



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

[www.kinvillage.org](http://www.kinvillage.org)

The Community Centre is open 8 to 4, Reception Desk 9 to 2:45, and Unique Boutique 10 to 2:45

**BOOK SALE - Feb. 2-4 - BAKE SALE 10-12 Saturday, February 4th**  
**All classes in the main hall are cancelled on Feb. 2nd and 3rd.**

## Manager's Corner

You will have noticed our new logo. You can read more about our new branding on page 3.



The Queen Elizabeth II Platinum Jubilee Pin, designed to commemorate the late Queen Elizabeth's 70 years of selfless service



on the throne, was presented to Eva Busich-Veloso, Seniors' Support Coordinator, City of Delta, for her exemplary service to our Community's seniors. We are fortunate to have Eva here at KinVillage every Thursday assisting you with whatever challenges you may have. Congratulations Eva. What a well deserved honour. We are pleased to note that the following people, who have been active with KinVillage, have also been awarded the pin: Julie Berks, Vicki Huntington, Lois E. Jackson, Jeanette Cormier, and Bill Didur.

I hope your 2022 ended well and that 2023 is off to a great start. I had such a wonderful holiday traveling to Patagonia! I have been asked so often about it that I am excited to share my travels with anyone who is interested. Please join me for a slide show of my adventures on Friday, January 27th at 3 pm.

I'd also like to thank Bettina for covering for me in the Community Centre during the busy holiday season.

It is the simple things in life that bring us joy, peace and contentment so I wish you a year of good health, staying active and engaged, and sharing time with people who lift you up.

**Happy 2023!**

Jen K.  
604-943-0155 ext. 262  
[jkormendy@kinvillage.org](mailto:jkormendy@kinvillage.org)

## Mark your Calendar!

### HAPPY NEW YEAR!

- Jan. 6 **FREE** Documentary
- Jan. 10 **FREE** Movie Matinee
- Jan. 13 Foot Care Nurse by appointment
- Jan. 14 Shari's Saturday Social
- Jan. 19 Coffee with a Cop followed by Circle of Friends
- Jan. 21 Quiz Night
- Jan. 24 Downton Abbey movie, Tea & Trivia
- Jan. 27 Patagonia slide show with Jen
- Jan. 30 Bring-N-Fix Repair Event by donation
- Feb. 2-4 Giant Book Sale
- Feb. 4 Bake Sale & the Boutique will be open
- Feb. 3 **FREE** Documentary
- Feb. 9 Coffee with a Cop followed by Circle of Friends with Eva
- Feb. 10 Foot Care Nurse by appointment
- Feb. 14 Valentines Day Dessert and DVD Concert
- Feb. 18 A conversation with the Mayor (ECD)
- Feb. 25 Latin Dance & Salsa Lesson with a DJ
- Mar. 3 **FREE** Documentary
- Mar. 10 Foot Care Nurse by appointment
- Mar. 18 Ceilidh Dance with Live Band
- Mar. 23 Coffee with a Cop followed by Circle of Friends

**Events and dates subject to change**

## NEWS FROM THE CEO



January is a time of year that we often spend looking ahead to the next 12 months sometimes making New Year's resolutions hoping for a better tomorrow. We might plan ahead for significant events that we look forward to and think about how to enjoy the outdoors as we adapt to the changing weather conditions.

At KinVillage we are certainly excited about 2023! At the end of 2022 The City of Delta gave final approval to the North Court Redevelopment project to replace the existing 100 unit affordable housing building for older persons with a new 150 unit building to be constructed on the parking lot directly north and east of the current North Court building. The main floor of the new building will include a Day Program for Older Adults (DPOA) with additional spaces for older persons to meet the increasing demand for people to live independently in the community delaying and in some cases preventing a move to assisted living or long term care. DPOA is an essential option for living at home often providing the only time when a caring partner has respite from their dual role as both caregiver and spouse.

With a 2025, expected opening of the new North Court building, tenants from the existing building will move in and soon after the outdated building will be demolished making way for the 2<sup>nd</sup> phase in the KinVillage redevelopment. What specifically will be built on the footprint of the current North Court building is yet to be determined, it will undoubtedly serve the needs of older people in South Delta through a combination of housing, care and community-based services.

As a hub for the 50+ in South Delta, KinVillage will continue to operate a community centre, the place where active ageing enables each person to live life to the fullest. Offering a variety of programs and services, some yet to be introduced to Tsawwassen and some that will continue to be perennial favourites. As a Community Centre, we will also continue to offer rentals of the hall to individuals for their events. More than a decade into the future we will begin a plan to rebuild with a more accommodating configuration for various activities and yes, we will plan for more parking.

As we reflect on 2022, it was a year we restored many of the things absent during the pandemic. Building back better those signature approaches to reaching our full potential individually and collectively. We raised more than \$100,000 in the fall through a dedicated fundraising program that brought renewed interest from across generations and from around town, inviting people to consider KinVillage as their charity of choice helping us achieve our goal as the place to be.

In 2023, KinVillage will be stronger with a renewed sense of hope and optimism for the possibilities that will present themselves as opportunities for serving others. There will be significant challenges but together we will work to achieve the World Health Organizations (WHO) definition of Healthy Ageing "as the process of developing and maintaining the functional ability that enables wellbeing in older age".



Dan Levitt, MSc., CHE  
CEO



3D VIEW - FROM ENTRY

## Our new logos will be officially launched soon!

In the meantime, here are some of the details about why there is a new design. Just seeing the logo mark/icon, it easily ties into the KinVillage Mission, Vision and Values. Welcoming, Caring, Joyful, and the heart of the Community. The colour combination is associated with nature and is invigorating. The colours remind us of the shallow waters of sunny places like Tsawwassen.

## WHO'S NEW AND WHAT DO THEY DO?

### **Kristen Thomas** **Director of Development**

It is with great excitement I accept this challenge to help raise millions for KinVillage. Not only will I be responsible for fundraising to improve programs, amenities, and the construction of the Adult Day Program facility within North Court, but I will also build strong relationships with everyone in our community. I will be planning several new events over 2023 to help build brand awareness about the new development and KinVillage's current needs. The goal is to engage our community and help create a better place for our 50+ . I think that as fundraisers, we sometimes get overly focused on the monetary goals. We forget that philanthropy that doesn't cost anything can also make a huge difference. It takes a village and I would be grateful for our community's support.



### **Krystal Sidhu** **Communications and Executive Assistant**

I am happy to start this new position and career at KinVillage. I will be assisting the Executive team and helping with communications to our staff. Working with Kristen will be a main part of my role. Helping with donations and keeping an organized base of our donors. In other words, and any help that may be needed with fundraising. I enjoy being the right hand gal to our Executive team and I will provide the support needed to keep a happy staff and community within KinVillage!



### **Jubail Sanchez** **Marketing Coordinator**

My primary role is expanding the presence of KinVillage in social media as well as our brand strategy, planning, coordinating and executing digital marketing activities. I am also responsible for branding all marketing and promotional pieces (e.g., graphics/print materials, promotional messaging, ads, etc.) and producing and implementing content for our new upcoming website.





# OUR MULTI-PURPOSE ROOM HAS MORE HAPPENING.



**Coffee with a Cop followed by Circle of Friends** - 10 am January 19th in the Multi-Purpose Room. Coffee and cookies will be available. Bring your questions to get the conversation started.

**Circle of Friends NEW TIME** 11 am in the Multi-Purpose Room. Join Eva, Delta's Seniors Support Coordinator, for a drop-in to meet others and increase your social connections in a fun, supportive way.



Spanish Conversation

¡Hola!

¿Qué tal?

**Conversational Spanish** with Ana Arciniega. 10:30 am on Wednesdays in the Multi-Purpose Room starting January 11<sup>th</sup> with Ana Arciniega. Come and join this group and learn about the Latin-American culture while practicing your Spanish.

Language level - medium.



**The Big Read** will be returning to the Multi-Purpose Room at 10 am on Mondays, starting in April Henry will be reading from a novel by a well known author. More news about this will be in upcoming newsletters.

**Come experience Patagonia - Friday, January 27 at 3 pm.**

Jen will take us along on her recent journey to Chile and Argentina with her sons through her pictures and commentary.

**Please sign up so we can plan for numbers.** Refreshments provided.



## Parkinson's Support Group

The South Delta Parkinson's Support Group meets via Zoom every **third Monday of the month at 10:30 am**. Parkinson's is a "designer disease" – every individual is on a unique journey. We discuss the resources and treatments available so you can do your own further research. People with Parkinsons, their care partners and family members are welcome to sign up for the zoom meeting. Simply email Joanne at [Southdeltaparkinson@gmail.com](mailto:Southdeltaparkinson@gmail.com)



We also hold a casual coffee meet-up in the Buenos Dias Café inside the KinVillage Community Centre the **first Tuesday of the month from 1:00-3:00 pm** (with the exception of July and August). Everyone is welcome.

For more information, contact Joanne at [Southdeltaparkinson@gmail.com](mailto:Southdeltaparkinson@gmail.com) or call 7778-233-6551.

*Additional resources can be found at the Parkinson Society of BC, [www.parkinson.bc.ca](http://www.parkinson.bc.ca)*



# WRAPPING UP 2022

## LANGLEY UKULELE ENSEMBLE CONCERT, DECEMBER 3RD



## CHRISTMAS LUNCHEON, DECEMBER 6TH



Good sounds from the Ukulele gals too.



Sincere thanks to Susana and Kathy for these great pictures.



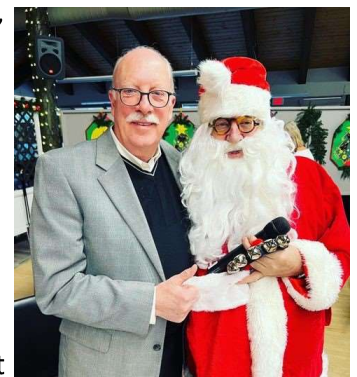
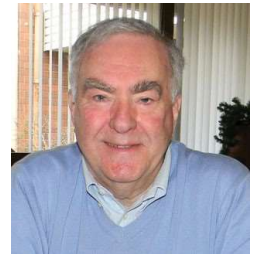
Joan Johnson (top centre) accepted \$118 on Louise Long's behalf and Karen Penner was delighted to receive her \$118 in the split 50/50 draw.



"Our Christmas Luncheon today was a great success! Thank you MLA, Ian Paton, for joining us! Thanks also to the Santa for the day, Jeroen Vermeulen. It's so great to be out at large seniors' events again, especially with a singing Santa! The Live Band, the NewTones, were fantastic. A wonderful and festive community event."

Kristen Thomas, Director of Development

Ivor provided a surprise trivia quiz and lots of fun.





# WRAPPING UP 2022

Volunteers extend their thanks for the 'Cheers' event held for us on December 9th.



Quite the spread enjoyed by all.



## Shari's Christmas Dance Party December 10th

Everyone appreciates the effort Shari puts into all of her Saturday Socials and that is especially true of her Christmas and New Year's events. She is grateful to Yvonne for her help with programs, tickets, etc. Thanks also to Molly and Ivor who are often seen tending bar at various events.



## NEW YEAR'S EVE GALA DINNER & DANCE

A busy time for Shari and Ken as they set up this event as well as her Christmas event along with Yvonne and they are now preparing for Shari's Saturday Social on January 14th.



Carol & Bill; Jim & Heather  
Spot Dance winners

Yvonne gave the 50/50 winner  
of \$87.50 to Don Falk

# JANUARY EVENTS

## A FREE Documentary - 10 am - Friday, January 6th – Multi-Purpose Room

### Ocean Stories 3 - Dolphins and Whales - 50 min. - Ute Margreff lives on Ireland's Atlantic

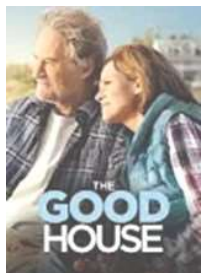


coast, Florian Graner in the Puget Sound in the Northwest of the USA. Both Germans share a deep passion for the sea and its creatures. About 10 years ago Ute Margreff got to know the female solitary dolphin Mara – it was the start of an unusual friendship. Florian Graner found its private paradise close to Seattle. Right in front of his doorstep he dives into a world inhabited by sea lions, giant octopus and orca whales. Both Ute and Florian fight for the protection of marine habitats, each one in a different and very unique way.



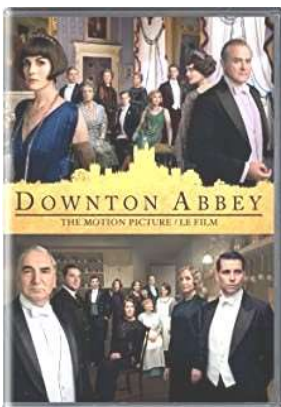
## FREE TUESDAY MOVIE MATINEE AT 1:30

### The Good House – January 10, 2023 - 1 hr 43 min romance comedy drama



**The Good House** follows Hildy Good (Sigourney Weaver), a wry New England realtor and descendant of the Salem witches, who loves her wine and her secrets. Her compartmentalized life begins to unravel as she rekindles a romance with her old high-school flame, Frank Getchell (Kevin Kline), and becomes dangerously entwined in one person's reckless behavior. Igniting long-buried emotions and family secrets, Hildy is propelled toward a reckoning with the one person she's been avoiding for decades: herself.

**One reviewer said:** Loved it. Every time, I thought it would take an obvious turn, it didn't. It was funny, touching, and fresh. **Watching the chemistry of Sigourney Weaver and Kevin Kline was off the charts.**



## Downton Abbey Event

Tuesday, January 24th

Free Movie at 1:30,

Tea with ticket at 3:30 includes Trivia

Tickets on sale now.

\$18 for members \$24 for non-members

Licensed premises - cash bar

Prize for best Tea Time attire.





# MORE FUN TO COME

## Shari's Saturday Social

January 14th

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

**Our theme is "CANADIAN COUNTRY CASUAL"**

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

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

***\$12 for members \$14 for non-members***

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

***Some tickets available at the door. Cash only please.***

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

***Licensed premises cash bar***



**Saturday, January 21<sup>st</sup>, 2023**

**Teams of four at \$40 per team**

Enter your team by phoning 604-943-0225  
or register at reception M-F 9 am to 2:30 pm.  
cash/credit/debit

**Provide contact name, phone number,  
team name and of course \$40.**

**Spectators welcome at \$5 per person.**

KinVillage Community Centre  
5430 10<sup>th</sup> Ave., Tsawwassen

## BRING N' FIX

**Monday, January 30th**

**11:30 am to 1:00 pm in the MP Rm.**

Do you have treasured items that are broken. You've got all the pieces but for sentimental reasons, you can't throw away your keepsakes? Gather them up and bring them to the Community Centre on January 30th.

Ivor will attempt to make the necessary glue repair.

If successful, please make a donation to KinVillage.

**See you January 30th!**

## PROGRAMS GROWING IN POPULARITY.

### CHEN STYLE TAI CHI - Will return in February



Chen style is the oldest tai chi form of the five primary tai chi styles so there is a lot of history behind this form. Chen Style Tai Chi clears the mind, relaxes the body, improves balance, and contributes to overall health.

#### Participant testimonials:

“Tai Chi class has definitely improved my balance. I think Colin's an excellent, very vigilant instructor, who tactfully guides each of us, so I find his classes very therapeutic.”  
“Colin's a most excellent teacher and has a warm presence. KinVillage is fortunate to have access to Colin's skills and expertise! “

### CARPET BOWLING

Thursdays at 11:45 am

**For a fun and lively time, come on in for Carpet Bowling!**

We have everyone in mind including those who, for any reason, are unable to deliver their bowls in a standing position. You can deliver the bowls in a position which best suits your needs.



\$2.00 per session



### MAHJONG

Fridays at 10 am  
in the Multi-Purpose Rm.  
All skill levels welcome.

In most variations, each player begins by receiving 13 tiles. In turn, players draw and discard tiles until they complete a legal hand using the 14th drawn tile to form four melds (or sets) and a pair (eye). A player can also win with a small class of special hands. While many variations of mahjong exist, most variations have some basic rules in common. Come join our new enthusiastic mahjong group.

\$2 per session



### FLOOR CURLING

Fridays at 11:45 am  
is \$2 per play

Floor Curling is a fun and challenging game and best of all you can enjoy it indoors.

It combines physical and mental skill. It is one of the few sports where all ages, genders, and abilities can play. The object of the game is to score more points than your opponent. Come try out this fun game!

**As with all activities, your first time is FREE!**

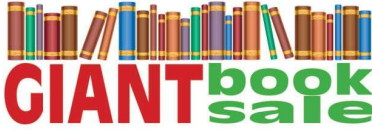
## SO POPULAR THAT CLASSES HAVE BEEN ADDED



Classes added on Tues. and Thurs. starting at 5:30 pm.

- ◆ Get all the pulse-pounding, body-pumping intensity without the hop.
- ◆ Use your muscles—not your momentum—to get a killer core workout.
- ◆ A dance-based cardio and strength training for total body transformation.

## EVENTS IN EARLY FEBRUARY.



### GIANT **book** sale

#### KINVILLAGE COMMUNITY CENTRE

Thurs., Feb. 2nd - 9am\* to 6pm

Fri., Feb. 3rd - 10am to 6pm

Sat., Feb. 4th - 10am to 2pm

\*9-10 am KinVillage Members Only Shopping

Now accepting donations of books, CD's, DVD's,  
vinyl records, puzzles and board games for our

### 17th Annual Book Sale

We cannot accept textbooks, spiral cookbooks,  
Readers' Digests, VHS tapes, magazines or encyclopedias.

Please drop off at  
KinVillage Community Centre M-F 8am - 4pm.



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



**BAKE SALE**  
at the book sale!  
**Saturday, February 4th**  
Please bring your  
contribution of baked  
goods to Reception on  
**Friday, February 3rd.**  
Nut free and cream filling free  
appreciated.

At the Book Sale, we will be selling your  
homemade baked goods as well as coffee on  
**Saturday, February 4th from 10 am 'til noon**  
- or as long as baked goods are available. 😊

Proceeds from the book and bake sale will be used to enhance the Community Centre user's experience.  
Watch for more specific details in the March newsletter.

## FREE DOCUMENTARY

**Friday, February 3rd - 10 am in the Multi-Purpose room**

**Who built Stonehenge? - 50 min.**



Stonehenge, located on the Salisbury Plain in Southern England, has long been associated with Druids, a group of wise men present in England more than 2000 years ago. Still today at Summer Solstice, the longest day of the year, Druid celebrations are held at Stonehenge. But were they the actual designers? Excavations underneath the stones have revealed artifacts, like antler horns, carbon dated at 4000 years ago. Bodies found buried nearby are of the same age. This rules out the Druids, as well as the Romans who followed them. This even pre-dates immigrant settlers from Europe. That leaves primitive people known as Ancient Britons, who lived at the start of the bronze age. Great precision was used in assembling the 15,000 tons of rock into circles. Did they have the know-how? These questions and more are explored in this documentary.



# EVA'S CORNER

## Best New Year's Health Resolutions 2023



Health resolutions made at the beginning of the New Year might be difficult to keep. However, by tailoring your objectives to your way of life, you increase the likelihood of achieving them. It takes effort and time to form new, healthy behaviors. To achieve them, you should be: precise, realistic, track your progress and celebrate your accomplishments. This way, you'll have a certainty that you'll make substantial progress toward your goal of a better, happier self.

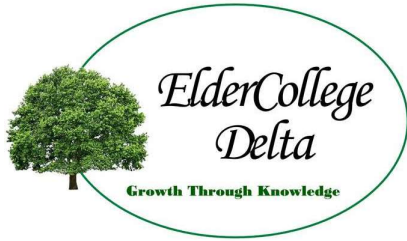
1. **Spend Some Time Reflecting on Previous Resolutions.** Being fair and honest with yourself will help you succeed the next time. Understanding the reasons why you were unable to keep a resolution will help you succeed then.
2. **Invest in a Better Dessert.** Try chocolate-covered almonds, chocolate-dipped frozen banana pieces, or chocolate chips combined with popcorn, pistachios, instead of a chocolate bar to get some heart-healthy fiber in addition to minimizing your intake of added sugar.
3. **Take a 15-minute Nature Break.** Staying in the same place for an extended time can exacerbate feelings of social isolation. It has been demonstrated that spending time in nature helps to elevate mood and enhance memory.
4. **Sit Less, Move More.** Driving less and walking more can extend your life, lift your spirits, and lower your chance of developing heart disease, diabetes, and several types of cancer.
5. **Establish a Bedtime Alarm and Get More Sleep.** A third of us consistently fall short of the recommended minimum of seven hours of sleep each night. The easiest way to achieve more sleep is by setting an alarm for 45 to an hour before you want to go to sleep. Start your wind-down ritual as soon as it goes off.

Making plans and setting health goals for the New Year might help you make the most of 2023. I wish you a Healthy and Happy holiday season!

Adapted from Business Yield website: [NEW YEAR RESOLUTIONS: 2023 Best New Year Health Resolutions \(businessyield.com\)](https://www.businessyield.com/new-year-resolutions-2023)

For more information, please contact Eva, Seniors' Support Coordinator, City of Delta, at 604-787-1242 or e-mail [EBusich-Veloso@delta.ca](mailto:EBusich-Veloso@delta.ca)





## Celebrating 20 years of providing *Growth Through Knowledge*

Our Programs Committee is in the process of putting together another interesting line up of classes, presentations, and field trips for our Spring Semester. Registration will open February 21<sup>st</sup> with classes beginning March 6<sup>th</sup>. The Spring calendar will be available for viewing the week of January 30<sup>th</sup>.

Please visit our website [eldercollegedelta@wildapricot.org](mailto:eldercollegedelta@wildapricot.org) for details.

### ElderCollege Delta Presents **A CONVERSATION WITH MAYOR GEORGE V. HARVIE**



Saturday, February 18th starting at 10:30 am  
KinVillage Community Centre Main Hall  
5430 10th Ave., Tsawwassen

**This is a FREE event open to the public.**

Mayor Harvie will begin by talking about the progress the City has made over the last four years and share with us what he and Council would like to accomplish in the coming term. You are then invited to ask questions of the Mayor. He will be available until approximately 11:45. You can also submit questions in advance by emailing [eldercollegedelta@gmail.com](mailto:eldercollegedelta@gmail.com) by Monday, February 13th.



## Double Fun with Ivor

I'm sure everyone missed the December edition of Fun with Ivor. Jen tells me that those who attended the Christmas luncheon had a surprise trivia and lots of fun. For those who were not at the luncheon, this is for you.



1. According to the song, what is Frosty the Snowman's nose made of?
2. How many different types of bird are mentioned in the song "The Twelve Days of Christmas"?
3. According to the song, when did King Wenceslas step out?
4. Which two of Santa's reindeer have names that begin with the letter "C"?
5. In "The Christmas Carol" which character speaks the line "God bless us, every one"?
6. What colour is Santa's belt?
7. What is the first line of the Christmas song "Let it Snow, Let it Snow, Let it Snow"?
8. In Canada, what is Santa's official postcode?
9. What is the star sign of a person born on Christmas Day?
10. Which was the first country to issue a Christmas postage stamp?
11. What is the name of the skin that hangs from a turkey's neck?
12. Male reindeer shed their antlers during the winter.  
True or False?
13. Which alcohol is traditionally added to the base of a Christmas trifle?
14. Bounceberry is a colloquial name for which Christmas fruit?
15. Who is the main enemy in the festive ballet "The Nutcracker"?



### 1960's Trivia Questions

1. In 1964 Jack Ruby was convicted of murdering which other accused assassin?
2. Who played the role of Norman Bates in the 1960 horror movie "Psycho"?
3. In which year did the Woodstock Festival take place?
4. What new type of telephone was invented in 1963?
5. Which actor won the Oscar for Best Actor for his role in the 1962 film "To Kill a Mockingbird"?
6. Which product did Proctor & Gamble launch in 1966 that revolutionized baby care?
7. Who landed at 17 Cherry Tree Lane in a well-known Walt Disney movie from 1964?
8. What famous TV series debuted in 1966 with these words "Space the final frontier"?
9. What famous actor starred in "Lilies of the Field" and "Guess who's Coming to Dinner"?
10. What was this famous boxer's name before he changed it to Muhammad Ali?



# COME JOIN OUR AMAZING TEAM OF VOLUNTEERS

## Community Centre:

- **Fashion Consultant in the Unique Boutique**- sell clothes and help keep the store updated, tidy and welcoming. One 2.5 hour shift/week.
- **Receptionist** - greet visitors, sign up new members, sell tickets to events, give out information, etc. One 3.25 hour shift/week.
- **Kitchen helper in Café** - Run dishwasher, clear tables. Once a month for special events.
- **Decorating Team** - Adorn the hall seasonally and for special events with materials on hand. Ideally, three people including a team leader.



## South Court:

- **Bartenders** for weekly Happy Hour on Wednesdays, Serving-It-Right certificate essential.
- **Staff Assistants** for weekly games—e.g. bean bag toss, ring toss, horseshoes. Must be able to run the program independently.
- **Pets & Friends** - Looking for pet therapy volunteers.

## West Court:

- **Staff Assistant** to help with serving and resident engagement during interactive programs, e.g. weekly Social Hour, Bingo, coffee pop-up, and events. Help to decorate the activity areas during the themed week is appreciated.
- **One to One** Social Visits.
- **Gardeners** needed to adopt a garden space in West Court. We have areas like the patio off the lounge, the front entrance of the care home and sections of Parkview's Garden that are in much need of TLC. We have families already volunteering in some areas, like the Courtyard, which is visited by many, but the volunteer coordinating this area needs helpers to do weeding and other tasks.
- **Pets & Friends** - Looking for pet therapy volunteers.

## Community Connector Program:

- **Social Calls** - Connect by phone with isolated seniors in the community and engage them in conversation.
- **Social Visits** in the Community Centre - in-person meetings in the Community Centre over coffee with seniors who would otherwise be isolated at home.
- **Art and/or Knitting volunteer** - Seeking a person who feels comfortable teaching simple art projects to seniors who want to engage in an activity outside their home.

To apply as a volunteer, please pick up an application at Reception, or download the form from our website: [kinvillage.org](http://kinvillage.org)

When complete, please call 604-943-0225 to make an appointment with Jen.

## WE LOVE OUR VOLUNTEERS!

# FEBRUARY CALENDAR

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUNDAY
8:00-2:30	Café Open						
8:00-4:00	Drop-In Snooker / Socialising						
8:30-4:00	Chat with Eva						
10:00-11:00 am	Men's Coffee Social Group						
10:00-2:45	Women's Coffee Social Group						
10:00-2:45	Unique Boutique						
9:00-10 am	Pilates 2 (Beth)	Ball Fitness (Beth)	Jazzercise (Pam)	Functional Fitness (Bev)	Yoga (Shigeko)		
10:00 am				Coffee with a cop 10-11 19 Jan.			
10:15 am	Fitness & Stretch (Beth)	Line Dance (Susana)	Pilates 1 (Beth)	Watercolour Class (Laurel) (Vidal)	Mahjong (MP Room)	Dancercise (Shari)	
10:30 am		Writing Group (MP Rm) (2 <sup>nd</sup> & 4 <sup>th</sup> Tues)		KinKnitters	Tai Chi (Collin) On hold		
11:15 am				11 am Circle of friends 19 January			
11:30 am	Women's Social Group						
11:45 am							
12:00 pm							
12:15 pm							
12:45 pm							
1:00 pm	Ukulele Jam (MP Rm or east side of hall)	1:30 Free Movie Matinee Jan. 10	BINGO	Partner Bridge	Carpet Bowling	Floor Curling	12:30 - 1:30 Intermediate Ballroom Dance Class
2:00 pm							1:30 - 3:00 Social Dance
2:30 pm							
2:45 pm	Chair Yoga (Shigeko)						
3:00 pm							
3:30 pm							
4:00 pm							
5:30	Tues. Jazzercise						
	Thurs. Jazzercise						

## DOUBLE FUN WITH IVOR TRIVIA ANSWERS

### 1960's Trivia Answers

1. Lee Harvey Oswald
2. Anthony Perkins
3. 1969
4. Touch-Tone
5. Gregory Peck
6. Pampers
7. Mary Poppins
8. Star Trek
9. Sidney Poitier
10. Cassius Clay



### ***FUN with IVOR*** ***Christmas Edition*** ***The Answers***



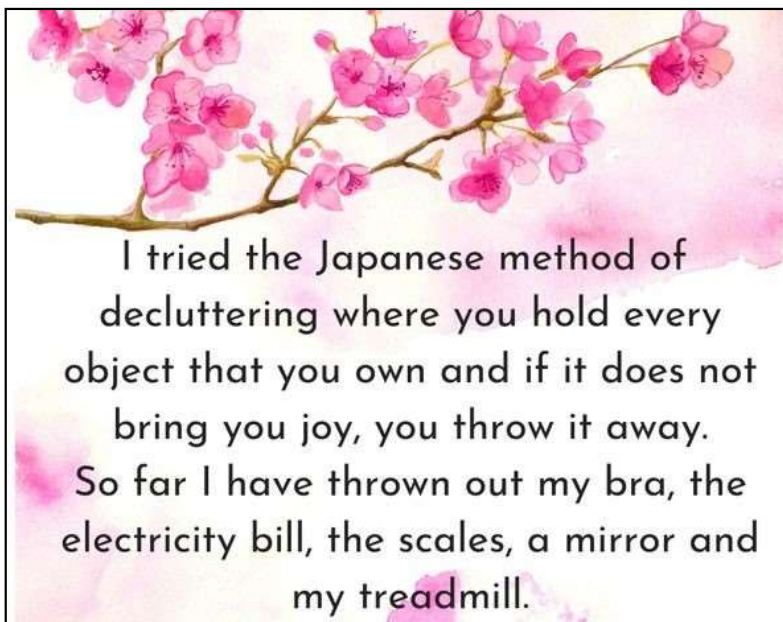
1. A Button
2. Six (partridge, turtle doves, French hens, calling birds, geese and swans)
3. On the Feast of Stephen
4. Cupid and Comet
5. Tiny Tim
6. Black
7. "Oh the weather outside is frightful, but the fire is so delightful"
8. HOH OHO
9. Capricorn
10. Canada
11. Wattle
12. True
13. Sherry
14. Cranberry
15. The Mouse King



*Merry*  
**CHRISTMAS**



## JANUARY CHUCKLE



I tried the Japanese method of decluttering where you hold every object that you own and if it does not bring you joy, you throw it away. So far I have thrown out my bra, the electricity bill, the scales, a mirror and my treadmill.



## TIME TO BUY NEW OR RENEW MEMBERSHIP.

### DESIGNED WITH THE 50+ IN MIND

In addition to more than two dozen programs offered weekly, the Community Centre holds themed luncheons and the popular Shari's Saturday Social Dance once a monthly. We have health and wellness programs with the Arthritis and Alzheimers' Society for example. Free concerts with the Delta Music Makers, the Delta Concert Band and the Ukulele Ensemble. Our annual giant book sale is also a big hit with the community. So many great activities and events to help keep members stay happy, healthy, and involved.

We welcome clothing donations to our Unique Boutique and invite everyone to come in and buy from an ever changing, huge selection of gently used ladies' clothing and accessories.

Open to the public, the Buenos Dias Café offers daily lunch specials, freshly baked muffins and scones, and much, much more.

1. BALLROOM DANCE LESSONS
2. BINGO
3. BRIDGE
4. CARPET BOWLING
5. COFFEE SOCIAL
6. EUCHRE
7. FLOOR CURLING
8. FUNCTIONAL FITNESS
9. JAZZERCISE
10. KNITTERS
11. LINE DANCING
12. MAHJONG
13. MOVIES FOR FREE
14. NEWTONS MUSIC
15. PILATES
16. QUILTERS
17. SHARI'S THEMED SOCIAL DANCES
18. SNOOKER
19. SOCIAL DANCING
20. CHEN STYLE TAI CHI
21. UKULELE JAM
22. WALKING GROUP
23. WATERCOLOUR ART
24. WRITING GROUP
25. YOGA



**2023 Memberships on sale now. Still just \$30.00 per year. Sign up to enjoy a full year of membership benefits!**

### NEW MEMBERS WELCOME!

We welcome new members with a complimentary three punch card to sample our activities at no cost.



### Enquire about hall rentals.

Beautiful wood sprung dance floor (45' x 63'); Stage approx. 11' x 15'  
Dinner/Dance capacity for 200+; Auditorium style seating capacity for 300;  
Private meeting room; Catering available.

### Very reasonable rental rates.

For more information contact Jen Kormendy 604-943-0155 Ext. 262.

## 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

**BOOK SALE - Feb. 2nd -4th - BAKE SALE 10-12 Saturday, Feb. 4th**

All classes in the main hall are cancelled on Feb. 2nd and 3rd.

Use your multi-purpose punch card for classes marked in red.

### Monday

8 am-4 pm Drop-in Snooker  
9:00 am Pilates Level 2 *(Beth)*  
10:00 am Men's Drop-In Social Coffee Time  
**10:15 am Fitness & Stretch (Beth)**  
11:15 am Women's Social Group  
11:45 am Carpet Bowling  
1:00 pm Ukulele Jam Session - MP Rm  
**2:30 pm Chair Yoga (Shigeko)**

### Tuesday

8 am-4 pm Drop-in Snooker  
**9:00 am Ball Fitness (Beth)**  
10:00 am Men's Drop-In Social Coffee Time  
**10:30 am Line Dance (Susana)**  
10:30 am Writing Group *(2nd & 4th Tues.) - MP Rm*  
11:45 am Music with The NewTones - *(Back on Jan. 17th)*  
1:00 pm Social Bridge - MP Rm.  
1:00-3:00 pm Parkinson's support group  
First Tues. of the month in the Café  
1:30 pm Movie Matinee *(2nd & 4th Tues.)*  
5:30 pm **Jazzercise (Pam)**

### Wednesday

8 am-4 pm Drop-in Snooker  
**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  
1:00 pm Bingo

### Thursday

8:30 - 4 pm Drop-in Snooker  
8:30 - 4pm 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 Coffee with a cop - Jan. 19 - MP Rm.  
**10:00 am Watercolour Art (Laurel) - Vidal Crt.**  
**10:15 am Chen Style Tai Chi (Colin) on hold**  
11:00 am Walking Group  
11:00 am Circle of Friends  
Jan. 19 following coffee with a cop - MP Rm.  
11:30 am Carpet Bowling  
1:00 pm Euchre  
1:00 pm KinQuilters  
1:00 pm Partners Bridge  
**4:00 pm Line Dance (Susana)**  
**5:30 pm Jazzercise (Pam)**

### Friday

8 am-4 pm Drop-in Snooker  
**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)**

### Saturday

Shari's Social Dance - January 14th  
Canadian Country Casual

### Sunday

12:30-1:30 Intermediate Ballroom Dance Lessons  
**1:30-3:00 Social Dance**



As is her usual way, Beth had a Christmas gathering of her gals to celebrate the season. The area was beautifully decorated by Margaret Ryding. As part of the festivities, everyone made a contribution to the DeltAssist Food Bank and Bettina was pleased to be able to give them the \$140 that was donated.

 **JAZZERCISE** POP-UP CLASSES

**Saturday, January 7th & 21st at 9:30 am**

Jazzercise & KV Community Centre Passes accepted.

Check us out at [www.kinvillage.org](http://www.kinvillage.org) &

