



5430 10th Ave., Tsawwassen, BC V4M 3X8

Tel: 604-943-0225

www.kinvillage.org

Temporary 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

There is lots of news to report! First of all, a big congratulations to CEO Dan Levitt for his appointment to the position of Seniors Advocate for the Province of British Columbia. We thank Dan for his years of leadership at KinVillage and wish him all the best in his new role.

We have two new programs that are worth mentioning: The Reader's Theatre is off to a great start with eight enthusiastic participants engaged in this creative outlet. We are also starting Monday Night Bingo this month for those who can't get enough or cannot attend our regular Wednesday afternoon sessions.

We are offering a 2-part self-help through art workshop. Please note, you do NOT have to have artistic skills to benefit from this program.

The month is chock full of activities starting with our Social Hour the first Friday, Quiz Night, and so much more. Enjoy the newsletter and all we have to offer.

Jen K.

jkormendy@kinvillage.org

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!

- Feb. 2 **FREE** Social Hour-Live Music w the Karmichaels
- Feb. 3 Quiz Night
- Feb. 7 **FREE** Webinar-Shoulder Arthritis *(please register)*
- Feb. 8 **FREE** Justice Facility Dog
- Feb. 10 Shari's Hearts & Flowers Themed Dinner Dance
- Feb. 12 Bingo Nights begin *(2nd Mondays)*
- Feb. 13 Valentine's Dessert & Andre Rieu DVD Concert
- Feb. 16 **FREE** Open Mic Night
- Feb. 19 CLOSED - Family Day
- Feb. 20 **FREE** Music with the KinTones
- Feb. 22 Coffee with a Cop
- Feb. 23 Friday Night Social Ballroom Dance *(4th Fridays)*
- Feb. 27 **FREE** Movie Matinee - The Whale
- Feb. 28 **Pink Shirt Day**
- Feb. 29 **FREE** Webinar-Mindful Eating
- Mar. 2 Ceilidh with Live Band & Caller
- Mar. 4 Tax Help *(please sign up)*
- Mar. 7-10 ALL PROGRAMS IN MAIN HALL CANCELLED**
- Mar. 8-10 **Annual Book Sale**
- Mar. 11 Tax Help *(please sign up)*
- Mar. 11 Bingo Night
- Mar. 12 **FREE** Movie Matinee - The Miracle Club
- Mar. 14 **FREE** Advanced Care Planning-*Please register*
- Mar. 15 St. Pat's Irish Luncheon
- Mar. 16 Shari's South Seas Themed Social Dance
- Mar. 21 Coffee with a Cop
- Mar. 22 Tax Help *(please sign up)*
- Mar. 22 Friday Night Social Ballroom Dance *(4th Fridays)*
- Mar. 26 **FREE** Movie Matinee - Oppenheimer
- Mar. 29 CLOSED - Good Friday (HAPPY EASTER)
- Apr. 1 CLOSED - Easter Monday
- Apr. 5 Tax Help *(please sign up)*
- Apr. 6 Latin Dance Night with Salsa Lesson
- Apr. 8 Bingo Night
- Apr. 9 **FREE** Movie Matinee - Priscilla
Treats served courtesy of Lifeline Auxiliary
- Apr. 11 Coffee with a Cop
- Apr. 13 Shari's Dance

Events & Dates subject to change.

A SPECIAL STATEMENT FROM DAN LEVITT, CEO

It is with a heavy heart that I wish to inform the KinVillage Board of Directors that I will be resigning as the Chief Executive Officer of KinVillage on March 17, 2024.

It has been an honour and privilege to work with the leadership team, staff members, volunteers, families, older persons living at and receiving services provided by KinVillage and the Board of Directors to advance forward on many fronts for our community and the hundreds of seniors we serve each day.

I'm so proud of the many accomplishments we achieved as a team. They include beginning construction of 152 units of affordable senior housing, achieving exemplary status with Accreditation Canada and starting the \$5 million capital campaign to enhance the Day Program for Older Adults.

I'm also particularly privileged to have played a role in strengthening collaborative and effective relationships with the KinVillage community including the Rotary Club of Tsawwassen Association, local business community, BC Housing and Fraser Health.

The skills, abilities, and competencies of the KinVillage team are difficult to capture in words. So all I can say is...thank you! Thank you for everything you do to provide direct care and supports to vulnerable older adults at KinVillage who receive the quality care, quality housing and services they not only want, but quality of life they rightly deserve.

To all our frontline seniors care workers – otherwise known as health care heroes – you have my utmost respect for the amazing work you do.

As the CEO of KinVillage, I'm honoured to have been given this amazing opportunity to play a leadership role within Delta, BC, Canada and across the globe. I'm looking forward to cheering on KinVillage to bring in a new CEO providing leadership, skills, knowledge and background to help achieve the strategic directions to enhance the quality of life for older persons over the coming years.

In closing, I have the greatest admiration for the entire KinVillage community prioritizing the rights of older persons to enjoy a high quality of life. I wish everyone the best and look forward to being present to witness the ribbon cutting ceremonies on many more additions as KinVillage builds a better tomorrow for seniors.

Dan Levitt, MSc., CHE
CEO, KinVillage

New Prices take effect April 1st 2024

In order to keep up with increased operational costs, we will be increasing the price of classes. The good news is that this will not be in effect until April 1st so you still have lots of time to purchase punch cards at the current price.

Starting April 1st, the Multi-Class Drop-In fee will be \$7/class for members and \$9 for non-members.

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

The 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.

The 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!

LAST MONTH - NYE & BEATLEMANIA LUNCH



The Swing Patrol entertained the revellers!



Yvonne and Jean greet guests!



Susana & Shari ring in the new year!!



A true Beatles Fan



Andy C. and Carol M. get in the Groove.



The line dance group takes a break from their many choreographed dances.

FEBRUARY EVENTS

SOCIAL HOUR

Live Music with the Karmichaels Trio
Friday, February 2nd 4 - 6 pm



QUIZ NIGHT

KinVillage Quiz Night 17
Saturday 3rd February 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

Shari's Hearts & Flowers Dinner Dance



Shari's Saturday Social "Hearts & Flowers"

Saturday, February 10th
Tickets: Members \$29 & Guests \$32
Advance ticket sales only.

5:30 pm Doors Open
6:30 pm Dinner
7:30 – 10:30 pm Dancing

FEBRUARY EVENTS



KinVillage Bingo Night

2nd Monday of the month

Starting February 12th

From 7-9 pm

Over \$500 in prizes

CASH ONLY

Location: KinVillage Community Centre

KINVILLAGE Community Centre
Live Care Connect

Valentine's Day

ENJOY DELICIOUS
CREPE SUZETTES
& WATCH ANDRE RIEU ON
DVD CONCERT

FEBRUARY 13 @ 1:30PM

Tickets \$12 Members & \$15 Guests
Buy tickets in-person at reception
or call 604 943-0225

Community Centre - 5430 10th Ave. Tsawwassen

KINVILLAGE Community Centre
5430 10 AVE. TSAWWASSEN

FRIDAY OPEN MIC NIGHTS

6PM - 8PM

Upcoming Dates:

- Jan. 10
- Feb. 16
- April 19th
- May 17th

FREE

PERFORMERS CAN SIGN UP ON THE SPOT. NO ADVANCE SIGN-UP REQUIRED

Showcase Your Musical Talent at KVCC!

COME ENJOY LOCAL MUSIC, GOOD VIBES, REFRESHMENTS & FOOD

BUY YOUR TICKETS TODAY

Sunday, February 25th
5:30 to 9:00 pm
KinVillage Community Centre
5430 10th Ave. Tsawwassen

HOPE & HEALING BENEFIT

Tickets: www.rotarytsawwassen.org

Tickets are \$100 and each purchase qualifies for a \$65 Tax Receipt

SCAN ME

With thanks to our lead sponsor: **KSW LAWYERS**

A Rotary Club of Tsawwassen fundraiser featuring an authentic Ukrainian buffet dinner and entertainment. Proceeds go towards humanitarian relief for Seniors in Ukraine and towards improving the quality of life for local seniors.

[f](https://www.facebook.com/rotarytsawwassen.org) [i](https://www.instagram.com/rotarytsawwassen.org) [in](https://www.linkedin.com/company/rotarytsawwassen.org) [yt](https://www.youtube.com/channel/UC...) rotarytsawwassen.org info@rotarytsawwassen.org

FEBRUARY PROGRAMS

COME & LISTEN WITH DAVID LEMON

February 20, 2024 • 1:00 PM • Free of Charge
Multipurpose Room – Community Centre

SAINT-SÆENS: PIANO CONCERTO NO.2

- 26 MINUTES

BRAHMS: SYMPHONY NO. 3 - 41 MINUTES

One of the French composer's most dazzling and affecting works and Brahms benign symphony.

COME & WATCH with David Lemon

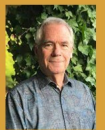
The Palm Beach Story

A "screwball" comedy, that is, absurd, sophisticated and light-hearted throughout. The tone of this one is especially effervescent, and it's beautiful to look at. 1942 90 minutes

February 29, 2024 • 1:00 PM • Free of Charge
Multipurpose Room – Community Centre



David Lemon is enthusiastic about films, especially those of the 1930s to the 1960s, and "classical" music. These programs are informal and conversational. David will give a brief introduction to each film, and afterwards the group can chat about what they have seen. The programs will be of different lengths according to the content. David, a Tsawwassen resident, is the founder of Health Arts Society, whose Concerts in Care program is widely enjoyed, including by audiences at KinVillage.



Adaptive Fitness with Rachel - Fridays 2:30-3:15 pm

This class is designed for participants with Parkinson's Disease, Multiple Sclerosis, Stroke Survivors, and anyone else with mobility challenges.

Classes 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.**



Reader's Theatre - Thursdays @ 10 am in the MP Room

Coordinators: Dave C. & Howard D.

Come join this new group to participate in drama readings where you each take a part and read lines! If you love to act or perform, this could eventually grow to full on plays if the group desires. Join the fun and let your creative juices flow.

Drop-In Fee: \$2/session.



FEBRUARY PROGRAMS

MOVIE MATINEE - FEBRUARY 27TH AT 1:30 PM



The Whale (2023)

Drama • 1h 57min

In a town in Idaho, Charlie, a reclusive and unhealthy English teacher, hides out in his flat and eats his way to death. He is desperate to reconnect with his teenage daughter for a last chance at redemption.

DO YOU ENJOY CARD GAMES?

Come join us for a fun and social game of Canasta or Cribbage.

Mondays @ 1 pm in the MP Room



Social Ballroom Dance

Coordinators: Sherry & Roger E.

8:00 – 10:00 pm -4th Friday of the month

Social ballroom dance. CD music varies regularly and provides practice opportunities for dances including Waltz, Quickstep, Tango, Viennese Waltz, Slow Foxtrot, Rumba, Cha Cha, Jive, Paso Doble and Samba.

Roger and Sherry are there to provide support and answer questions.

Drop-in: Members \$6
Non-members \$8
or use your KVCC
Multi-Class Punch
Card.



“Self-Help Through Art”

Learn how to use your enjoyment of expressive art-making with like-minded seniors to prevent or cope with the inevitable experiences of loneliness and other challenging emotions as we age.



This educational workshop is a two-part experiential program filled with guided, quiet, expressive art-making intended to invite you to silently reflect, re-evaluate and strengthen your connection to your authentic self by using your creative self. Both workshops will likely spark your curiosity and creative energy for other meaningful life goals. These are not workshops about acquiring artistic skills.

Please bring your own pen and writing material. You may bring your art materials or have \$5 exactly to use the basic art materials provided for each class. If you want to bring your own materials, contact Teresa @ deltaarttherapy@gmail.com to ensure those will work for the exercises offered.

February 16th & 23rd from 12:30 to 2pm

FEBRUARY PRESENTATION/ WEBINARS

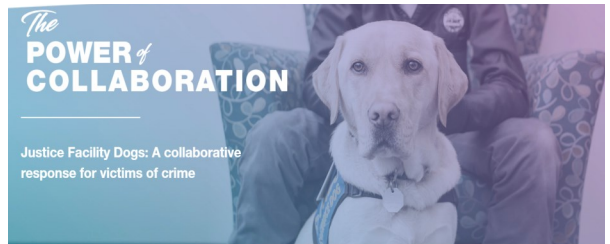
FREE

Presentation & Visit with Puma, Justice Facility Dog

Thursday, February 8th at 1:30 pm

Come meet Puma, a lovely purebred golden retriever, and her handler, Program Coordinator, Kim Gramlich. Learn how Puma was trained for her role as a Justice Facility Dog, to help people in her varied victim services role.

Please sign up at Reception.



OASIS Vancouver Coastal Webinars

Shoulder Arthritis

Learn about strategies for managing arthritis of the shoulder, including joint protection and activity modification, exercise and pain management.

Wednesday, Feb. 7th at 1:30—3:30 pm

MP ROOM

Mindful Eating—Part 1

Learn how your behaviours, thoughts and emotions affect your eating. Learn how to improve your relationship with food. This is an interactive class with discussion. Please sign on with audio and video. Please also come with a pen and paper, and a cracker and a piece of chocolate or fruit. This is part 1 in a 2 part series.

Thursday, Feb. 29th at 4:30—6:30 pm MP ROOM

For these webinars please sign up at reception.

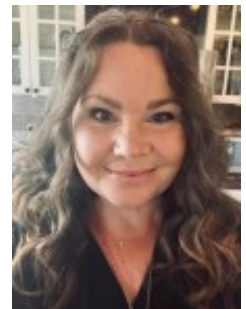
SERVICES FOR SENIORS



Foot Care by Nurse Sonia

Friday, February 9th

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: March 12th, April 16th, May 14th & June 11th**.

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

community.connector@kinvillage.org.

EVA'S CORNER

February is Preventative Health Awareness Month: Loneliness and Social Isolation Linked to Serious Health Conditions

Loneliness and social isolation in older adults are serious public health risks affecting a significant number of people and putting them at risk for dementia and other serious medical conditions. Older adults are at increased risk for loneliness and social isolation because they are more likely to face factors such as living alone, the loss of family or friends, chronic illness, and hearing loss. Loneliness is the feeling of being alone, regardless of the amount of social contact. Social isolation is a lack of social connections. Social isolation can lead to loneliness in some people, while others can feel lonely without being socially isolated.

Health Risks of Loneliness

Although it's hard to measure social isolation and loneliness precisely, there is strong evidence that many adults aged 50 and older are socially isolated or lonely in ways that put their health at risk. Recent studies found that:

- Social isolation significantly increased a person's risk of premature death from all causes, a risk that may rival those of smoking, obesity, and physical inactivity.
- Social isolation was associated with about a 50% increased risk of dementia.
- Poor social relationships (characterized by social isolation or loneliness) was associated with a 29% increased risk of heart disease and a 32% increased risk of stroke.
- Loneliness was associated with higher rates of depression, anxiety, and suicide.
- Loneliness among heart failure patients was associated with a nearly 4 times increased risk of death, 68% increased risk of hospitalization, and 57% increased risk of emergency department visits.



What Can You Do If You Are Experiencing Loneliness?

Be aware of your life situation and proactively address the issues affecting your well-being, seek resources.

Seniors Centres provide helpful information and programs to help seniors improve quality of life and provide access to community connection tools. Libraries are a source of services and programs free of charge. Churches offer opportunities for socializing and connecting with others.

Health Care System Interventions Are Key

People generally are social by nature, and high-quality social relationships can help them live longer, healthier lives. Health care systems are an important, yet underused, partner in identifying loneliness and preventing medical conditions associated with loneliness.

Nearly all adults aged 50 or older interact with the health care system in some way. For those without social connections, a doctor's appointment or visit from a home health nurse may be one of the few face-to-face encounters they have. This represents a unique opportunity for clinicians to identify people at risk for loneliness or social isolation.

Adapted from the Centre for Disease Control website: Social Isolation and Loneliness in Older Adults.

For more information, please contact Eva, Seniors Support Coordinator, City of Delta, at ebusich-veloso@delta.ca, or call 604-787-1242.





2024 Spring Semester

**Registration Opens
February 5th**

Come learn with us!
Our mission is to extend to our valued citizens aged 50+, a variety of programs with a view to expanding their knowledge and enhancing their lifestyles.



TECHNOLOGY COURSES

- iPad for Absolute Beginners
- Cellphone Photography
- Microsoft Word, the Basics
- Beyond Beginner iPad
- Beginner iPhone
- Gmail, Chrome & Google Apps
- Learn Google Keep
- Introduction to Facebook
- Telus Wise Online Safety



COURSE OFFERINGS

Number of subjects in each category is in brackets and subject to change

- General Interest (13)
- History & Current Events (5)
- The Arts (4)
- Field Trips (4)

SPECIAL PRESENTATIONS

- Town Hall Meeting with Mayor George Harvie
- An Afternoon with Isobel Mackenzie, Senior Housing Advocate

*A full listing of events, dates, times, and cost is available on our website:
<https://eldercollegedelta.wildapricot.org>*

CHOOSE ONE OF THREE WAYS TO REGISTER

1. Online beginning 10am Feb 5th and continuing throughout the semester
2. At our Learning Centre in Tsawwassen Town Centre Mall
10 am to noon Feb 5th & 6th
3. By Phone 10 am to noon Feb & 6th 604-943-0262

You don't stop learning when you grow older ...you grow older when you stop learning

DOCUMENTARY - FEBRUARY 14TH AT 1:00 PM

Wild & Unknown - Bosnia and Herzegovina

A country wild and unknown – right in the heart of Europe. With cascading waterfalls, untouched river landscapes and rugged mountain ranges.



February

QUIZ

1. Which popular tradition is celebrated in the United States and Canada on February 2?
2. True or false. It is possible to have Easter in late February?
3. On the 12 February 1554, who was beheaded at the tower of London?
4. Which American federal holiday is celebrated on the third Monday in February?
5. In the sporting calendar, which event usually happens on the first Sunday in February?
6. Which violet variety of quartz, often used in jewellery, is the traditional birthstone for February?
7. In the poem called 'The Months' by Sara Coleridge, if 'hot July brings cooling shower' what does February bring?
8. In leap years, February starts on the same day of the week as which other month?
9. What happened in Britain on the 15th of February, 1971?
10. Februalia was the Roman festival of ritual what?



Want an easy way to return your beverage containers while contributing to the Community Centre?

Take your returnable bottles and cans to the Return It Depot and credit the refund to the KinVillage Community Centre. Here are the easy steps:

1. Use a transparent bag to collect your refundable bottles and cans.
2. Bring your unsorted containers in sealed, clear bags of under 90-litre capacity to an Express site (5636 12 Ave.). Tip: put a maximum of 12 glass bottles in each bag to prevent breakage.
3. Use the KVCC Reception phone number (604-943-0225) to log in at the Express Kiosk.
4. Print your tags, tag your bags, and drop the bags into the Express bins.
5. They will sort and count the containers and the KVCC Express Account will be credited with your deposit refund.

Many small amounts will add up for income for the Community Centre. Easy peasy!

Thank you to all who use this easy way to express your returns AND contribute to the well-being of the KinVillage Community Centre.



When you can, leave the caps on to ensure small plastic pieces are recycled.



LEAVE
YOUR
CAPS ON



COMING IN MARCH - MARK YOUR CALENDARS



CEILIDH DANCE

WITH MUSIC BY KILBIRNIE STATION & CALLER ALISON MOEN
Ceilidh (KAY-LEE)

SAT. MARCH 2, 2024

5430 10TH AVENUE TSAWWASSEN, B.C.

KINVILLAGE COMMUNITY CENTRE

TICKETS \$24

\$20 FOR KVCC MEMBERS
DOORS OPEN AT 6:30 PM
DANCING 7-10 PM

For tickets, call 604-943-0225 or visit KinVillage Community Centre M-F, 9 am-2:30 pm. We accept payments over the phone.
LICENCED PREMISES | 19+ PLEASE DRINK RESPONSIBLY



GIANT BOOK SALE

WHERE: KinVillage Community Centre.

5430 10th Ave. Tsawwassen, 604-943-0225

- Fri. March. 8 - 9 am to 6 pm
(9 am - 10 am Members only)
- Sat. March 9 - 10 am to 4 pm
- Sun March 10 - 10 am to 1 pm

Bake Sale



NEED HELP WITH YOUR INCOME TAX RETURN?

TAX DAY! 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 MARCH 4, 11, 22 & APRIL 5TH BETWEEN 1:30 PM AND 4:00 PM.

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



Come and enjoy a
St. Patrick's Day Lunch
Entertainment by Michelle
On Friday, March 15th
12 pm - 2 pm
Tickets: Members \$18
& Guests \$21

MARCH MOVIES



Tuesday March 12th at 1:30 pm

The Miracle Club

Four ladies from Ballygar, Ireland join a travel group going to Lourdes hoping for personal miracles to happen. That's it in a nutshell, but on the other hand it says almost nothing about the substance of this warm and mostly gentle film. An exceptional cast (Maggie Smith, Laura Linney, Kathy Bates, Agnes O'Casey and many fine supporting players) leads the way .



Tuesday 26th March at 1:30 pm

Oppenheimer

A dramatization of the life story of J. Robert Oppenheimer, the physicist who had a large hand in the development of the atomic bomb, thus helping end World War 2. We see his life from university days all the way to post-WW2, where his fame saw him embroiled in political machinations.

THANK YOU FOR YOUR DONATIONS!



ANNUAL BOOK SALE

Thanks to the generous donations of the community, we have reached capacity for accepting books.

Please save further donations for our 2025 book sale or donate to other charities. We will begin accepting donations again on October 1st.

Unfortunately, any books dropped off will be disposed of.

COMING IN MARCH

Fraser Health's Advance Care Planning Presentation

March 14 - 1:30-3:30 Sign up at Reception



Laura Gaspard

"Think, Learn, Choose, Talk & Record. Planning ahead before a health crisis is something all of us should do, regardless of age. Who we are and what we value impacts what health care we may or may not accept when we are sick; yet many Canadians have not had conversations with their family and friends, and less than 10% have spoken with their doctor. Many people don't know how to begin while others are unaware of the importance. We welcome you to join us to learn more about Advance Care Planning (ACP). Include your family and friends, and let's learn together- the what and why of ACP; health care Substitute Decision Making; and insights and resources to start and continue the Advance Care Planning process."



Lauren Thomas



Designed for every body, regardless of physical mobility, this four-week series will provide tools for dealing with daily stress and related anxiety. Through focused breath work, guided meditation and gentle movement, you will learn about yourself and how you relate to stress. Each session will include a facilitated circle where you may share and learn from others. With weekly themes and home-practice suggestions, your learning will expand to outside of the session.

4 Sessions, \$40 Class size: Max 10 Fridays, Mar 22, Apr 5, 19 & 26th, 1:30 - 3:00 pm

Presenter: Beth Triano (Registered Clinical Counsellor and Yoga Instructor)

Location: KinVillage Multi-Purpose Room, 5430 10 Ave, Tsawwassen

OASIS Vancouver Coastal Webinars

Mindful Eating—Part 2

After paying attention to your eating habits, learn how to move forward with change to improve your relationship with food and eating. This is an interactive session. Please sign on with audio and video. Completion of Mindful Eating Part 1 required to attend part 2.

Wednesday, March 14th at 4:30—6:30 pm.

MP ROOM.

Please sign up at reception.



VOLUNTEERING & THE UNIQUE BOUTIQUE

QUIZ ANSWERS

1. Which popular tradition is celebrated in the United States and Canada on February 2?
Groundhog Day
2. True or false. It is possible to have Easter in late February?
False (March 22 is the earliest Easter can occur)
3. On the 12 February 1554, who was beheaded at the tower of London?
Lady Jane Gray
4. Which American federal holiday is celebrated on the third Monday in February?
Presidents Day
5. In the sporting calendar, which event usually happens on the first Sunday in February?
Super Bowl
6. Which violet variety of quartz, often used in jewellery, is the traditional birthstone for February?
Amethyst
7. In the poem called 'The Months' by Sara Coleridge, if 'hot July brings cooling shower' what does February bring?
The Rain
8. In leap years, February starts on the same day of the week as which other month?
August
9. What happened in Britain on the 15th of February, 1971?
Decimalisation
10. Februalia was the Roman festival of ritual what?
Purification



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. In addition if he has leftover food he is always sending you home with dinner.
3. **DECORATORS** - Helping with the décor for luncheons & events.
4. **UNIQUE BOUTIQUE** - Sales & helping at the cash register.
5. **ASSISTING RECREATION STAFF** - in the care home or assisted living with games, socials, special events and friendly visits.

Unique Boutique

The store is full of great deals appealing from youth to seniors! Look for spring fashions coming soon.

50% off for MEMBERS ONLY the first Monday of each month!

Open Monday—Friday 10 am - 2:45 pm.





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 & Canasta in the MP Rm.
2:30 pm Chair Yoga (Shigeko)
 7-9 pm Monday Night Bingo (Feb. 12)

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 (Feb. 20)
 1:00 pm Social Bridge - MP Rm
 1:00 pm Euchre *Moved to Lutheran Church*
 1:30 pm Movie Matinee
 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
 10:00 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) NEW TIME!!
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

Feb. 3 Quiz Night
 Feb. 10 Shari's Hearts & Flowers 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 (no dance on Feb. 25)

Jazzercise Pop-Up Class

9:30 am Saturday, February 24



COFFEE WITH A COP

10 am Thursday Feb. 22
 in the Café.



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

