



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**

March is filled with an exciting selection of programs and activities, starting with the ceilidh dance on March 2. Next up is our much-anticipated annual BOOK SALE. The Book Sale Volunteers have been busy preparing an amazing selection of books that book lovers of every genre will be thrilled to peruse. People come from all over the lower mainland for this 3-day event. We are fortunate to enjoy this shopping experience right here. Bring your 2024 membership card and enjoy a 'members only' hour of shopping before the doors open to the general public. The Boutique will be open during the Friday-Saturday Book Sale hours. If you love to bake, please consider contributing to our bake sale held on the Saturday of the Book Sale. I would like to thank everyone who donated books, puzzles, DVDs, CDs, and games. Without you we could not do what we do.

We will be celebrating the life of Volunteer Extraordinaire Wanda Green! Wanda was a dedicated Volunteer who for two decades had a major impact on the Community Centre as the newsletter editor, among many other roles. Wanda is greatly missed. Please join her family as we remember Wanda and her many contributions to KinVillage.

Enjoy the newsletter and all that KVCC has 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!

- 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. Patrick's Day 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 Lifetime Auxiliary
- Apr. 11 Coffee with a Cop
- Apr. 13 Shari's Roaring 20s Dinner Dance
- Apr. 19 Open Mic Night
- Apr. 23 **FREE** Movie Matinee—Bank of Dave
- Apr. 27 Delta Concert Band
- Apr. 27 Quiz Night 18
- May 4 Shari's Country Casual Themed Social Dance
- May 11 Fashion Show and High Tea (FUNdraiser)
- May 13 Bingo Night
- May 14 School Performers
- May 17 Open Mic
- May 21 ElderCollege Singers
- May 24 Friday Night Social Ballroom Dance (*4th Fridays*)
- June 1 Shari's Red Wine and Roses Dinner Dance
- June 3-7 Seniors Week events
- June 10 Bingo Night
- June 27 Canada Day Celebration and Drumming Circle

Events & Dates subject to change.

A MESSAGE FROM DAN LEVITT, CEO

In 2021, when I was offered the position as CEO at KinVillage I imagined that I would happily lead the rebuilding of the new campus with innovative home and community care services for the next decade. I brought to this position nearly 30 years of progressive leadership roles in seniors care and approached these challenges and opportunities with passion for what might be possible balanced with the realities of funding challenges and other competing priorities.

KinVillage is well positioned with a strong community presence, a great location in the centre of Tsawwassen, a unique continuum of care and housing, a vibrant community centre, in home services like meals on wheels and community based programs like an adult day centre. This array of programs and services provided by one organization in one location is unique to BC and something Deltans should be proud of. Going forward, more and more older persons will be served in new senior living options and in home services that are offered to help reduce hospital visits and take pressure off the waitlist for assisted living and long term care, providing more respite for caregivers. These and many other initiatives will be led by the next CEO who is expected to start in the Summer pending a successful recruitment process currently underway.

For the past 2 ½ years, I have been blessed to work with a committed forward thinking board of directors, a dedicated leadership team who bring their expertise to enhance the lives of older persons everyday. The direct services staff members who give everything they have to care for and bring joy to older adults and to the support services staff who ensure the laundry, housekeeping, maintenance and the dining experience always surpass expectations. To the older adults who call KinVillage home, it has been an honour to get to know many of you and the families who rely on the essential work that their loved ones receive, and to the many people who enjoy the community centre as volunteers, participating in a program or coming to the annual book sale, to shopping in the Unique Boutique, there is always something going on, especially the delicious food served at Buenos Dias Café.

Beginning on March 18, David Thompson, will be the Interim CEO working part time in this leadership position. David has dedicated his career to leading health care organizations and has recently developed expertise in seniors living leadership. In addition, he is a Surveyor with Accreditation Canada and will bring this expertise and passion to the role this Spring. As the search firm continues its recruitment work, the goal is to have a new CEO selected later in the Spring with a Summer start date.

With an ageing population globally, the impacts locally will mean a rethink of what we expect from our lives as we grow older. This imperative will drive KinVillage for decades to come and will reshape the future of ageing in Tsawwassen, as it has for the first 40 years; KinVillage will always be there to support older adults to live life to the fullest.

It has been a privilege to serve the KinVillage. I look forward to hearing about future successes and truly believe the best is yet to come.

Yours sincerely,

Dan Levitt, MSc., CHE

CEO, KinVillage, 2021-2024



LAST MONTH'S HIGHLIGHTS



Pam's Jazzercise group was decked out for Valentine's Day!



The Knitting Group has grown considerably over the past few months



A popular visit from Puma the Justice Facility Dog. Tiny W. won the 'tiny' Puma.



Our first Bingo Night was a huge success, bringing in 54 people, several of whom were new to KinVillage! Thanks to these Volunteers Ivor, Gloria, Jodi, Katrina, Cindy, and Arthur, who made it happen!



Open Mic Nights continue to draw great local talent.

Shari creates beautiful settings for her Saturday Night Social Dances.



The Valentine Dessert with Andre Rieu Concert was enjoyed by those who attended.



KinVillage Quiz Night 17 - It was a close finish with 5 teams with in 5 points of each other. "Along for the Ride" from the Severide Law firm came out on top with a score of 71 points. The team consisted of Lindy Mathesius, Suzanne Harmandian, Nat Olsson, and Judith McLeod. The next quiz night is Saturday, April 27th.



MARCH EVENTS



CEILIDH DANCE

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

SAT. MARCH 2, 2024

TICKETS \$24

5430 10TH AVENUE TSAWWASSEN, B.C.

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

KINVILLAGE COMMUNITY CENTRE

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 8th - 10 am to 6 pm*

*Bring your 2024 KVCC membership card for special members only shopping from 9-10 am.
\$3/book, \$1/pocketbook/CD/DVD. Puzzles & records individually priced.

Sat. March 9th - 10 am to 4 pm

\$2/book, pocketbook specials, \$1/CD/DVD.
Puzzles & records individually priced.

Sun. March 10th - 9 am to 1 pm

\$10/bag

Special pricing for children's books each day!!



Unique Boutique open during Fri-Sat. Book Sale hours.

SHARI'S SPLENDOR OF THE SOUTH SEAS SOCIAL DANCE



Saturday, March 16th

Members \$13

Guests \$15



Come enjoy a

St. Patrick's Day Lunch

Shepherd's Pie • Caesar Salad • Dessert

Friday March 15th

12 noon to 2 pm

Members \$18

Guests \$21



MARCH PROGRAMS

COME & LISTEN WITH DAVID LEMON

March 5, 2024 • 10:00 AM • 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.

FREE

COME & WATCH with David Lemon

100 Men and a Girl

A depression comedy fable starring Canadian Deana Durbin in one of her most successful roles as the daughter of a struggling orchestral musician who persuades Leopold Stokowski to conduct an orchestra of her father's unemployed friends. Stokowski was the most famous orchestra conductor in America, with a very distinguished career and an unusual knack of giving charming film performances as himself under a veneer of hauteur.

1937 Film – 80 minutes

March 19th at 10:00 am in the Multi-Purpose Room



COME & LISTEN WITH DAVID LEMON

March 28th, 2024 • 1:00 PM • Free of Charge
Multipurpose Room – Community Centre

WAGNER: OVERTURE THE FLYING DUTCHMAN

- 12 MINUTES

BAX: TINTAGEL – 17 MINUTES

DEBUSSY: LA MER – 25 MINUTES



KinVillage Bingo Night

2nd Monday of the month

Monday, March 11

From 7-9 pm

Over \$500 in prizes

CASH ONLY

Location: KinVillage Community Centre

MARCH PROGRAMS

Tuesday Movie Matinees



The Miracle Club

Comedy/Drama • 1h 30m

TUESDAY, MARCH 12 • 1:30 pm

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.



Oppenheimer

Drama/History • 3h

TUESDAY, MARCH 26 • 1:30 pm

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.

FREE



DOCUMENTARY

Prince William: The Future of the Monarchy

Wednesday, March 13, at 1:00 pm
In the Multi-Purpose Room



ORIGAMI

Wednesday March 27 @ 1pm

Multi Purpose room

Bring your grandchild, friend or come alone to this fun class where you will learn how to make spring time or Easter-related Origami.

Please register at Reception.

MARCH 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



March Quiz

1. What is the birth flower of March?
2. Which UK Saints Day is on March 1st?
3. The lives of the four March sisters feature in which famous novel?
4. The March Hare is a character from which book?
5. Symbolizing courage, name March's birth stone?
6. March is named after Mars; what is Mars the Roman god of?
7. What's the zodiac sign for early March until March 20? And what about the sign for the latter part of March?
8. The Ides of March is a day on the Roman calendar that corresponds to which date?
9. Complete the saying: 'March comes in like a lion and goes out like a'?
10. On what date in March is Saint Patrick's Day?



Do you love to bake?

Please help raise funds for the Community Centre by bringing your baked goods to the Centre on

Thursday, March 7 by 2 pm

The goods will be sold alongside the Book Sale on Saturday, March 9th.



HAPPY ST PATRICKS DAY

IT TAKES A VILLAGE

A campaign to support the Day Program for Older Adults in Delta



Why do we need an enhanced Day Program for Older Adults in Delta?

- ✓ Keep seniors living at home longer.
- ✓ Caregiver respite and support.
- ✓ Increasing daily capacity from 11 to 25 participants.
- ✓ 800 to 5000 sq ft to meet growing needs.
- ✓ Extended hours, evening and weekend support.

Help promote physical and emotional support for seniors.



KinVillage 5410 10 Ave. Delta, BC V4M 3X8 604. 943. 0155
www.kinvillage.org Charitable # 118982867 RR 0001

Please join us in
CELEBRATING the LIFE of WANDA GREEN
(and what a life it was!)

Saturday, March 23
2-4 pm
KinVillage Community Centre



It is with great sadness that we announce the passing of KVCC Member and Volunteer **AMAR DHILLON.**

Amar attended Dances and Ballroom Lessons at KVCC.

Amar's kind spirit and beautiful smile will be missed.

We send condolences to her family and friends.



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.

MARCH PRESENTATIONS/WEBINARS

Fraser Health's Advance Care Planning Presentation

March 14 - 1:30 to 3:30 pm *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



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.

Thursday, March 14th at 4:30—6:30 pm.
MP ROOM.

Please sign up at reception.



NAVIGATING STRESS



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

SERVICES FOR SENIORS

Foot Care by Nurse Sonia

Friday, March 8th



Book a 30 min. appointment at Reception.

Pay \$50 directly to Sonia at your appointment to

receive your tax receipt.



NEED HELP WITH YOUR INCOME TAX RETURN?

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.



ANSWERS

1. What is the birth flower of March?

Daffodil

2. Which UK Saints Day is on March 1st?

St. David

3. The lives of the four March sisters feature in which famous novel?

Little Women (Louisa May Alcott)

4. The March Hare is a character from which book?

Alice's Adventures in Wonderland

5. Symbolizing courage, name March's birthstone?

Aquamarine or Bloodstone

6. March is named after Mars; who is Mars?

God of War

7. What's the zodiac sign for early March until March 20? And what about the sign for the latter part of March?

Pisces (until March 20) and Aries (March 21 on)

8. The Ides of March is a day on the Roman calendar that corresponds to which date?

March 15

9. Complete the saying: 'March comes in like a lion and goes out like a'?

Lamb

10. On what date in March is Saint Patrick's Day?

March 17

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



March is Liver Health Awareness Month Your liver is your body's high-performance engine!

Some car owners sink their time, money and effort into caring for their high-performance vehicle. Others care only the bare minimum, ignoring the oil leaks, the spreading rust or the concerning noises, just hoping that it will always start up in the morning.

Your liver is your body's engine, and the reality is that when your liver stops and breaks down, your body does too. Your liver requires high-quality fuel, regular maintenance, hazard protection and some loving care.

Filling up your liver with the wrong stuff and leaving it idle for too long can cause liver diseases like non-alcoholic fatty liver disease ([NAFLD](#)) to develop due primarily to the rising prevalence of obesity, lack of physical activity and poor eating habits.

Every day your liver...

- **Regulates** your supply of body fuel by producing, storing and supplying quick energy (glucose) to keep your mind alert and your body active.
- **Adjusts** your body's cholesterol levels by producing, excreting and converting cholesterol into other essential substances.
- **Produces** bile to eliminate toxic substances from your body and assist with your digestion.
- **Controls** your body's supply of essential vitamins and minerals as well as iron and copper.
- **Cleanses** your blood by metabolizing alcohol, drugs and other chemicals.
- **Neutralizes** and destroys poisonous substances.
- **Manufactures** many of your essential body proteins which allow for your body to transport substances in your blood, clot your blood and resist infections.
- **Regulates** the balance of hormones including sex, thyroid, cortisone and other hormones.
- Performs hundreds of other functions that your body simply cannot live without.

When your engine stalls...

Just like a worn-out engine, symptoms of liver disease can seem minor and easy to ignore. The liver is such a strong organ that it will continue working even when two-thirds of it has been damaged by scarring (cirrhosis).

The good news is that some liver diseases can often be prevented or even reversed if detected before permanent liver damage has occurred. Premium fuel (Nutrition), Hit the Road (Physical Activity), Recharge your Battery (Sleep), Hazard Protection (Prevention) and Warning Lights.

Adapted from the Canadian Liver Foundation website. For more information please contact Eva, Seniors Support Coordinator, City of Delta, at 604-787-1241, ebusich-veloso@delta.ca

COMING IN APRIL - MARK YOUR CALENDARS



Shari's
Roaring 20's
Dinner Dance
Saturday April 13th
Members \$29
Guests \$32



Latin Dance Night

April 6th

7 pm: 45-MIN. SALSA LESSON W/ CARLOS AND SARA
7:45-11:00 pm: DANCING TO MUSIC BY DJ KUBANITO



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


5430 10 AVE. TSAWWASSEN

FRIDAY OPEN MIC NIGHTS

6PM - 8PM

Upcoming Dates:

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



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 time to purchase punch cards at the current price.

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!

Donation Corner

A **big heartfelt thank you** goes out to the following for their donations to the Community Centre:

Roger and Lynn Lasell - \$500

Anonymous donors:

\$20 / \$100 / \$100 / \$150 /
\$415 / \$500

Dave Clothier—for donating a piano tuning

Kinsmen Club of Ladner & Tsawwassen -
\$1,775.20 to resurface a second snooker table



- 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. ASSISTING RECREATION STAFF** - in the care home or assisted living with games, socials, special events and friendly visits.

Margaret R. gave us a sneak peak at what she has in store for the High Tea and Fashion Show coming in May.





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 - MP Rm.
2:30 pm Chair Yoga (Shigeko)
 7-9 pm 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 & 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
 10:00 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

Mar. 16th Shari's South Seas Social 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 Ballroom on March 10 due to Book Sale

BOOK SALE MARCH 8-10!

ALL PROGRAMS in MAIN HALL

CANCELLED March 7, 8, 9, and 10.

Boutique open Friday-Saturday during
 Book Sale hours. See page 4.



COFFEE WITH A COP
 10 am Thursday March 21
 in the Café.



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

