



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

The Community Centre is open M-F 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

The joys of spring are upon us with a sense of rebirth and renewed growth. Speaking of growth, I am very happy to report that the Book Sale outdid itself again this year, selling almost \$19,500 worth of books, puzzles, games, CDs, and DVDs during the 3-day sale. To add to this amount, the 1-day Bake Sale made \$673 and the Boutique brought in \$947 during the three-day sale. Congratulations go out to Tracey, Volunteer Book Sale Coordinator, and the hardworking team of Volunteers who collected, sorted, and organized the thousands of books that came in. A big thank you to all who donated books as well. Money from the sale will be used to purchase a new projector for the main hall and other necessary upgrades.

National Volunteer Week is coming up this month. Many organizations say volunteers are the backbone of their operations and we couldn't agree more! We will be celebrating our hardworking committed Volunteers on April 25th. If you have been an active Volunteer these past 12 months, it's time to celebrate YOU, so please sign up at Reception (see page 4). I wish you a safe and Happy Easter and joyful spring ahead.

Jen K.
 Manager



2024 KVCC Memberships

Consider becoming a member of KinVillage Community Centre to enjoy discounts on classes and events, and 50% off in the Unique Boutique the first Monday of each month. Memberships are available for purchase at Reception. A year's worth of Membership privileges costs only \$30!

Mark your Calendar!

- Apr. 1 CLOSED - Easter Monday
- Apr. 5 Tax Help (*please sign up*) **LAST CHANCE**
- Apr. 8 Monday Night BINGO/Boutique Open
- Apr. 9 **FREE** Movie Matinee - Priscilla
Treats served courtesy of Delta Lifeline
- Apr. 10 **FREE** Day Program—Info Session
- Apr. 11 Coffee with a Cop
- Apr. 11 **FREE** Come Watch This
- Apr. 12 Foot Care with Sonia
- Apr. 13 Shari's Roaring 20's Dinner Dance
- Apr. 16 **FREE** Presentation: ICBC Enhanced Road Assessment - *Please register*
- Apr. 16 **FREE** Understanding Grief - *Please register*
- Apr. 19 **FREE** Open Mic Night
- Apr. 24 **FREE** Understanding Grief - *Please register*
- Apr. 25 Volunteer Appreciation Event - *Please Register*
- Apr. 26 Friday Night Social Ballroom Dance (*4th Fridays*)
- Apr. 27 Delta Concert Band (*by donation*)
- Apr. 27 Quiz Night 18
- Apr. 30 **FREE** Come Listen to This
- Apr. 30 **FREE** Movie Matinee—Bank of Dave
- May 4 Shari's "Spring Fling" Themed Social Dance
- May 9 Foot Care with Sonia
- May 11 Fashion Show and High Tea (FUNdraiser)
- May 13 Monday Night BINGO/Boutique Open
- May 16 **FREE** Delta Police Presents: Traveling Safety
- May 17 **FREE** Open Mic
- May 20 CLOSED—Victoria Day
- May 21 Elder College Singers
- May 24 Friday Night Social Ballroom Dance (*4th Fridays*)
- May 25 Latin Dance Night - **NEW DATE**
- June 1 Shari's Red Wine and Roses Dinner Dance
- June 3-7 Seniors Week events
- June 3 **FREE** Ice Cream Social & Trivia
- June 5 Full House Jazz Big Band
- June 10 Monday Night BINGO/Boutique Open
- June 11 **FREE** Movie Matinee—Queen Bees
- June 27 **FREE** Canada Day Celebration & Drumming Circle

Events & Dates subject to change.

LAST MONTH HIGHLIGHTS - BOOK SALE



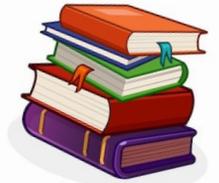
The fantastic Book Sale team worked tirelessly to put on a great event with a superb result. From L to R Jen, Linda, Andrea, Christine, Tracey, Claire, Lynne, Carmen, Pam, Corinne.



The Book Sale sales team of Jacquie, Tracy, Ivor, Molly, Penny, Hazel & Liz.



Molly, Paul, Sue, Christine, Bernice, Corinne, Tracey, John, Lynne, Jane and Ivor



Our wonderful 3-generation Bake Sale team of Cindy, Jodi and Katrina did an excellent job organizing and selling the delicious goodies. A Big Thank You to everyone who donated Baked Goods to help make the Bake Sale such a success.



Margaret Ryding gave us a sneak peak of the upcoming High Tea and Fashion Show on May 11th.

LAST MONTH'S HIGHLIGHTS



Band Kilbirnie Station and Caller Alison Moen led us through another ceilidh full of laughs, exercise, and a fun time for all who attended.



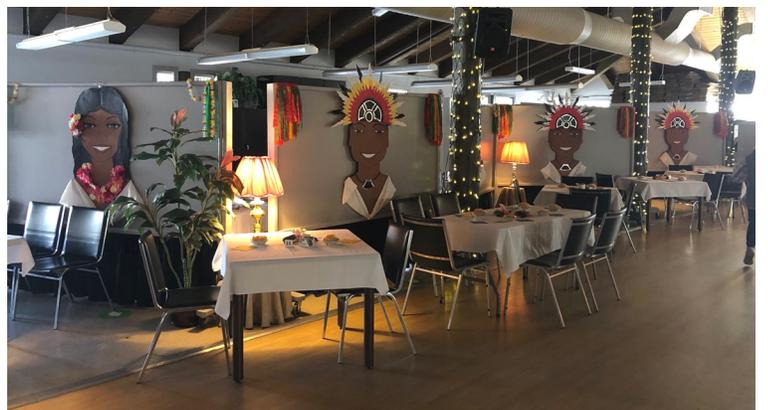
Michelle Carlisle had many of us, including MC Henry S., up dancing at the St. Patrick's Day Luncheon. Doreen had the luck of the Irish winning one of the door prizes.



The origami session was enjoyed by those who attended. They learned not just about how to make beautiful creations but that the tradition in Japan starts at three years of age to develop manual dexterity and eye hand coordination.



Volunteer servers are always much appreciated: Diane, Mary Rose, Paula, Jan.



Shari's decorations create a warm and welcoming environment for her monthly themed social dances. March was Splendor of the South Seas. Next up is the Roaring 20s.

APRIL EVENTS



KinVillage Bingo Night

Monday April, 8th

(2nd Monday of each month)

New Start Time 6:30pm

Doors Open at 5:30pm

Unique Boutique open 5:30 to 8pm

Over \$500 in prizes

CASH ONLY

Location: KinVillage Community Centre



Shari's Roaring 20's Dinner Dance

Saturday April 13th

Members \$29 / Guests \$32

ENTRÉE: 3 MUSTARD CRUSTED PORKLOIN

Caramelized pearl onions, apples, and drunken raisin jus
GRATIN POTATOES

Topped with parmigiano Reggiano

ROASTED BEETS HONEY TOSSED CARROTS AND BUT-
TERED EDAMAME BEANS

DESSERT

WHITE & MILK CHOCOLATE WARM BREAD PUDDING &
CRUNCHY TUILLE

Vanilla whipped crème, Caramel swirls & sugar dust.

COFFEE & TEA

A yellow poster for 'Friday Open Mic Nights' at KinVillage Community Centre. At the top is the KinVillage logo and address: '5430 10 AVE. TSAWWASSEN'. The main title 'FRIDAY OPEN MIC NIGHTS' is in large, bold, white letters. Below it, the time '6PM - 8PM' is listed. 'Upcoming Dates:' are given as 'April 19th' and 'May 17th'. A yellow starburst graphic says 'FREE'. A blue speech bubble at the bottom left says 'COME ENJOY LOCAL MUSIC, GOOD VIBES, REFRESHMENTS & FOOD'. A red speech bubble at the bottom right says 'Showcase Your Musical Talent at KVCC!'. A red speech bubble at the bottom center says 'PERFORMERS CAN SIGN UP ON THE SPOT. NO ADVANCE SIGN-UP REQUIRED'. A blue microphone is illustrated on the left side.

A poster with a light beige background. At the top, the text 'WE' is in large, bold, black letters, followed by a large red heart. Below that, 'Our Volunteers' is written in a red, cursive font. The main text reads: 'Current Volunteers, please join us for a Volunteer Mixer & Happy Hour Thursday, April 25, 2-4 pm. Live music by the Karmichaels 3-4 pm. Appetizers and refreshments will be served.' Below this, it says 'PLEASE RSVP BY FRIDAY, APRIL 19 AT RECEPTION OR BY CALLING 604-943-0225'. The bottom of the poster features several hands holding red hearts of various sizes, with small yellow starburst graphics scattered around.

APRIL EVENTS/PROGRAMS



Join the Delta Concert Band as they kick off their 60th concert season! Enjoy an afternoon in "The Key of Spring" where they will entertain with a variety of popular and classic tunes among others that may not be as familiar but will enthrall, none-the-less.

www.deltaconcertband.ca

JOIN DELTA CONCERT BAND FOR AN AFTERNOON OF TUNES IN TUNE WITH SPRING!
SATURDAY, APRIL 27, 2:30PM
KINVILLAGE 5430 10TH AVE, TSAWWASSEN

All welcome! *Delta* Admission by donation at the door
CONCERT BAND
DCB Music Director: Jim Tempest



KinVillage Quiz Night 18 **Saturday 27th April 2024**

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



KinVillage Community Centre, 5430 10th Avenue, Tsawwassen.

COME & WATCH **with David Lemon**

Alfred Hitchcock's exciting "Foreign Correspondent" from
1940

There is some violence of the day. This was one of two great films Hitchcock made in his first year in Hollywood, both of which were nominated for an Academy Award. Rebecca won, but Foreign Correspondent is the more advanced film in many ways. The film runs for two hours.

Thursday April 11th at 1pm in the Multi-Purpose Room



COME & LISTEN **WITH DAVID LEMON**

Mendelssohn: Symphony No. 4 "Italian." Written
in 1834 after his walking tour of Italy,
Mendelssohn called this

"The jolliest piece I have ever written."

Berlioz: Harold in Italy. This four-movement
symphony for viola and orchestra was also
written in 1834 and reflects Berlioz's impressions
of Italy. It is named for Byron's wandering hero,
Childe Harold. 75 minutes of music

Tuesday April 30th at 10 am in the Multi-Purpose Room



APRIL PROGRAMS



Fit & Functional

60-minute fitness class for people of all fitness levels, including those with mobility issues. This class is designed to help you train your body for real-life movements and activities. We work on strengthening the muscles and joints, mobility, and improving balance and coordination. The music is upbeat to make things fun!

Wednesdays at 1 pm in the MP Room.

Instructor: Robin Starts April 3



ICELAND

The Newborn Island

April 18 at
1 pm in MP Rm

The arctic fox, the only autonomous land mammal in Iceland, is one of the species that has been able to adapt to the hard living conditions on this island. A territory that was born from the fire in the heart of the Earth where life has sprouted in the most astonishing way. The fox will guide us through the island's great biodiversity.

Tuesday Movie Matinees

MOVIE MATINEE
At KinVillage
Community Centre

TUESDAY, April 9

FREE MOVIE!

For the 50+ Community

Movie Start: 1:30 pm
Snacks: 1:00 pm - 1:30 pm

PRIZES

PRISCILLA

TUESDAY, APRIL 9TH

When teenage Priscilla Beaulieu meets Elvis Presley at a party, the man who is already a meteoric rock-and-roll superstar becomes someone entirely unexpected in private moments: a thrilling crush, an ally in loneliness, a gentle best friend. Through Priscilla's eyes, Sofia Coppola tells the unseen side of a great American myth in Elvis and Priscilla's long courtship and turbulent marriage, from a German army base to his dream-world estate at Graceland, in this deeply felt and ravishingly detailed portrait of love, fantasy, and fame.



BANK OF DAVE

TUESDAY, APRIL 30TH at 1:30 pm

The film is based on the real-life experiences of Dave Fishwick. It follows the story of a Burnley working class and self-made millionaire, who struggles to set up a community bank to help the town's local businesses to thrive. To do so, he must battle London's elite financial institutions and compete for the first banking license in over 150 years.

Lifeline

Snacks & Refreshments provided by
DELTA HOSPITAL AUXILIARY LIFELINE



APRIL PROGRAMS - continued



Line Dance with Susana
Tuesday at 10:30 am
Beginners on Friday
at 1:00 pm

Come share an hour of fun dancing to a wide variety of music from Latin grooves to Funky pop, and Country and Western. Level 1: is great for newcomers and those wanting easier routines while still learning.

Level 2: is for dancers who are comfortable with many of the basic techniques and ready for the next level of choreographed dances.

DO YOU ENJOY CARD GAMES?

Come join us for a fun and social game of Bridge, Canasta, or Cribbage!
Canasta and Cribbage: Mondays @ 1 pm in the MP Room • \$2/session
Social Bridge: Tuesdays @ 1 pm in MP Room



SAYING GOODBYE



The well attended Celebration of Life for Wanda was a testament to the many people whose lives Wanda touched.



Jocelan K. was a valued Volunteer and member of KVCC who recently passed. Her kind spirit and big smile will be missed. Our condolences go out to her family and friends.



APRIL PRESENTATIONS

Understanding Grief

Learn about common signs, myths and facts, ways to take care of yourself, finding support and more.



Where:
Fireside Lounge
KV Community Centre

When:
Tuesday, April 16, 2024
2:00 pm - 3:30 pm
or
Wednesday, April 24, 2024
6:00 pm - 7:30 pm

Presented by



Please register
at reception or
call 604-943-0225

"ICBC Enhanced Road Assessment" workshop

April 16 @ 11 am in MP Rm
Please register.

Come and discuss tips to stay fit and healthy to drive safely as long as possible. In this Enhanced Road Assessment workshop we'll discuss resources to assist you in driving safely, what happens if you're required to attend a driver licencing office to be assessed on your driving skills and how to prepare for a road test."



Thursday April 11th
at 10 am in the Cafe

Come along and discuss any concerns you have about our local community.

It Takes *A Village* INFORMATION NIGHT



Join us!

📅 April 10, 2024
5:30 PM - 7:30 PM

📍 KinVillage Community Centre 5430 10 Ave. Tsawwassen

Learn About

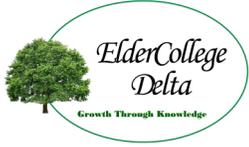
- The benefits of the enhanced Day Program for Older Adults.
- It Takes A Village Campaign and how it affects your future.
- How your involvement will improve the quality of life for older adults and their caregivers.

DONATE FOR YOUR FUTURE



RSVP by April 8th at fundraising@kinvillage.org
Refreshments will be served.

Belong to a church or other group that would benefit from the offerings at KVCC? Are you willing to deliver our newsletter to the group? Please ask a Reception Volunteer to print extra copies for you to take and deliver. Thank you in advance for helping get the word out about our fun, educational, social and supportive programs.



SPRING PROGRAM

Spring has arrived with its promise of warm weather and the scent of hyacinths and cherry blossoms! It also brought another successful ElderCollege Delta Spring Program supported by our members.

Not yet a member? For a nominal \$10 you can become a member of ElderCollege Delta and join us in the joy of learning.

If you missed signing up for classes during our first week, not to worry as the registration process is ongoing. ***You won't want to miss out on the following presentations which have limited space available.***

General Interest Courses

April 3 YES, YOU CAN WRITE POETRY - *Everyone has a poem inside their heart, come explore how much fun you can have playing with words.*

April 5 HOW TO STAY SAFE ONLINE - A TELUS WISE PRESENTATION

TELUS Wise presentation, empowering you to stay safe in our digital world. (presented in class & on Zoom)

April 11 LINO PRINT MAKING - There is always something new to learn in this lively workshop! Tools & supplies provided.

April 16 PRUNING: RELEASE YOUR TANGLED SHRUBS AND TREES – Learn the 'why' and the 'how to' prune common garden shrubs and trees

April 30 PATIO GARDENS: FEED THE BEES AND YOUR TUMMY- *Bees don't pollinate tomatoes! Learn what does and a bit more about friendly insects. This session includes which lovely flowers and vegetables will grow in a small space or in your patio containers.*

Special Presentations

April 12 AN INTRODUCTION TO ORGANIC GARDENING – Make your way to Earthwise Gardens in Boundary Bay and join us in this introduction to starting your own organic food garden

April 18 A TOWN HALL MEETING WITH MAYOR GEORGE V. HARVIE – *this is a free event open to the public.* Mayor Harvie, will share with us the progress the City has made over the last couple of years and discuss what he would like to accomplish in the coming term. The floor will be open to ask questions.

Please visit our website at eldercollegedelta.wildapricot.org for additional details on courses and how to register or join. We are also available by phone 604-943-0262



1. On what date in April is St George's Day?
2. What is April's birthstone?
3. Which bird's arrival in mid April, is said to signal the start of Spring?
4. 'It was a bright cold day in April, and the clocks were striking thirteen.', is a quote from which book?
5. What are April showers said to bring?
6. What are April's two zodiac signs?
7. What are April's two birth flowers?
8. What happened in the Soviet Union on April 26, 1986?
9. April 12, 1861 marked the start of what?
10. Which famous Danish fairy tale author was born in April of 1805?

EVA'S CORNER



April is Advance Care Planning Awareness Month

It's About Conversations, It's About Wishes, It's about Decisions

Advance Care Planning is a process of reflection and communication. It is a time for you to reflect on your values and wishes, and to let people know what kind of health and personal care you would want in the future if you were unable to speak for yourself or/and you become incapable of consenting to or refusing treatment or other care. It's a way to give your loved ones the confidence to make decisions for you during a difficult time. You may never need your advance care plan – but if you do, you'll be glad that you have had these conversations, to make sure that your voice is heard when you cannot speak for yourself.

The Five Steps of Advance Care Planning

1. **Think** about what's right for you. What are my values, beliefs and understanding about end of life care and specific medical procedures? What's important to me?
2. **Learn** about medical procedures There are many medical procedures that can be offered at the end of life. Some may improve your quality of life, others may only prolong life. Different people have different thoughts about these procedures. Learn about various medical procedures.
3. **Choose** your Substitute Decision Maker. Choose someone who would honour and follow your wishes, and is able to speak for you if you can't speak for yourself
4. **Talk** about your wishes. Talk with your Substitute Decision Maker, family members and friends who are important to you. Tell your health care team – and if you have a written plan, share it with them.
5. **Record** your wishes. It's a good idea to write down your wishes or making a recording or video. There are also forms available in BC.
6. **Review** your plan. It's important to review your plan regularly to make sure it reflects your wishes, especially if something in your life changes. Continue the conversation!

Remember, this plan would only be used if you are not capable of speaking for yourself. You can also change it at any time. The choices you make at the end of life – for yourself and others – are important. Make sure that your voice is heard and respected. Think about what you'd want – and start the conversation with others about your end-of-life care.

Adapted from <https://www.advancecareplanning.ca/myplan>. For more information please see Eva, Seniors Support Coordinator, City of Delta, 604-787-1242, ebusich-veloso@delta.ca

COMING IN MAY - MARK YOUR CALENDARS

Shari's
Spring Fling
Social Dance
Saturday, May 4th

BINGO
NIGHT

Monday May 6th

Start time 6:30 Doors open 5:30

Unique Boutique open 5:30 to 8pm



Friday 17th May

6-8 pm

Licensed Bar



5430 10th Avenue Tsowwassen, B.C.

**MOTHER'S DAY HIGH TEA
& FASHION SHOW**

Creative Director - Margaret Ryding of Silk Threads

Saturday, May 11

Tickets: \$60 members/\$70 guests

For tickets, call 604-943-0225 or
visit KinVillage Community Centre
M-F, 9 am-2:30 pm.
We accept payments over the
phone.

12:00 - Doors open/Silent Auction
1:00 - High Tea followed by
Fashion Show
3:30 - Show ends
3:30-4:15 purchases and wrap up

All proceeds will go to KinVillage Community Centre

Latin Dance Night W/DJ KUBANITO

EVENT STARTS AT 7 PM WITH A 45-MINUTE SALSA LESSON FOLLOWED BY DANCING UNTIL 11 PM.
No Partner Required

MAY 25 | DOORS OPEN AT 6 PM
KINVILLAGE COMMUNITY CENTRE
5430 10 AVE, TSAWWASSEN

MEMBER \$23
GUEST \$27
AT DOOR \$30

FOR TICKETS, CALL 604-943-0225 OR VISIT
KINVILLAGE COMMUNITY CENTRE
M-F, 9 AM-2:30 PM. WE TAKE
CASH/DEBIT/CREDIT.

ROD'S DOGS FOOD TRUCK AVAILABLE
APPROX. 6-9 PM
Licensed Premises

COMING IN MAY - MARK YOUR CALENDARS

Art Therapy Sessions for Family Caregivers by Teresa Massel

Date to be determined

The purpose of these sessions is not to create a perfect art product. Instead, they are meant to help individuals explore how art relates to themselves and their feelings.

The creative process of making art can help with self-expression, emotional exploration, and stress management and foster personal growth, self-awareness, and self-esteem.

Teresa Massel, a semi-retired art therapist, watercolour artist, and lifelong caregiver, will facilitate these 90-minute group sessions. The sessions are not structured, and art materials can be provided for \$5, or individuals can bring their own materials.

Being in the presence of the creative energy of others can be a revitalizing experience.

There's no charge to attend the program except for materials.

Please sign up at Reception if you are interested.

SERVICES FOR SENIORS



**NEED HELP WITH
YOUR INCOME TAX
RETURN?**

LAST CHANCE

Please sign up at Reception for income tax returns to be prepared **FREE OF CHARGE** through Carla Qualtrough's office for those who have a modest income and a simple tax situation. Up to \$35,000 income per annum for a single person and up to \$45,000 per couple.

ASSISTANCE WILL BE PROVIDED AT THE COMMUNITY CENTRE ON APRIL 5th BETWEEN 1:30 PM AND 4:00 PM.

BOOK YOUR APPOINTMENT WITH SUKI NOW AT RECEPTION OR BY CALLING 604-943-0225.



Foot Care by Nurse Sonia

Friday, April 12th

Book a 30 min. appointment at Reception.

Pay \$50 directly to Sonia at your appointment to receive your tax receipt.



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 from 9:30 to 1:00 on the following **Tuesdays:**

April 16, May 14 & June 11.

You can drop in or make an appointment at 236-880-4120 or email:

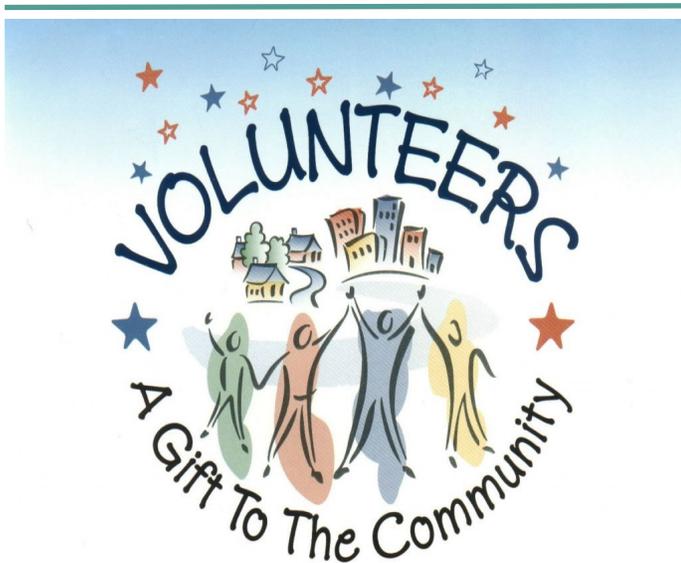
communityconnector@kinvillage.org



APRIL TRIVIA

ANSWERS

1. On what date in April is St George's Day?
April 23rd
2. What is April's birthstone?
Diamond
3. Which bird's arrival in mid April, is said to signal the start of Spring?
The cuckoo
4. 'It was a bright cold day in April, and the clocks were striking thirteen.', is a quote from which book?
1984 by George Orwell
5. What are April showers said to bring?
May Flowers
6. What are April's two zodiac signs?
Aries and Taurus
7. What are April's two birth flowers?
Daisy and Sweet Pea
8. What happened in the Soviet Union on April 26, 1986?
The Chernobyl nuclear explosion
9. April 12, 1861 marked the start of what?
American Civil War
10. Which famous Danish fairy tale author was born in April of 1805?
Hans Christian Anderson



Want to Volunteer?



1. **FOODMESH** - Two Volunteers needed to help with the food security program in the independent apts. Wednesdays 11:30-1:30. Duties: unload boxes of food from cars, sort and distribute food. Somewhat physical and on your feet.
2. **CAFÉ** - Volunteers needed to help with dishwashing in the kitchen. Shift: 11am - 2pm once per week. Chef Adrian offers free coffee/tea, a light breakfast and lunch on shift and if he has leftover food he'll send you home with dinner.
3. **DECORATORS** - Help with the décor for luncheons & special events.
4. **UNIQUE BOUTIQUE** - Sales & helping at the cash register.
5. **FLIER DISTRIBUTION** - Distributing fliers around Tsawwassen about upcoming events.
6. **ASSISTING RECREATION STAFF** - in the care home or assisted living with games, socials, special events and friendly visits.
7. **NEWSLETTER EDITOR** - Help put together the monthly newsletter using Publisher or Canva. Requires a somewhat regular commitment throughout the month for an end of month finish. Works closely with the Manager and must be comfortable with computer use.

New Prices take effect April 1st, 2024

Starting April 1st...

Multi-Class Drop-In fee will be \$7/class for members and \$9 for non-members.

10-punch Multi-Class punch card will be \$60 for members and \$80 for non-members.

20-punch Multi-Class punch card will be \$120 for members and \$140 for non-members. This is a great deal with one free punch (the 21st class is FREE).

Pilates Drop-In classes will be \$10 for members and \$12 for non-members.

10-punch Pilates card will be \$85 for members and \$110 for non-members.

The difference between member and non-member pricing on one punch card alone almost covers the membership price (\$30)! It pays to be a member!



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
 12:45 pm Ukulele Jam Session *NEW TIME!*
 1:00 pm Cribbage & Canasta - *MP Rm.*
2:30 pm Chair Yoga (Shigeko)
 6:30-9pm Night Bingo *(2nd Mondays)*

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 KinTones *(1st & 3rd Tues.)*
 1:00 pm Social Bridge - *MP Rm*
 1:00 pm Euchre *Moved to Lutheran Church*
 1:30 pm Movie Matinee *(2nd & 5th 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
 1:00pm Fit +Functional

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
 10:00 am Reader's Theatre
10:15 am Watercolour Art (Laurel)
 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*
4:00 pm Line Dance (Susana) *postponed until further notice*
5:30 pm Jazzercise (Pam)

Friday

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

APR. 13th Shari's Roaring 20s Dinner Dance

Sunday

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

Jazzercise Pop-Up - Saturday April 6.



COFFEE WITH A COP
10 am Thursday April 11
in the Café.



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

