also make a substantial difference through a Day Program for Older Adults space located on the main floor.



The Day Program provides a variety of therapeutic and supportive services to older persons with the aim of improving their health and wellbeing so they can remain in their homes as long as possible.

At month's end, Autumn is in the air and plans are underway for September including the 7 Over 70 Awards and Gala on September 16<sup>th</sup> being held at Tsawwassen Springs to celebrate the remarkable achievements of older adults - a true testament that greatness knows no age limit!

Also, on September 12th, KinVillage Association will hold its Annual General Meeting (AGM) to reflect on the year that has passed and look ahead to the next year. KinVillage is a unique community with a continuum of outreach community-based services, a Community Centre, on-site day programs and a variety of housing, assisted living, and long term care. Sharing this story with the public has become a top priority told through a new website and a concerted effort to promote the way KinVillage has impacted the lives of older adults. This narrative will be shared in an Annual Review publication reporting on the state of KinVillage as we build for tomorrow.

As you may be aware, KinVillage is a non-profit organization governed by a volunteer Board of Directors. The members of the Board focus on the high-level strategy, oversight, and accountability of the organization. This contrasts with leaders and employees who oversee the day-to-day operations including receiving feedback from you on how programs and services can be improved to better meet the needs of older persons. The goal of the Board and Leadership Team is to create a future where older adults will live life to the fullest at every age and stage of life, wherever they are on their ageing journey. It's a future where growing older fuels hope, with the start of a new beginning.

We are grateful to the KinVillage community whose support has begun, and will continue to be, integral to a successful future as we together face the challenges of our times.

KinVillage will continue to tirelessly push forward, to expand the impact on the lives of older persons. Day by day, we are rethinking the future of ageing both on the Tsawwassen campus and beyond.



# A FUN & FABULOUS PARADE!



## *Thanks and Congratulations !*

**With the effort of everyone involved, KinVillage Community Centre once again won the 'Community Spirit Award'.**

To all of the participants representing KinVillage Community Centre and the Buenos Dias Café in the Sun Festival parade on August 7<sup>th</sup> **THANK YOU AND CONGRATULATIONS!**

Sincere thanks to Margaret and Shari for their amazing decorating skills for the vehicles as well as the handmade hats and costumes. Thanks also for the patience of their partners John and Ken. Thanks Ken for driving the convertible.

Keith and Yvonne transported Beth and Wanda safely in the back of their truck.

Pam got together a great group of gals to represent KVCC. They happily danced their way to Winskill Park to the music Pam put together that came from the speaker she donated to the Community Centre.

Thanks also to the gals who distributed the KVCC and Buenos Dias flyers.

At Winskill Park, KVCC volunteers Molly and Ivor, Cindy and Arthur, and Bernice and Bonnie did a great job promoting KinVillage, and, of course, our Community Centre.

*Photo credit to John and Jubail.*

# SEPTEMBER EVENTS

## Chickens & Bee Hives with presenter Kristin Roberts

Thursday 14<sup>th</sup>, 1:30-3:00

In the main hall fireside lounge

Entrance by donation



Some people believe honeybees and backyard chickens can't coexist. Not

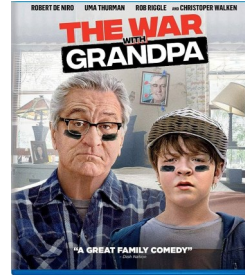
only can the two species live together, but people can benefit from this setup. Participants will be able to hold and feed the chicken while learning about their history in agriculture, and connection to recycling, sustainability and food security.

Bees can be observed up close, at all stages of their life cycle including the usually secret inner workings of the hive.

Participants will learn about the importance of honeybees, native bee species, diseases that impact them, and an understanding of what "Save the Bees" really means. This is an opportunity to try honey directly from the comb and talk about the incredible process of how it's made.

**MOVIE MATINEE -  
TUES. SEPT. 26<sup>th</sup> AT 1:30**

## The War With Grandpa



Comedy/Drama  
1h 34 min.

Peter is thrilled that Grandpa is coming to live with his family-- until Grandpa moves

into Peter's room, forcing him upstairs into the creepy attic. And though he loves his grandpa he wants his room back, so he has no choice but to declare war. With the help of his friends, Peter devises outrageous plans to make Grandpa surrender the room. But Grandpa is tougher than he looks. Rather than give in, Grandpa plans to get even.



## Fun with Ivor – September Quiz

1. Which two zodiac signs occur in the month of September?
2. True or false. September is the only month with the same number of letters in its name as the number of the month?
3. September's birthstone is which precious gemstone, a variety of the mineral corundum?
4. In the United States, which federal holiday is observed on the first Monday of September?
5. The name September comes from the Latin word 'septem', which means what?
6. The birth of Queen Elizabeth I happened on 17 September 1533, can you name her mother?
7. Which world-famous festival, held annually in Munich, Germany, is a folk festival running from mid- or late September to the first Sunday in October?
8. Which American said: "My favourite poem is the one that starts 'Thirty days hath September' because it actually tells you something."?
9. Which festival in the UK is about giving thanks for a successful crop yield over the year as winter starts to approach?
10. The Anglo-Saxons called the month Gerstmonath, after which crop usually harvested in September which they used to make beer?

## COMING IN SEPTEMBER



### *Shari's Dinner & Dance*

**Saturday, September 9th**

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

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

Dress style optional but... **the theme is Black & White.**

Very special door and spot dance prizes!

**MENU:** Bramble bush honey Dijon chicken with lemon thyme Chardonnay beurre blanc, Yukon gold potato coins with herb butter, roasted tomato, zucchini and red bell pepper tarts.

Dessert: Strawberry short cake with vanilla whipped cream, sugar dust and fresh strawberry.

Coffee or Tea

**Please purchase your tickets early!!**

**Deadline for ticket purchase Friday, September 1st**

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

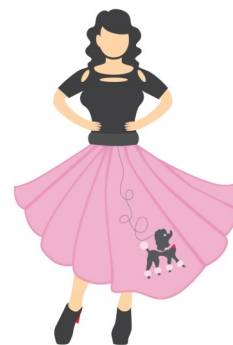
Pay cash, debit, credit card at Reception M-F 9:00 am - 2:30 pm at Reception or call 604-943-0225

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

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



## Welcome Back Luncheon



**Tuesday, September 12th starting at 12 Noon**

**Doors open at 11:30**

**Menu:** Pan seared chicken, Maple roasted squash, warm potato salad, tomato thyme crème. Dessert, Coffee & Tea

**\$14 for members \$16 for guests**

**Featuring the great vocals of Colleen Durdon!**

**Get ready to shake, rattle, and roll to**

**Lively music from the 50's and 60's**





# COME JOIN IN THE FUN!

## WE NEED YOU at our QUIZ NIGHT



### KinVillage Quiz Night 15 Saturday 23rd September

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 9 am and 2:45 pm

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

### Cribbage

Starting Sept. 11<sup>th</sup>.



The 2nd & 4th Mondays  
at 1-3 pm in the MP Rm

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

Coordinators: Liz M. & Bonnie K.

### Conversational French



Mondays at 10 am starting  
Sept. 18<sup>th</sup>

Meet others in the MP Rm  
for fun conversation.

Coordinator: Mags M.

### Conversational Spanish

10:30 am Wednesdays in the MP Rm

Being able to speak  
"conversational Spanish"

means you can express  
yourself fairly easily and  
similarly to native speakers. Enjoy  
some fun conversation.



Please let Reception know if  
you would like to play Canasta.

A card game of the rummy family, 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.

### Adaptive Fitness with Rachel

Fridays 2:30-3:15

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.

Drop-In Fee: \$7 members/\$9 non-members.



This is for people who would like to  
participate in low key drama readings .  
A Volunteer is willing to lead this group  
if there is enough interest. Please let  
Reception know if you would like to  
participate. Coordinator: Dave C.

# SEPTEMBER HAPPENINGS



**SOMETHING NEW / SOMETHING DIFFERENT / SOMETHING FUN!!**

**BADMINTON - WE PROVIDE THE EQUIPMENT  
MONDAYS FROM 11:30 AM—1:00 PM IN THE MAIN HALL  
PLEASE WEAR YOUR RUNNING SHOES**



\$2.00 per session

Players will be sharing the main hall with the Carpet Bowlers.

## *Fun with Ivor - Answers to September Quiz on page 4*

1. Virgo and Libra
2. True (9 letters and the ninth month)
3. Sapphire
4. Labor Day
5. Seven (It was the seventh month of the old Roman calendar.)
6. Anne Boleyn
7. The Oktoberfest
8. Groucho Marx
9. Harvest Festival
10. Barley

**NEW** - Effective Sept. 8<sup>th</sup>  
**FOOT CARE NURSE SONIA  
WILL TAKE CARE OF US.**

**The next available date for  
an appointment is Nov. 10<sup>th</sup>**

Book at Reception

\$50 cash—pay directly to Nurse Sonia please.



We are happy for Nurse Laura and wish her all the best in her retirement. We are thankful for all the years Laura took tender care with our tootsies.



**Pop-Up Class**  
9:30 am Saturday, Sept. 23rd

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



**10 am Thursdays in the Café**  
Sept. 14, Oct. 12, Nov. 9, Dec. 7.

## SEPTEMBER HAPPENINGS



### *Unique Boutique*

Open 10 am to 2:45 pm Mon. to Fri.

**End of Summer Clearance Sale**

**SEPTEMBER 1<sup>ST</sup> TO 15<sup>TH</sup>**



Show your 2023 KinVillage membership card and  
receive 50% off summer attire.

***Thank you for your patronage.***

*We also appreciate donations of gently-used, high-end ladies' apparel  
and accessories including jewellery, purses, and scarves.*

*No shoes or lingerie. THANK YOU.*

### WATERCOLOUR ART

Starting Thurs. Sept. 14<sup>th</sup>  
10:15 am to Noon  
East side of the Main Hall



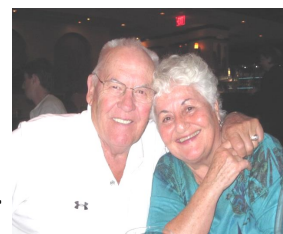
With instructor Laurel Johnson



Show Offs was voted the "People's Choice Award" last winter at the South Delta Artists' Guild show.

### **Marilynn & Doug McLean** **We will remember.**

Sadly, Marilyn passed away July 31, 2023, at Delta Hospital, she was 85.



A devoted wife, mother, grandmother, great-grandmother, aunt, loyal friend, volunteer, teacher and mentor, she will be remembered for her tireless dedication to helping others. Marilyn and Doug were volunteers at KinVillage for many years and we miss them both.

In Memory of Doug McLean, Marilyn has now rejoined the Love of her Life who passed away in 2020.

A Celebration of Live was held on Aug. 30th.



# EVA'S CORNER



## DID YOU KNOW?

Tremendous progress has been made, yet prostate cancer is the most common cancer diagnosed among Canadian men, with 1 in 8 expected to be diagnosed in their lifetime.

**What is the prostate?** The prostate (or prostate gland) is part of the male reproductive and urinary systems. The main function of the prostate is to make prostatic fluid which is rich in enzymes, proteins and minerals that help protect and nourish sperm. Hormones, including testosterone and those made by the pituitary gland and adrenal glands, help control the function of the prostate gland. Prostate cancer starts in the cells of the prostate and it is the most common cancer in older Canadian men. Adenocarcinoma of the prostate is the most common type of prostate cancer.

A cancerous (malignant) tumour consists of cancer cells that can grow into nearby tissue and destroy it. The tumour can also spread (metastasize) to other parts of the body. Prostate cancer usually grows slowly and can often be completely removed or successfully managed when it is diagnosed before it has spread outside of the prostate. Older men with prostate cancer often die of other causes

## Risks

Risks that increase your chances of developing prostate cancer include family history, Black ethnicity and obesity.

## Symptoms

Common signs and symptoms of prostate cancer include changes in bladder habits, blood in the urine or semen and painful ejaculation

## Diagnosis of prostate cancer

Tests such as digital rectal exam (DRE), prostate-specific antigen (PSA) test and prostate biopsy can be used to diagnose or rule out prostate cancer.

## Grading prostate cancer

Grading describes how cancer cells look compared to healthy cells. The Gleason classification system is most often used to grade prostate cancer.

## Staging

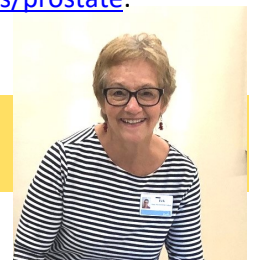
The stage of prostate cancer describes how much cancer is in the body. Prostate cancer is often staged as localized, locally advanced or metastatic.

## Prognosis

Nearly 100% of people with prostate cancer will survive at least 5 years after their diagnosis ... if the cancer is caught early. But if it's diagnosed late, just 3 in 10 people are expected to survive five years. Prostate cancer with a lower stage at diagnosis has a more favourable prognosis.

Adapted from the BC Cancer Society website. <https://cancer.ca/en/cancer-information/cancer-types/prostate>.

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



**Thursday September 14, 2023 10:00-11:30am, MP Room – Exercise and Arthritis**

Learn about the benefits of exercise for arthritis, what types of exercises you should do, and how to know if you're doing too much.

**Tuesday September 19, 2023 10:00-12:00, MP Room – Arthritis and Pain Management**

Learn evidence based strategies to effectively manage pain. Taught by a Registered Nurse.



**Free Dementia Webinars**

**Wednesday September 6, 2023 – 2-3pm, MP Room - Creating a safe home environment: Identifying and minimizing risks**

Learn to identify safety risks in the home and make adaptations to prevent accidents. Topics include safety measures for medications, food, hazardous substances, and more. ***For caregivers and people living with dementia.***

**Wednesday September 13, 2023 – 2-3pm, MP Room – Dementia Friends**

Small everyday actions can help build a community that is inclusive, supportive of, and safe for people living with dementia. ***For the general public.***

**Wednesday September 20, 2023 – 2-3pm, MP Room – Flipping Stigma in Action: Stories of empowerment and courage.** Get ready for part two of the four-part “Flipping Stigma” webinar series! As we continue to showcase the Flipping Stigma on its Ear Toolkit, action group members living with dementia share their personal stories showcasing powerful vignettes of their life. Learn about how they take action against stigma and discrimination and have found the courage to respond, educate, and encourage others on the dementia journey. ***For people living with dementia, family members and friends and health-care providers.***

**Wednesday September 27, 2023 – 2-3pm, MP Room – Panel Discussion: Commonly asked questions about dementia.**

Join us for a panel discussion where we respond to some of your most commonly-asked questions. ***For caregivers and people living with dementia.***

## SEPTEMBER HAPPENINGS

### FREE Presentation by Fraser Health

### Healthy Eating for Seniors

10:30 - 11:30, Thursday, Sept. 21 in the MP Room

Followed by time for questions and answers.

Presenters are Fraser Health Public Health Dietitians.



Healthy eating can help you maintain your independence and quality of life as well as:

- ◆ promote and protect health and well-being
- ◆ provide energy and essential nutrients to maintain health
- ◆ prevent or lower the risk of chronic diseases like heart disease and type 2 diabetes
- ◆ prevent muscle and bone loss to reduce your risk of falling or breaking your bones

The presenters will go over how your nutrition needs change as you get older. They will provide you with resources to support you to make decisions about healthy eating.

## GIANT SALE - BOOKS & MORE

**With your help, we're getting ready.**

**Introducing The KVCC Book Barn Donation Centre & Volunteers**

**Are you excited for the 2024 GIANT Book Sale?**

**We certainly are!**

A tireless group of volunteers have been sorting and packing donations of books, puzzles, board games, CD's, DVD's, and vinyl records since April. This year, we are very fortunate to have had a space donated to us for this purpose, by the Century Village Group, right next to the



Chocolate Bear Shop, in the Tsawwassen Town Centre Mall. **We are open to receive donations every Wednesday from 12 – 4 p.m.** and we plan to add a Tuesday opening in late Fall. Please come visit us and say hello to Chris, Corinne, Bernice, Sue, Lynne, Paul, and Tracey !

Donations may also be dropped off INSIDE the Community Centre during regular business hours.

**Please Note:** We only accept items in good to excellent condition and we do not accept reference books, travel books older than five years, Readers Digest materials, bibles, textbooks, or magazines.

**Mark your calendar!**

**The 2024 Book Sale will take place Fri. to Sun. March 8 to 10!**





## 2023 Fall Semester Registration

1. Online beginning 9am, September 18 and continuing throughout the Semester.
2. By phone 9am-noon 18, 19, 20 September 604-943-0262
3. At our location in Tsawwassen Town Centre Mall 9 am-noon 18, 19, 20 September

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

### Technology



- Android Cell and Tablet
- Cellphone Photography
- Microsoft Word - The Basics
- iPad - Web Browsing & Using Apps
- iPad - Learn to use Apple Email
- iPad- Learn to use your Camera & Photos
- Gmail & Google Apps
- Artificial Intelligence – Story Writing For Your Grandchildren
- History of Modern Computing
- FREE Drop-In Tech Help at our Learning Centre Wednesdays 10 am-noon

### General Interest



- History and Current Events
- Science
- Lifestyles
- Visual & Performing Arts
- Field Trips



- Global Boiling; what's happening with the earth?
- Indigenous organizations; who, what, where, why, and how.
- Uncovering 4600 year old city, archeology digs in Israel and Belize.
- Ice War Diplomat, an insider's account of the Canada/USSR Summit Hockey Series. Hybrid Zoom presentation at our Learning Centre hosted by a well-known hockey personality.

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



# Christmas Market

9 AM TO 3 PM SATURDAY, NOVEMBER 18, 2023

Admission by donation

Parking for patrons available in West Court as well as on the street.

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## NOTICE TO VENDORS

To reserve your spot

Please contact Reception Mon-Fri. 9 am to 2:45 pm

6' table \$35.00 with an additional \$5.00 for electrical if needed

Open for set up on the 18th 7:30 am

## SPECIAL NOTE REGARDING VENDOR PARKING

With construction going on, parking availability has changed.

Stopping briefly at the front or side entrance to the Community Centre to unload and load your products is permitted. Please then immediately park your car on the street to allow customers to use the West Court parking lot.



**Cheers for Fears**—Clean up – One time only –8-10:30 am, Sunday morning, Oct. 29. This will entail putting tables and chairs back to their places and general clean up.

**Program Coordinators:** Unique Boutique to look after scheduling / Women's Social Group / Badminton / Movies and Documentaries

**Receptionists**—AM or PM shift once a week

**Boutique Associates**—AM or PM shift to help with sales and keeping up with stock

**Decorating Committee**— For seasonal and special events



**KINVILLAGE**  
Community Centre

5430 10th Ave., Tsawwassen

## 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

8:00 am Drop-in Snooker 'til 4 pm  
 9:00 am Pilates Level 2 **(Beth)**  
 10:00 am Conversational French—MP Rm. Starts Sept. 18th  
 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  
 11:30 am Badminton  
 1:00 pm Ukulele Jam Session  
 1:00 pm Cribbage - Resumes Sept. 11th  
**2:30 pm Chair Yoga (Shigeko)**

### Tuesday

8:00 am Drop-in Snooker 'til 4 pm  
**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 - returns Sept. 19th  
 1:00 pm Social Bridge - MP Rm.  
 1:30 pm Movie Matinee Sept. 26th only  
 5:30 pm **Jazzercise (Pam)**

### Wednesday

8:00 am Drop-in Snooker 'til 4 pm  
**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

8:00 am Drop-in Snooker 'til 4 pm  
 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  
**10:15 am Watercolour Art (Laurel) begins 14<sup>th</sup>**  
 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

8:00 am- Drop-in Snooker 'til 4 pm  
**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)**

### Saturday

Sept. 9th - Shari's Dinner Dance

### Sunday

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

**NOTE: The Community Centre parking lot is reserved for TENANTS ONLY.**  
**Please park in the West Court parking lot next door.**

We look forward to welcoming you to the Community Centre and Buenos Dias Café.

OUR NEWSLETTER IS ALSO AVAILABLE  
 AT: [www.kinvillage.org](http://www.kinvillage.org)

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

