



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

Newsletter Editor: Wanda Green

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



REMEMBRANCE DAY
Let's We Forget

Manager's Corner

October ended on a high note with our Halloween Luncheon and Costume Party, as well as our KVCC Witches helping at the Tsawwassen Town Center Mall. KinVillage has been providing witches for the Mall's Halloween event for almost two decades! Thank you to all who have kept this tradition alive over the years.

The penultimate month of 2023 has come flying in with a full schedule of events and a new program (see p. 7) that may interest you. The Remembrance Day Luncheon and Christmas Market are just around the corner, along with several interesting presentations, and our second Open Mic Night. Thanks to all who made our first one such a huge success.

We've been busy behind the scenes planning the 2024 calendar. If you have ideas you'd like us to consider, please drop them in the Suggestion Box (see below).

Stay cozy and safe as the daylight hours lessen.

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

Starting in January we will have a Suggestion Box available in the Community Centre. Please feel free to add your suggestions for programs/classes/events. Recently we had signs vandalized with notes written on them. This is not an appropriate forum for suggestions. Please use the upcoming Suggestion Box for such matters.



Mark your Calendar!

- Nov. 3 Ceilidh *Postponed to March 2, 2024*
- Nov. 4 Shari's Country Casual (Dance only)
- Nov. 7 NewTones Music
- Nov. 7 Parkinson's Group
- Nov. 9 Coffee with a Cop
- Nov. 9 **FREE** Documentary
- Nov. 10 Foot Care
- Nov. 10 Remembrance Day Lunch w Beauty Shop Dolls
- Nov. 10 **FREE** Open Mic Night
- Nov. 13 Closed for Remembrance Day
- Nov. 14 **FREE** Movie Matinee
- Nov. 16 **FREE** Presentation - Frauds/Scams
- Nov. 18 Christmas Market
- Nov. 21 NewTones Music
- Nov. 21 Community Connector Office Hours
- Nov. 23 **FREE** Presentation - Staying Connected - Presented by a Seniors' First BC Rep.
- Nov. 25 Quiz Night and Sing Along
- Nov. 28 **FREE** Movie Matinee
- Nov. 30 Foot Care
- Dec. 7 Coffee with a Cop
- Dec. 7 **FREE** Documentary Hallelujah Leonard Cohen: A Journey A Song
- Dec. 7 Cheers for this year's Volunteers
- Dec. 8 Foot Care
- Dec. 8 **FREE** Open Mic Night
- Dec. 9 Langley Ukulele Ensemble
- Dec. 12 Christmas Luncheon with entertainer Colleen D
- Dec. 16 Shari's Christmas Dance
- Dec. 31 NYE Dinner/Dance with Swing Patrol
- Jan. 27 Come join us when local band 'Group Therapy' plays some good ol' rock & roll.
- Mar. 2 Ceilidh

Events & Dates subject to change.



If we get better with age,
 you are nearly magnificent.
HAPPY BIRTHDAY TERRY!



A MESSAGE FROM DAN LEVITT, CEO

ACCREDITATION CANADA COMPLETES SURVEY AT KINVILLAGE

OCTOBER 18, 2023

KinVillage has completed a three-day on-site survey conducted by Accreditation Canada, an ongoing process of assessing health care and social services organizations against rigorous standards of excellence to identify what is being done well and what needs to be improved. From October 16, 2023 to October 18, 2023 surveyors from Accreditation Canada visited KinVillage to evaluate the organization on how well it performs against national standards of excellence for quality and safety.

KinVillage was surveyed against Accreditation Canada's standards which include Required Organizational Practices (ROPs), critical quality practices that ensure safe, quality patient care. ROPs are categorized across six safety areas: safety culture, communication, medication use, infection control, work-life/workforce and risk assessment.

In addition, KinVillage was assessed based on the standards of excellence comprised of criteria that ensure service excellence in medication management, infection prevention and control, leadership and governance, and more.

"Despite the challenges faced by our direct care and support services staff as a result of the pandemic, they continued to provide high quality, compassionate care to the older adults we serve," said Dan Levitt, CEO. "The Accreditation process examines the level to which standards are implemented from the governance level to direct care lovingly provided to older persons as KinVillage advances forward with a continuous quality improvement and person-centred agenda.

An award decision is expected from Accreditation Canada in the near future and once received the full report will be available on the KinVillage website.

To learn about how KinVillage offers older adults in South Delta a range of housing, health and wellness options to help them live their best life, visit: <https://www.kinvillage.org/>

Contact:

KinVillage

CEO

Dan Levitt

Office: 604-943-0155 Ext 223 | Cell: 604-341-0445

Email: dlevitt@kinvillage.org



ACCREDITATION
CANADA

BEST MAINTENANCE TEAM EVER!

L to R: Larry, Andrew, Brian.

We are fortunate to have this trio on board. They are often called upon to go above and beyond and willingly step up to help.



ANOTHER SUCCESSFUL EVENT BY SDCIC A WORD OF THANKS FROM CEO DAN LEVITT



'Cheers for Fears' on Saturday, Oct. 28.

This red carpet Halloween bash donated 100 per cent of all proceeds to the redevelopment and expansion of KinVillage Day Program for Older Persons.

"Cheers for Fears" elevated the typical fundraiser experience with guests wearing spooky costumes and enjoying special attractions that included draft beer, wine and coolers, gourmet canapés by Chef Adrian of Buenos Dias Café, and late night cheeseburgers donated by McDonald's.



A 50/50 draw and costume prize giveaways helped guests dance the night away to the party sounds of a live DJ. "In two years, 'Cheers for Fears' has raised more than \$30,000 to fund needed services for older adults". Added to that is the almost \$200,000 Raised at the 7 over 70 Gala.



The South Delta Community Impact Committee (SDCIC) consists of committee members Whitney Saip Dyck, Warren Dean Flandez, Courtney Keith, Shaemas Lal, Jubail Sanchez, along with Kristen Thomas, KinVillage Director of Development.

Sponsors included Queens Cannabis, By Solution, The Delf Group, Dueck Auto Group, Sona, Meridian Farm Market, Coco Vodka & Rum, Save on Foods, McDonald's, Minuteman Press, KinVillage Association and Ankenman Associates Architects.



OCTOBER EVENTS



Photo courtesy of Rosemarie Hurst

Seniors' Day was celebrated on Tuesday, October 3rd. Our CEO, Dan Levitt, said a few words about this special day, recognized by the United Nations as the International Day of Older Persons since 1990. Everyone enjoyed the music of the KinTones. The cake and ice cream were served by our fabulous volunteer decorator, Jude.

It was indeed a **Happy Friday** for all who attended on October 6th to enjoy the music of **Cut an Dried and Tilbury Twist**. It was a great time to socialize and enjoy snacks and drinks. Sincere thanks to these wonderful entertainers.



A Big THANK YOU to The Delta Music Makers who entertained us on Sunday, Oct. 22nd.

A heartfelt thank you to Curt Jantzen, the Founder and Music Director of the Delta Music Makers. We are grateful to him for his four decades of creating incredible music and sharing it with us at KinVillage. Here's to many more years of making music together! The band is grateful to those who made a donation to support them.



MORE OCTOBER FUN



Open Mic Night

What a great start to our new program at the Community Centre! On Friday, October 20th, more than a dozen talented souls came out to share their talents with a crowd of 60 at our inaugural Open Mic Night.

Our next Open Mic Event is on Nov. 10th.



What makes a good show even better? Popcorn of course! Happily served up by Kinsmen Brian and Stuart.



These events couldn't happen without such willing helping hands.
L to R: Molly, Jerome, Paula, Anne, Jacquie, Jen, and Jude.

Thank you Adam and your team for making the delicious chili and corn bread. They were a big hit.



Fun with Ivor

1. November 1st is All Saint's Day, but what is its alternative name?
2. Which wide, important canal opened on Nov. 17th 1869?
3. "30 days hath September,,, and November?"
4. Which flower is linked to Nov.?
5. On November 20th of which year were the Queen and Prince Philip married?
6. "November" is the only month used in which alphabet?
7. What are the two zodiac signs for the month of November?
8. Thanksgiving Day in America is celebrated on the first, second, third or fourth Thurs. in November?
9. On which day in November is St. Andrew's Day?
10. A famous sailing ship arrived in Cape Cod in America in November 1620. What was its name?

WOW! WHAT A FINISH TO OCTOBER

THE HALLOWEEN LUNCHEON AND COSTUME PARTY WAS A HUGE SUCCESS!

Good food, great music, and some prizes donated by Wanda. What more could one ask for? The decorations by Jude and the team were fantastic! Adrian, as usual, served up a really tasty lunch served by our lovely volunteers.

The Costume Contest produced three winners: 1st Prize went to Wizard Cheryl, and Second Place was tied by Flower Power Andy & Witch Vera.



Kudos to Beth and Susana's groups for their creativity.

The Care Home staff paraded through, showing off their elaborate costumes, including two dinosaurs, a paratrooper, a pumpkin, and many other great creations.

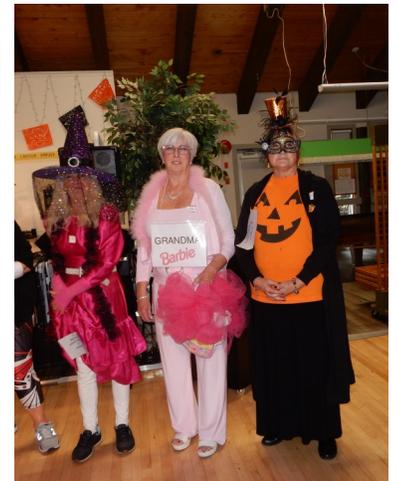


Pictured above: Anne & Nick bring joy to any event.

Brian brought over some residents to enjoy the music. Brian loves any excuse to dress up!



50/50 winners Cheryl and Marilyn.



Thank you to all the Volunteers who helped with this event:

Wanda, Margaret, Judy, Floradena, Corinne, Jill, Anne, Monica, Paula, Jan, Jean, Faye, Carol, and Sheelagh.

NOVEMBER HAPPENINGS

FREE MOVIE MATINEES at 1:30



SILVER SKIES - NOV. 14

1h 35m 2015 Romance/Drama
Eccentric retirees' lives are turned upside down when their beloved apartment complex is suddenly sold out from under them.



TWO HEARTS - NOV. 28

1h 35m 2020 Romance/Drama
Loosely based on a true story. For two couples the future unfolds in different decades and different places, but a hidden connection will bring them together in a way no one could have predicted.



WITCHES AT THE MALL

Once again KVCC volunteers stepped forward to be Witches at the Mall.

THANK YOU to all who participated!



COME AND LISTEN / COME AND WATCH

A new FREE Program coming to the Community Centre brought to you courtesy of David Lemon

David Lemon is enthusiastic about films, especially those of the 1930s to the 1960s, and "classical" music. He likes sharing the films and music he enjoys with friends. As a boy he'd say "Come and listen to this!" to his parents when he was excited about a new record. These programs are informal and conversational. David will give a brief introduction to each film or piece of music, and afterwards the group can chat about what they have seen and heard. David looks forward to sharing some unusual as well as familiar films and music. The programs will be of different lengths according to the content. Some music programs will be without video. David introduces himself to the community of KinVillage with lighter first choices, and sound equipment he donated for this program in the Multi-Purpose Rm.

David, a Tsawwassen resident, is the founder of Health Arts Society, whose Concerts in Care program is widely enjoyed, including by audiences at KinVillage. He had a long career in the marine insurance business and was involved in Vancouver music life as a volunteer in a number of ways. For twelve years he was owner of The Magic Flute store in Vancouver. He and his colleagues published a quarterly review of new recordings, a way to say - "Come and Listen to This!"

November 23rd at 1:30 103 min.

"Singin' in the Rain" Gene Kelly, Donald O'Connor, Jean Hagen. 1952. (103 minutes.) The witty and lavish musical on the story of the beginning of sound in Hollywood film.

December 5th at 10 am

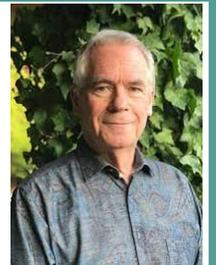
Liszt - Hungarian Rhapsody No.2 for Piano (8 min.)

Ravel - Piano Concerto for Left Hand (19 min.) Saint-Saëns Symphony No.3 (36 min.)

Liszt's evocation of his native Hungarian music, Ravel's concerto written for Paul Wittgenstein, who lost his right arm in the Great War, and Saint-Saëns's glowing symphony for organ, orchestra and piano.

December 14th at 1 pm 106 min.

"Kind Hearts and Coronets" 1948 (106 minutes.) A black comedy, starring Denis Price, Alec Guinness, Valerie Hobson, Joan Greenwood.



MORE NOVEMBER HAPPENINGS

Shari's Saturday Social Dance



November 4th

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

Our theme is "CANADIAN COUNTRY CASUAL"

Dress style optional but put on your western hat, dressy jeans, frills and skirts! Enjoy the warm country atmosphere. As always, you can dance to a wide variety of great CD music including waltzes, jives, cha cha, mambo, soft rock and roll and much, much more.

Please purchase tickets in advance at Reception. Cash/debit/credit

\$13 for members \$15 for guests

Includes mid-evening tea, coffee, and assorted goodies.

Some tickets available at the door. Cash only.

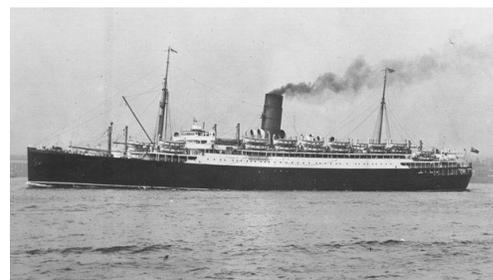
To reserve a table, please call Shari at 604-943-8755

Licensed cash bar

FREE DOCUMENTARY - LANCASTRIA: THE FORGOTTEN TRAGEDY OF WORLD WAR TWO

November 9 at 10 am — MP Rm.

The Lancastria was the largest loss of life from a single engagement for British forces in World War Two and is also the largest loss of life in British maritime history - greater than the Titanic and Lusitania combined. But it is a largely forgotten chapter in British history, a fact that leaves survivors and relatives aggrieved.



Remembrance Day

Remembrance Day Luncheon

Friday, November 10th

At 12 noon Doors open at 11:30 am

With the Beauty Shop Dolls entertaining from 1-2 pm

Members \$15 & \$20 Guests

MENU: Grainy mustard herb crusted pork loin
Herb roast potatoes, vegetable medley, caramelized onions
and drunken apple raisin Jus;
Desert; Coffee or Tea



Cash bar

Split pot 50/50

License #142678

Three beautiful vocalists singing in tight sunny harmonies, from 1920's jazz standards to 50's and 60's doo-wop!

MORE NOVEMBER EVENTS



Free Presentation: Frauds & Scams

Thursday, November 16th at 10 am, in the MP Rm.

Learning about common types of scams and fraud can help you protect yourself by knowing how to respond in a questionable situation. Scammers may try to steal your identity to access your bank accounts or run up debts in your name. They may ask for money outright, as in charity scams or investment fraud. They may even pretend to be a family member who needs cash right away.

Once you have lost money in a scam, it may be impossible to get it back, even after you report the scam. The best defense is to educate yourself and avoid becoming a victim.



Presented by Constable Leisa Schaefer, Delta Police

Free Presentation - Staying Connected: Preventing Social Isolation and Loneliness

Thursday, November 23 10-11:30 in the MP Rm

This interactive presentation introduces the importance of staying connected. It discusses issues of social isolation and loneliness, the correlation between social isolation and decreased well-being, and how we can do our part to stay connected with loved ones in our lives. Presented by:

seniors first BC



Fun with Ivor Answers

1. November 1st is All Saint's Day, but what is its alternative name? **All Hallows Day**
2. Which wide, important canal opened on Nov. 17th 1869? **The Suez Canal**
3. "30 days hath September,, and November? **April, June**
4. Which flower is linked to Nov.? **Chrysanthemum**
5. On November 20th of which year were the Queen and Prince Philip married? **1947**
6. "November" is the only month used in which alphabet? **Phonetic**
7. What are the two zodiac signs for the month of November? **Scorpio and Sagittarius**
8. Thanksgiving Day in America is celebrated on the first, second, third or fourth Thurs. in November? **Fourth**
9. On which day in November is St. Andrew's Day? **30th**
10. A famous sailing ship arrived in Cape Cod in America in November 1620. What was its name? **Mayflower**

Christmas Market

SATURDAY, NOVEMBER 18TH - 9 AM TO 3 PM

Come take care of your Christmas shopping in this festive, relaxed atmosphere with a great variety of vendors.



Admission by donation
Parking for patrons available West Court as well at on the street.

NOTICE TO VENDORS

There are still a few tables available for vendors

Please call 604-943-0225 to reserve your spot.

6' table \$35 - Open for set up Fri. 17th from 4-5 pm and Sat. 18th at 7:30 am.



CHRISTMAS MARKET BAKE SALE

SATURDAY, NOVEMBER 18TH

Love to Bake?

WE WELCOME YOUR DONATION OF BAKED GOODS!

PLEASE DROP OFF AT RECEPTION

Friday, November 17, between 9 am and 4 pm.

Please label your goodies—e.g. butter tarts.

Fraser Health Authority has a few restrictions:

No cream filled, or cream based baked goods; Nothing with pumpkin, sweet potato, or custard.

Thank You for your donation which helps make our bake sale a huge success!

FROM THE BOOK BARN

Getting ready for the Holiday Season

Fall is in the air; cleaning house before the holidays may mean finding books, DVD's, vinyl records, puzzles/games and CD's you no longer need. The KinVillage Book Barn, located next to the Chocolate Bear Shoppe in the Tsawwassen Town Centre Mall, will be thrilled to receive your donations of these items! The Book Barn volunteers, happily referred to as 'the bookies', are there every Wednesday from 12 noon to 4 pm.



BOOK SALE AT THE CHRISTMAS MARKET - Our Bookies are readying for our sale tables at the KVCC Christmas Market Nov. 18th, 9 am – 3 pm. Our Pop-Up book sale tables will have a great variety of new and almost new books, as well as 'Winter-Themed' books, puzzles & music that will make excellent gifts. Cash is appreciated but credit and debit cards can be used for purchases as well. If you have someone on your holiday gift list who loves to read, do puzzles, or watch Christmas movies, be sure to check us out! Our selection and our prices will be exceptional!

Like all of you, the dedicated volunteers of the Book Barn need to make ready their own homes for the holiday. **Please note the Book Barn will not be open between December 7th – January 9th.**

During that time items may still be dropped off at the KinVillage Community Centre during normal business hours, in one of our two donation bins, found just inside the front doors.

Please come visit us at the Christmas Market and say hello to Chris, Corinne, Bernice, Sue, Lynne, Paul, and Tracey !

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!

MORE NOVEMBER EVENTS



All the fun
of a quiz with
added
singalongs

Kin Village Quiz Night 16 **Saturday 25th November**

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

**Mister Fix It and Loctite Super Glue
will be in the Multi-Purpose Room
10:00-11:30 on Thursday, Nov. 30**

Come along and see
how useful it can be in
today's modern world.

Get the chance to bond
together various
materials.

Bring your broken items, and see if
they can be put together again.



Last Night I had the Strangest Dream

Last night I had the strangest dream I ever dreamed before
'Cause I dreamed the world had all agreed to put an end to war
I dreamed I saw a mighty room
Filled with women and men
And the paper they were signing said
They'd never fight again
And when the papers were all signed
And a million copies made
They all joined hands and they bowed their heads
And grateful prayers were prayed
And the people in the streets below
Were dancing 'round and 'round
And swords and guns and uniforms
Were scattered on the ground
Last night I had the strangest dream I ever dreamed before
'Cause I dreamed the world had all agreed to put an end to war.



"Last Night I Had the Strangest Dream" (also known as "The Strangest Dream") is a song written by American folk singer-songwriter Ed McCurdy in 1950.

HAPPY DECEMBER !!

CHRISTMAS CHEER FOR VOLUNTEERS

Dan, Bettina, Jen, and Brian
invite those who volunteered this year
to a Christmas cheer on

Thursday, December 7th from 1:30—2:45

in the fireside lounge.

Drinks & Christmas treats will be served.



*Please sign up at Reception in the Community Centre
by Friday, December 1st*

Saturday, December 9th - Langley Ukulele Ensemble Themes of Christmas 2 to 3:30 pm



Donations to support the ensemble gratefully accepted.



Colleen looks forward to entertaining us.

CHRISTMAS LUNCHEON

Tuesday, December 12th

Tickets available soon

Entrée

CRANBERRY GLAZED CHICKEN
Lemon thyme orange chardonnay crème
Buttermilk crusted potatoes
Olive oil roasted vegetables

DESSERT

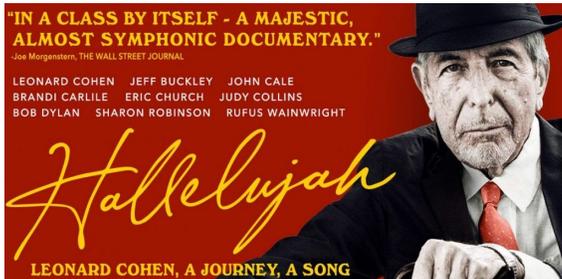
CRÈME CARAMEL CUSTARD
COFFEE & TEA



Jen has donated this delectable Christmas basket of goodies for a door prize.

MORE HAPPENINGS AT THE CENTRE

Thursday, December 7th - FREE Documentary: Hallelujah: Leonard Cohen, A Journey, A Song.



A definitive exploration of singer-songwriter Leonard Cohen as seen through the prism of

his internationally renowned hymn, Hallelujah. This feature-length documentary weaves together three creative strands: The songwriter and his times. The song's dramatic journey from record label reject to chart-topping hit. Included are moving testimonies from major recording artists for whom Hallelujah has become a personal touchstone. Approved for production by Leonard Cohen just before his 80th birthday in 2015, the film accesses a wealth of never-before-seen archival materials from the Cohen Trust including Cohen's personal notebooks, journals and photographs, performance footage and extremely rare audio recordings and interviews. *2 hours. 10 am in MP Rm.*

ADDITIONAL SUPPORT FOR SENIORS

The Seniors Community Connector (SCC) is available to older adults (60+) in South Delta.



Come connect with the SCC in regards to your wellness needs such as physical activities, nutritional needs, social engagements, wellness plans, and resource navigation. Namrata will be available to meet with Seniors at the Community Centre on Tuesdays from 9:30 to 1:30 on Nov. 21st & Dec. 5th.

You can drop in or make an appointment at 236-880-4120 or email: community.connector@kinillage.org.



The sleigh will be ready for your food and unwrapped toy donations on **Friday, November 17th.**

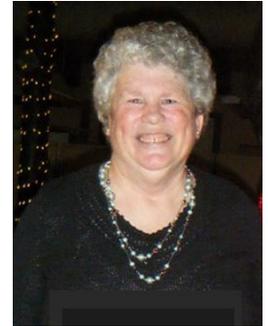
Most needed items (unexpired)

- Breakfast cereals
- Peanut butter
- Canned Meats
- Meal in a can such as hearty stew
- Rice
- Pasta
- Pasta sauce
- Canned fruits and Vegetables



This month's BIG SHOUT OUT TO VOLUNTEERS Goes To...

Wanda's dedication as a KinVillage Volunteer has been unparalleled over the past two decades. She treats her newsletter duties as a regular job, coming to work 3-5 days per week. Wanda knows the Community Centre and its patrons with the familiarity of an old friend and can therefore make useful suggestions about what may work and what will not. She has a can-do attitude and arrives each day with a smile and a joke to share, bringing laughter to those around her. She's an Ambassador for KinVillage Community Centre, welcoming newcomers and making them aware of all of our offerings. Thank you, Wanda, for all your years as a dedicated and helpful Volunteer. We could not run the Community Centre without committed individuals like you! Here's to many more.



Upcoming Schedule Changes

Friday, Nov. 10 – Yoga, Dancercise, Floor Curling, Beginner's Line Dance cancelled due to Remembrance Day Luncheon. Adaptive Fitness on East side of hall.

Tuesday, Nov. 14 – Jazzercise cancelled

Thursday, Nov. 30 – Line Dancing and Jazzercise cancelled due to hall rental

Friday, Dec. 1 - Yoga, Dancercise, Floor Curling, Beginner's Line Dance cancelled due to DPOA Christmas Luncheon

Monday, Dec. 4 – Carpet bowling & Badminton cancelled; Ukulele Jam moved to MP Room; Canasta/Cribbage moved to Fireside Lounge; Chair Yoga moved to Weds. Dec. 6 at 3:45.

Tuesday, Dec. 5 – NewTones and Jazzercise cancelled due to West Court Christmas Dinner

Monday, Dec. 11 – Carpet bowling & Badminton cancelled; Ukulele Jam moved to MP Room; Canasta/Cribbage moved to Fireside Lounge; Chair Yoga moved to Weds. Dec. 13 at 3:45.

Tuesday, Dec. 12 – Ball Fitness and Line Dance cancelled due to Christmas Luncheon

Friday, Dec. 15 – Last Day for Yoga this year

Monday, Dec. 18 – Last day for Chair Yoga this



Changes subject to change!





FALLS PREVENTION MOBILE CLINIC



When: Thursday January 11, 2024
9AM -5PM



Where: Kin Village Community Center

****Call 604-374-2273 to Register****

Individuals with a history of falls will have the opportunity to sit one-on-one with a Pharmacist, Kinesiologist and Physiotherapist for an individualized assessment.

Bring your questions!



Space is limited so please register now.



FALLS PREVENTION PRESENTATION



When: Thursday January 11, 2024
3:30PM-4:30PM



Where: Kin Village Community Center

****Call 604-374-2273 to Register****

This group presentation will provide you with some tips and tricks on how to reduce your risk of having a fall!

Bring your questions!



Nothing is more valuable than your independence ... so why risk it?

BUENOS DIAS

It's a good day for food.



A message from Adrian....



I appreciate the business from the local work crews. I hope the face-lift in the café adds a bit of cheer for everyone.

Our patrons tell me they miss you Pawan and, of course, so do I.

We all hope to see you back soon.

Can you volunteer in the Kitchen?

NEEDED! Kitchen helper - Run dishwasher, clear tables. Tues., from 10-1:30 and/or, occasionally, for special events. If you can help, please fill out a Volunteer Application found at Reception.



Foot Care by Nurse Sonia

Book a 30 min. appointment at Reception. Pay \$50 to Sonia at your appointment to receive your tax receipt.



The next available booking date is January 12th.

EVA'S CORNER

November is OSTEOPOROSIS Awareness Month



WHAT IS OSTEOPOROSIS?

Osteoporosis is a disease characterized by low bone mass and deterioration of bone tissue, which can lead to increased risk of fractures. Known as the “**silent thief**”, bone deterioration can occur over a number of years without presenting any symptoms. Unfortunately, if detected at the time of a break, the disease is already fairly advanced. The most common fractures associated with osteoporosis are in the hip, spine, wrist, and shoulder. Today, no single cause for osteoporosis has been identified.

THE PREVALENCE OF OSTEOPOROSIS

While Osteoporosis can affect people at almost any age, it is most common among Canadians 50 years of age or older. 2.3 million Canadians are living with osteoporosis.

At least 1 in 3 women and 1 in 5 men will break a bone due to osteoporosis in their lifetime.

Fragility fractures represent 80% of all fractures in menopausal women over the age of 50.

Fractures from osteoporosis are more common than heart attack, stroke and breast cancer combined.

THE IMPACT OF OSTEOPOROSIS

People living with osteoporosis face a reduced quality of life, lowered self-esteem, reduction or loss of mobility, disfigurement, a lack of independence and in some cases, death – 22% of women and 33% of men who suffer a hip fracture will die within the following year.

SIGNS & SYMPTOMS

Osteoporosis is a disease that takes years to develop without any warning symptoms. Bone mineral is gradually lost, making the bones weaker and more prone to fracturing or breaking.

Because the first warning sign of osteoporosis is frequently a fracture, it is often called “the silent thief” as it literally steals bone mass without giving any indication of doing so whatsoever, until a fracture occurs.

SPINE FRACTURES, HEIGHT LOSS AND OSTEOPOROSIS

All men and women over 50 should have their height measured annually to assess for possible spine fracture. Many spine fractures are asymptomatic (i.e. painless) and many people are not even aware that they have had one. One important clue that a spine fracture may be present is the loss of height.

Everyone loses a bit of height with age. So, how much is too much? When height is measured on an on-going basis by a healthcare professional, a loss of 2 cm (3/4 inch) or more is significant and could be a warning sign that a spine fracture is present.

TREATMENT

Exercise, nutrition and pharmacotherapy are key elements of the management strategy for fracture prevention and should be individualized.

Functional and balance training in adults older than 50 years can reduce the number of falls.

Adapted from the Osteoporosis Canada website.

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





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.
 10:00 am Men's Drop-In Social Coffee Time
10:15 am Fitness & Stretch (Beth)
 11:30 am Carpet Bowling
 11:30 am Badminton
 1:00 pm Ukulele Jam Session
 1:00 pm Cribbage and/or Canasta in the MP Rm.
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 (1st & 3rd Tues)
 1:00 pm Social Bridge - MP Rm
 1:00 pm Euchre *Moved to Lutheran Church*
 1:30 pm Movie Matinee (2nd & 4th Tues.)
 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
 9 am --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 Knitters
10:15 am Watercolour Art (Laurel)
 11:00 am Walking Group
 11:00 am Women's Drop-In Social Time
 11:30 am Carpet Bowling
 1:00 pm KinQuilters
 1:00 pm Partners Bridge *Moved to Lutheran Church*
3:30 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

Nov. 4 Shari's Social Dance
 Nov. 18 Christmas Market
 Nov. 25 Quiz Night

Sunday

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



Pop-Up Class

9:30 am Saturday, November 25th

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

For more info call Pam 778-840-5299

COFFEE WITH A COP

10 am Thursdays in the Café

Nov. 9th, Dec. 7th.

Follow us on Facebook for up-to-date happenings and coming events at the Community Centre!

