



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

**The Community Centre is open 8 :00 to 4:00 Reception Desk 9:00 to 2:45 Unique Boutique 10:00 to 2:45
 Buenos Dias Café 8:00 to 2:30**

Manager's Corner

I hope you are enjoying the joys of summer...gardening, spending time outdoors, dipping your toes in Boundary Bay, getting together with family and friends, and feeling the warm rays of sunshine on your beautiful face. Along with these special summertime activities, there is lots going on in the Community Centre during the month of August. We have a stellar lineup of free webinars and podcasts covering important topics, a free Emergency Preparedness Presentation, free and fun movie matinees, and an afternoon of the Eagles to watch, listen and dance to. We've got more Fun Trivia with Ivor to keep your brain active, and we are introducing badminton for those who want to give that a try.

Don't forget, members get 50% off at the Unique Boutique the first Monday of each month. With the first Monday of August being a holiday, the discount day will be Monday, Aug. 14th. Speaking of the August long weekend, Sunfest is on! Come out to the parade and cheer on our amazing Volunteers as they sashay their way along the parade route. Following the parade, stop by the KinVillage tent to say hi to our dedicated staff and Volunteers. As always, it will be a fun event and a great time to spread the word about the joys of KVCC membership.

Mark your calendar for upcoming September events as well. Shari's much anticipated Social Dances will resume, we have live music with JUNO nominated The Bills, Quiz Night, and a special Gala recognising 7 Over 70 in our South Delta Community.

Come join us for our line up of August offerings!

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

Mark your Calendar!

- Aug. 3 **FREE** Webinar—Managing Shoulder Arthritis
- Aug. 7 **FREE** SunFest Parade
- Aug. 8 **FREE** Movie - Ticket to Paradise
- Aug. 9 **FREE** Emergency Preparedness Presentation
- Aug. 10 **FREE** Documentary about Yellowstone Park
- Aug. 14 **FREE** Webinar—Strategies for Gardening with Arthritis
- Aug. 17 **FREE** Eagles 2021 Concert—Watch/Sing/Dance
- Aug. 22 **FREE** Movie - Sam & Kate
- Aug. 24 **FREE** Wellness Podcast with Dr. Spence
- Aug. 24 **FREE** Webinar—Arthritis and Beverages
- Aug. 28 **FREE** Webinar—Exercise and Arthritis
- Aug. 29 **FREE** Ice cream social and Trivia with Ivor
- Aug. 30 **FREE** Webinar—Sleep, Stress Management, and Arthritis
- Sept. 9 Shari's Welcome Back Dinner & Dance
- Sept. 14 **FREE** - Life of bees and chickens presentation
- Sept. 15 Welcome Back Luncheon
- Sept. 16 7 Over 70 Gala Fundraiser at Tsawwassen Springs
- Sept. 17 Live Music with JUNO nominated "The Bills"
- Sept. 23 Quiz Night with Ivor
- Oct. 14 Shari's Dance
- Oct 17 Fall Fashion Show (with parking shuttle)
- Oct. 22 Delta Music Makers Concert
- Oct. 28 Cheers for Fears Halloween Event
- Nov. 3 Ceilidh Dance with Live Music
- Nov. 4 Shari's Dance
- Nov. 10 Remembrance Day Lunch w Beauty Shop Dolls

Events & Dates subject to change.

VOLUNTEER POSITIONS AVAILABLE

Community Centre: Receptionists, Program Coordinators for Badminton, the Boutique, Movies and Documentaries
Assisted Living: Active Games, Pets & Friends **Care Home:** Gardening, Pets & Friends
 Please pick up an application at Reception or download the form from our website: www.kinvillage.org
 then call 604-943-0225 to make an appointment with Jen.

A MESSAGE FROM DAN LEVITT, CEO



August is a month many of us look forward to and have memories of family vacation, summer camp, and enjoying time outdoors with friends. The month begins with BC Day long weekend and locally, SunFest. We are proud of the KinVillage parade entry and the booth at Winskill Park, thank you to everyone who supported this community event!

As we celebrate everything summer we are reminded that one of the great things of this time of year is being outside more and social connections grow.

At the Community Centre, we have been planning for the year ahead. Your voice is critical in guiding what happens in the monthly and yearly calendar. To enhance communication an Advisory Committee has been established and an initial meeting was successful to understand better from members what programs and services attract more people, what is working and what can be improved. What we heard was that the Community Centre is a beloved and integral part of life in Tsawwassen and the people who attend the many different activities are essential to its success. We also learned of the challenges that together we face and the opportunities to write a better future where everyone has a reason to come to the Community Centre and a reason to become more involved.

I look forward to seeing you at our Community Centre soon!

Dan Levitt



BEAT THE HEAT—

9 am—3 pm Mon.—Fri.

We are an official

City of Delta Cooling Centre

The water is free
and the air is cool !!

BEAT THE HEAT

EXTREME HEAT CAN KILL.

- GET PREPARED**
Schedule activities in the coolest part of the day and avoid exercising in the heat. If you must go out, wear a hat and sunscreen and take a bottle of water with you.
- HOT CARS KILL**
Never leave kids, adults, or pets in hot cars. The temperature inside a parked car can double within minutes.
- HELP OTHERS**
Look after those most at risk in the heat – your neighbour living alone, the elderly, the young, people with a medical condition and don't forget your pets.
- DRINK WATER**
Even if you don't feel thirsty, drink water. Take a bottle with you always.
- KEEP COOL**
Seek out air-conditioned buildings, draw your blinds, take cool showers, and dress in light and loose clothing made from natural fabrics.

BEAT THE HEAT
Delta.ca/beattheheat
Hotline: 604-946-3200

For more information, visit
climatereadybc.gov.bc.ca.
In an emergency, call 9-1-1.



FREE EVENTS IN AUGUST

MOVIE MATINEES - TUESDAYS AT 1:30



August 8th—Ticket to Paradise
Comedy/Romance - 1hr 44 min



David and Georgia, two divorced parents who can't stand each other, head to Bali after their daughter, Lily, announces her plans to marry a local islander she just met while on holiday. They decide to put aside their differences and work together to stop the wedding, believing that doing so will keep Lily from making a dreadful mistake similar to their own.

August 22nd—Sam & Kate
Comedy/Drama/Romance—1hr 50min



A life-affirming family dramedy that takes place in a small town in the heart of the country. Dustin Hoffman plays Bill, a larger-than-life father to Sam who has returned home to take care of Bill, whose health is failing. While he's there, Sam falls for local woman Kate; at the same time, Bill starts to fall for Kate's mom Tina. The course of true love never runs smooth.

EMERGENCY PREPAREDNESS



MAKE A PLAN



BUILD A KIT



BE INFORMED

Personal Emergency Preparedness. Presentation by Chris Wright

Wednesday, August 9th, 1-2 pm in MP Room

Most people think of this in regards to a major event like an earthquake but many more events can impact us. Power outages, storms, industrial incidents,

fires, and so on are all events that impact communities.

The government has asked each citizen to make themselves ready to be independent for at least 7 days. That is typically the time span that it will take emergency services to reach you and your community. By making yourself independent you will reduce your reliance on others and increase your comfort until the crisis has passed. Things to consider are shelter, food, sanitation. A kit you can build over several weeks will give you the comfort to deal with an emergency.



YELLOWSTONE

DOCUMENTARY Thursday, August 10th at 10 am in MP Room

Few places are as special and unique as Yellowstone National Park – the world's first national park. A wilderness jewel of vast forests and wide-open valleys, home to large bison herds, wolf packs, and grizzly bears. It sits atop one of the world's largest super volcanoes, giving rise to such iconic geothermal features as Old Faithful geyser and the Grand Prismatic Spring.



PODCAST—Thursday August 24th, 10:00 am in MP Room - 1h 31 min

"Healthy aging isn't something that starts in your 60s or 70s; it's a lifelong process." Dr Gordon Spence - In this uplifting conversation with psychologist and author Dr. Spence, you'll hear about the benefits of physical activity for sustainable performance and healthy aging. Even if you currently put exercise in the "too hard" basket, this conversation will inspire you to discover physical fitness that is right for you at any age!

Books will be for sale at the KVCC front desk. Book Titles: **Get Moving Keep Moving:** Healthy ageing and how physical activity loves you back by Dr. Gordon Spence and **26 Ways to Keep Moving:** The joyful connections people make with their physical selves by Dr. Gordon Spence and Riley Spence.

MORE AUGUST EVENTS

IT'S FREE - WATCH/LISTEN/DANCE

TO THE EAGLES 2021 HOTEL CALIFORNIA TOUR

August 17th - 1:30-4:00 PM - Ice Cream Floats Available - \$4.00



1:30 PM, AUGUST 29TH

ICE CREAM SOCIAL & TRIVIA WITH IVOR



A FREE EVENT.

However, donations are gratefully accepted.



FUN WITH IVOR QUIZ

- How many Musicians in a quintet?
- From which animal does venison come?
- How many Catherines did Henry the VIII marry?
- Which part of the body contains the femur?
- Of which country is Budapest the capital?
- Which country does Paddington Bear come from?
- What do the letters AKA stand for?
- With which English hero was Emma Hamilton associated?
- Active volcano Vesuvius overlooks which Italian City?
- Which Biblical character was cast into the lion's den?

FREE WEBINARS



Thursday, August 3rd, 10-11 am, MP Room - Shoulder Arthritis

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



Monday, August 14th, 10-11 am, MP Room - Gardening and Arthritis

You can keep gardening with arthritis. Learn strategies including garden layout, helpful gadgets, joint protection and pacing.



Thursday, August 24th, 1-2:30 pm, MP Room - Beverages: What are you drinking?

Are you drinking many calories, caffeine or alcohol? What you need to pay attention to.



Monday, August 28th, 10-11 am, MP Room - Exercise and Arthritis

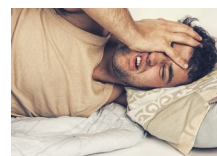
Learn about the benefits of exercise for arthritis. What types of exercises you should do. How to know if you are doing too much.



Wednesday, August 30th, 1-3 pm, MP Room - Sleep and Stress Management

Learn evidence based strategies to effectively manage stress and sleep issues.

Taught by a Registered Nurse



COMING IN SEPTEMBER



Shari's Dinner & Dance

Saturday, September 9th

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

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

Dress style optional but... glitz and glamour are always welcome.

Very special door and spot dance prizes!

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

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

Coffee or Tea

Please purchase your tickets early!!

Deadline for ticket purchase Friday, September 1st

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

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

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

Licensed premises - cash bar - Please drink responsibly.



Welcome Back

Lunchon



Friday, September 15th - 12 Noon

Chicken pot pie, dessert, tea and coffee

\$14 for members \$16 for guests

Full details and tickets will be at Reception soon!

7 OVER 70
AWARDS GALA

KINVILLAGE
Live Care Connect

**CELEBRATING SEVEN
REMARKABLE LIVES,
AGED 70 AND BEYOND!**

DR. AVIS GLAZE **CHEF BRUNO MARTI** **DR. JACK TAUNTON** **CARLENE LEWALL**

PETER GUICHON **LESLIE ABRAMSON** **BILL WILMS**

SEPTEMBER 16, 2023 | 5:30 - 11:00 PM | TSAWWASSEN SPRINGS BALLROOM

TICKETS NOW AVAILABLE WWW.KINVILLAGE.ORG/7OVER70

DON'T MISS OUT ON THE \$175 EARLY BIRD TICKET OFFER, AVAILABLE UNTIL AUGUST 16

ALL FUNDS RAISED WILL HELP SUPPORT KINVILLAGE'S ENHANCED DAY PROGRAM FOR OLDER ADULTS.

**FOR MORE INFORMATION ABOUT THE EVENT,
PLEASE VISIT WWW.KINVILLAGE.ORG/7OVER70**

**7 OVER 70 - A GALA FUNDRAISER
FOR THE DAY PROGRAM FOR OLDER ADULTS**

September 16th

Tsawwassen Springs Ballroom

For tickets go to:

www.kinvillage.org/7over70

COME JOIN IN THE FUN!



TSAWWASSEN
SUN FESTIVAL
2023



**MONDAY, AUGUST 7TH, BEGINNING AT 11:00 AM
AT 16TH & 56TH STREET AND ON TO WINSKILL PARK**

COME SEE OUR HAT TRICK AT THE SUNFEST PARADE!!

**CHEER US ON WITH OUR PARADE ENTRY, ROCKIN' FOLLOWERS,
AND THE ENTRY FOR BUENOS DIAS CAFÉ.**

**After the parade, visit the KinVillage tent to learn more about us.
Pick up a Unique Boutique coupon for 50% off during the month of August.
Open M-F 10:00-2:45 except holidays**



Cribbage - 1-3 pm starting Sept. 11th.

The second and fourth Mondays in the MP Rm
Join other players for a fun and social game of crib.
Coordinators: Liz M. & Bonnie K.



Conversational French - 10 am Mondays starting Sept. 18th

Are you interested in maintaining your language skills?
Meet others in the Multi-Purpose Room for fun conversation.
Coordinator: Mags M.



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

A card game of the rummy family of games, believed to be a variant of 500 Rum. Although many variations exist for two, three, five or six players, it is most commonly played by four in two partnerships with two standard decks of cards. There is someone who would organise this if there is enough interest.



This is for people who would like to participate in low key drama readings where they each take a part and read their lines. It could eventually grow to full on plays if the group desired. A Volunteer is willing to lead this group if there is enough interest. **Please let Reception know if you would like to participate.** Coordinator: Dave C.

AUGUST HAPPENINGS



SOMETHING NEW / SOMETHING DIFFERENT / SOMETHING FUN!!

**BADMINTON - WE PROVIDE THE EQUIPMENT
AT 1:30 PM, THURSDAY, AUGUST 10TH AND 31ST
PLEASE WEAR YOUR RUNNING SHOES**



Unique Boutique

Open 10 am to 2:45 pm M-F



MEMBERS SPECIAL AUGUST 14th

Show your 2023 KinVillage membership card and

Receive 50% off the purchase price.*

*Excluding jewellery

Thank you for your patronage. We also appreciate donations of gently-used, high-end ladies' apparel and accessories including jewellery, purses, and scarves.

No shoes or lingerie thank you.

IVOR'S FUN QUIZ ANSWERS

How many Musicians in a quintet?

Five

From which animal does venison come?

Deer

How many Catherine's did Henry the VIII marry?

Three

Which part of the body contains the femur?

Leg

Of which country is Budapest the capital?

Hungary

Which country does Paddington Bear come from?

Peru

What do the letters AKA stand for?

Also Known As

Which English hero was Emma Hamilton associated?

Horatio Nelson

Active volcano Vesuvius overlooks which Italian City?

Naples

Which Biblical character was cast into the lion's den?

Daniel



Pop-Up Class

9:30 am Saturday, Aug. 26TH

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

For more info call Pam 778-840-5299

Foot Care—Next Available Date

Friday Sept. 8th

Book at Reception

\$50 cash paid directly to nurse Laura.



EVA'S CORNER

AUGUST HEALTH AWARENESS

The Importance of Hydration in Older Adults

Dehydration occurs when you use or lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions. If you don't replace lost fluids, you will get dehydrated. Older adults naturally have a lower volume of water in their bodies, and may have conditions or take medications that increase the risk of dehydration. This means that even minor illnesses, such as infections affecting the lungs or bladder, can result in dehydration in older adults.



Symptoms - Thirst isn't always a reliable early indicator of the body's need for water. Many people, particularly older adults, don't feel thirsty until they're already dehydrated. That's why it's important to increase water intake during hot weather or when you're ill. The signs and symptoms of dehydration also may differ by age, look out for the following: Extreme thirst, less frequent urination, dark-colored urine, fatigue, dizziness, confusion.

Causes - Dehydration can occur for simple reasons: You don't drink enough because you're sick or busy, or because you're traveling, hiking or camping. Other dehydration causes include: Diarrhea, vomiting, fever, excessive sweating, increased urination.

Risk factors - Anyone can become dehydrated, but seniors and people with chronic illnesses are at greater risk. As you age, your body's fluid reserve becomes smaller, your ability to conserve water is reduced and your thirst sense becomes less acute. These problems are compounded by chronic illnesses such as diabetes and dementia, and by the use of certain medications. Kidney disease also increases your risk, as do medications that increase urination.

Complications - Dehydration can lead to serious complications, including: heat injury, urination and kidney problems, seizures, low blood volume shock.

Prevention - To prevent dehydration, drink plenty of fluids and eat foods high in water such as fruits and vegetables. Letting thirst be your guide is an adequate daily guideline for most healthy people

Treatment - The only effective treatment for dehydration is to replace lost fluids and lost electrolytes. The best approach to dehydration treatment depends on age, the severity of dehydration and its cause. Please remember, severe dehydration needs immediate medical treatment.

Adapted from the Mayo Clinic website.

SOME TIPS & TRICKS TO DRINK MORE WATER:

Team up with a loved one and challenge each other to drink more water.

Filling and keeping your favorite bottle visible will remind you to drink more water.

Where you live can influence how water tastes so if you wrote off water many years ago, try a different water source.

Infusing water with lemon, lime, or other fruits and veggies can add nutritional value as well as adding major flavor.

Add plenty of high-water foods such as melons, salad greens, tomatoes, and cucumbers to stay both nourished and hydrated.

Associate drinking water with an existing activity that happens regularly - first thing in the morning, mealtime, etc.

Delta's Seniors Support Coordinator helps connect people 50+ to services and resources in the larger community, including:

- Wellness
- Healthcare
- Family & Caregiver Support
- Government Services & Benefits
- Housing Options

Eva's hours at KVCC: Thursdays, 8:30 am-4 pm. To book an appointment, call **604-787-1242**, or email EBusich-Veloso@delta.ca





KINVILLAGE
Community Centre

5430 10th Ave., Tsawwassen

WEEKLY ACTIVITIES

Reception open Monday - Friday 9:00 am to 2:45 pm

Unique Boutique open Monday - Friday 10:00 am to 2:45 pm

Buenos Dias Café open M-F 8 am-2:30 pm

Use your Multi-Class punch card for classes marked in red.

Monday

8:00 am Drop-in Snooker 'til 4 pm
 9:00 am Pilates Level 2 **(Beth)**
 10:00 am Conversational French—MP Rm. Starts Sept. 18th
 10:00 am Men's Drop-In Social Coffee Time
10:15 am Fitness & Stretch (Beth)
 11:15 am Women's Social Group
 11:30 am Carpet Bowling
 1:00 pm Ukulele Jam Session
 1:00 pm Cribbage - Resumes Sept. 11th
2:30 pm Chair Yoga (Shigeko)

Tuesday

8:00 am Drop-in Snooker 'til 4 pm
9:00 am Ball Fitness (Beth)
 10:00 am Men's Drop-In Social Coffee Time
10:30 am Line Dance (Susana)
 10:30 am Tech Buddy—Aug. 15 & 22
 10:30 am Writing Group (2nd & 4th Tues.) - MP Rm
 11:45 am Music with The NewTones - on hold 'til Sept.
 1:00 pm Social Bridge - MP Rm.
 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
 8:30-4 pm Chat with Eva - Seniors' Support
9:00 am Functional Fitness (Bev)
 10:00 am Men's Drop-In Social Coffee Time
 10:00 am Women's Drop-In Social Coffee Time
 10:00 am Knitters
10:00 am Watercolour Art (Laurel) On hold
 10:30 am Tech Buddy Aug. 17
 11:00 am Walking Group
 11:30 am Carpet Bowling
 1:00 pm Euchre *Moved to Lutheran Church*
 1:00 pm KinQuilters
 1:00 pm Partners Bridge *Moved to Lutheran Church*
 1:30 pm Badminton Aug. 10 & 31
4:00 pm Line Dance (Susana)
5:30 pm Jazzercise (Pam)

Friday

8:00 am Drop-in Snooker 'til 4 pm
9:00 am Yoga (Shigeko)
 10:00 am Men's Drop-In Social Coffee Time
 10:00 am Mahjong - MP Rm.
10:30 am Dancercise (Shari)
 11:45 am Floor Curling
1:00 pm Beginners Line Dance (Susana)
 2:30 pm Adaptive Fitness (Rachel)
8-10 pm Social Ballroom Dance (4th Fridays)

Sunday

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

**Ballroom Dance Lessons cancelled Aug. 6th and 27th
 Social Ballroom Dance Aug. 6th moved to Mon. Aug. 7th**

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

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

CHECK OUT OUR NEWSLETTER
www.kinvillage.org

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

