



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 **Oct. 2nd and 9th Closed for National Holidays**

Manager's Corner

Fall has arrived! Thanks to the efforts of our Boutique Volunteers, we had a very successful summer sale. They have worked hard to bring you the best Fall attire for your shopping pleasure. Now is a good time to line up your wardrobe with our latest fashions. We also welcome donations of gently-used ladies garments and accessories.

We will be closed the first two Mondays of October so members will receive their 50% off in the Boutique on October 16th. We look forward to seeing you. If you would like to be part of the Unique Boutique Volunteer Team, please pick up an application form at Reception.

We are introducing a few new programs and have lots of fun, informative regulars available this month. Please check out these pages and join us. Bring a friend or two to introduce them to the wonderful community we have here. There is something for everyone! Have a safe and meaningful Thanksgiving. We have lots to be thankful for.



Happy Thanksgiving

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

Ladies, come join the **Women's Social Time** starting on Thursday, October 12th at 11 am. Share recipes, talk about the latest movie, book, or trip, and enjoy the commradie.
 Coordinator: Barb.



Mark your Calendar!

- Oct. 2 **CLOSED** for Truth & Reconciliation Day
- Oct. 3 Seniors Day **FREE** cake, ice cream and live music
- Oct. 6 Happy Hour w Cut & Dried and Tilbury Twist
- Oct. 9 **CLOSED** for Thanksgiving
- Oct. 12 Coffee with a Cop
- Oct. 12 Documentary
- Oct. 14 Shari's Safari Dinner Dance
- Oct. 20 Open Mic Night
- Oct. 22 Delta Music Makers Concert
- Oct. 28 Cheers for Fears Halloween Event
- Oct. 31 Halloween Luncheon
- Nov. 3 Ceilidh Dance with Live Music
- Nov. 4 Shari's Country Casual (Dance only)
- Nov. 7 Parkinson's Group
- Nov. 9 Coffee with a Cop
- Nov. 10 Remembrance Day Lunch w Beauty Shop Dolls
- Nov. 10 Open Mic Night
- Nov. 16 Fraud/Scam presentation
- Nov. 18 Christmas Market
- Nov. 23 Presentation: Staying Connected (Seniors First)
- Nov. 25 Singalong Quiz Night
- Dec. 7 Coffee with a Cop
- Dec. 8 Open Mic Night
- Dec. 12 Christmas Luncheon
- Dec. 16 Shari's Christmas Dinner/Dance
- Dec. 31 NYE Dinner/Dance with Scott Robertson Band
- Jan. 18 Presentation: Government Benefits (Seniors First)
- Jan. 27 We all need a little 'Group Therapy'!
 Come join us when local band 'Group Therapy' plays some good ol' rock & roll.

Events & Dates subject to change.

A MESSAGE FROM DAN LEVITT, CEO



Over 250 guests and VIPs attended the inaugural sold out 7 Over 70 Awards Gala at Tsawwassen Springs on September 16, 2023. The event raised nearly \$200,000 toward the expansion of the Day Program for Older Persons at KinVillage.

Two anonymous donors made generous gifts of \$25,000.00 each for the day program. The event began with a lively cocktail reception and the opportunity to bid on silent auction items before guests sat down to a delicious three course meal.

104.3 The Breeze Radio Host Simone Grewal was the gala emcee.

MLA Ian Patton, led the live auction, where spirited bidding took place.

The gala continued to dazzle with DJ Mary, who kept the dance floor alive until late in the evening.

Back Row LtoR: Peter Guichon, Bill Wilms, Dr. Jack Taunton, Chef Bruno Marti

Front Row LtoR: Leslie Abramson, Carlene Lewall, Dr. Avis Glaze

Two family caregivers gave heartfelt testimonials that deeply moved the audience. They spoke of their experience with their spouse's journey with dementia and the life changing impact of the Day Program for Older Adults at KinVillage. The stories underscored the importance of accessible aged care services located close to home without having to drive to the neighbouring town for Day Programs.



Kudos to Kristen, Jubail, and the team, along with the sponsors who put together a very special evening for the 7 over 70 Awards Gala.



Now that the 7 Over 70 Gala has concluded, the team has moved on to prepare for the 2nd Annual Cheers for Fears Event.

Tickets are only available on the KinVillage Association website under News and Events:

<https://kinvillage.crowdchange.ca/53262>

ANOTHER KINVILLAGE SUCCESS STORY

The Rotary Club of Tsawwassen presented Peace Builder Awards to Delta Police Const. Mike Tegart and KinVillage resident Paul Madden on Sept. 21, International Day of Peace.

The Rotary Club Peace Builder Award is presented each year to honour the United Nations' International Day of Peace. The award recognizes the efforts of individuals, groups, or organizations residing, operating, or contributing to the Tsawwassen community who are actively fostering a peaceful culture and actively countering racism, violence, discrimination, bullying, corruption, and other factors that contribute to peace.

The first award, presented at the Sept. 21st ceremony at Rotary Square, was to Paul Madden for his dedication to the restoration and maintenance of the KinVillage Courtyard Garden, which transformed into a tranquil sanctuary for residents.



Paul moved to the KinVillage Care Home as his care needs grew, however, this transition occurred during the pandemic when family visits were restricted, and healthcare staff wore masks, making it a challenging adjustment.

With the support of the care home staff, Madden gradually adapted and discovered the Courtyard Garden's significance. Recognizing its need for special attention, he willingly embraced the role as caretaker amidst the changing lifestyle.

"I have to put a lot of credit on all the volunteers that helped us at KinVillage," he said. "It was run down quite badly when I got there, and I just thought it would look nicer if we did some work on it. "It looks twice as good now. People who are in the care home, they come out to the garden and sit. It's a nice place for them to be."

The other award went to Delta Police Const. Mike Tegart for his role as the conduit between the Tsawwassen First Nation (TFN) and the DPD.

Whacky Wordies

Each of the puzzles below provides a visual representation of a common word or phrase. Can you decipher the clues in each puzzle box? Answers on p. 10.

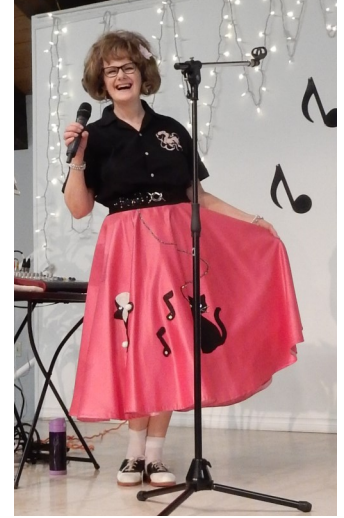
©ActivityConnection.com



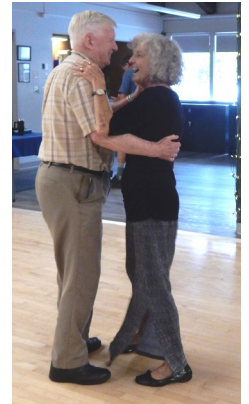
GREAT WELCOME BACK LUNCHEON IN SEPTEMBER

These events could not happen without the dedication of volunteers. A big shout to all who helped make this event such a success.

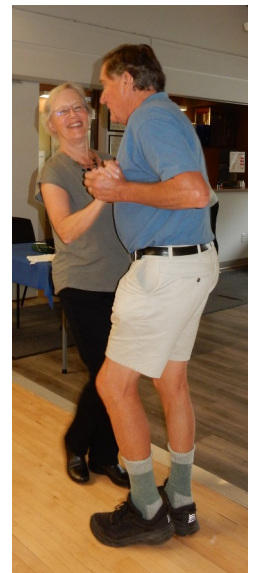
We had so much fun with Colleen singing tunes from the 50's and 60's that got people up dancing. Sincere thanks to Flowers Beautiful, A&W, Joe's and our own Jean D. for the door prizes, and to Adrian, Pawan and Shari who prepared a delicious lunch.



The 50/50 split meant two winners received \$55 each. To everyone who bought tickets, THANK YOU!



Beth always brings a happy gang with her. They're even happier when they win a prize.



Even volunteers get to sit or dance at times.



MORE FUN SEPTEMBER EVENTS



Another successful Quiz Night was held on September 23rd thanks to volunteer Ivor Hewitt. In addition to helping out on the bar, and with bingo, and providing fun Trivia every month for the newsletter, Ivor finds the time to put together these great Quiz Nights. This 15th edition had 13 teams participate.

We are also grateful to Ivor for filling in for volunteer Yvonne. We wish her well and we look forward to seeing her soon.

With subjects ranging from the Human Body to Name that Tune everybody enjoyed the competition and especially the fun atmosphere. A rousing rendition of “Rhinestone Cowboy” helped to make the evening go with a swing. Trivia Titans topped the list with 70 points. Their team consisted of (L to R) Thomas Falcone, Bella Falcone, Maria Falcone, Ted Hubert.



Kristin R. shared her expertise on raising backyard chickens, the inner workings of bee hives, and the importance of pollinators to food security.

Thank you to those who came to this



informative and interactive presentation.



SENIORS COMMUNITY CONNECTOR - SUPPORT FOR SENIORS



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 on Tuesdays from 9:30 to 1:30 on Oct. 24th / Nov. 21st / Dec. 5th.

You can drop in or make an appointment at 236-880-4120 or email: community.connector@kinvillage.org.

A GREAT START TO OCTOBER



TUESDAY, OCT. 3RD, 1-2 PM
COME ONE, COME ALL
TO THE SOCIAL IN THE HALL
FREE CAKE AND ICE CREAM



SING & DANCE TO THE MUSIC OF
THE NEWTONES



Happy Friday
with Cut & Dried
And Tilbury Twist
October 6th, 4:00-6:00 PM



Grab a few friends or come on your own to socialize, enjoy some snacks and drinks, listen and/or dance to the music.

Cash bar - 19+ - Please drink responsibly.

Shari's Dinner & Dance

Saturday, October 14th

Doors open at 5:30 pm - Dinner at 6:00 pm

Dancing 7:00—10:00 to the usual assortment of CD music

Dress style optional but... **The theme is Safari Night**

Very special door and spot dance prizes!



MENU: Chicken Cordon Bleu, Parmesan herb orzo, buttered carrots and peas, triple mustard Dijon chardonnay crème

Dessert: pumpkin pie, cinnamon crème Fraiche and sugar dust.

Tea and coffee

Please purchase your tickets early!!

Deadline for ticket purchase is Tuesday, October 10th

\$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 or call 604-943-0225.

To reserve a table please advise reception when purchasing ticket.

Licensed premises - cash bar - Please drink responsibly.

OCTOBER EVENTS

October 10th MOVIE MATINEE AT 1:30

The Book Club: The Next Chapter 1 hr 47 min.



A comedy movie starring Diane Keaton, Mary Steenburgen, Candice Bergen, Jane Fonda, Andy Garcia, and Don Johnson. Follow the new journey of

four best friends as they take their book club to Italy for the fun girls' trip they never had. *An easy watch with a terrific cast and beautiful scenery.*

FREE DOCUMENTARY

10:00 am, October 12th

In the Multi-Purpose Room

Being the Queen: The Life of Queen Elizabeth II

Never-before-heard interview recordings from those who know the Queen personally. Paired with deeply researched archival footage and photos, the one-hour special provides an in-depth look at her



life and some of the most important, influential events in the history of the British monarchy.

FULL EPISODE

44:25

October 24th MOVIE MATINEE AT 1:30



Jane Eyre—Drama/Romance 1 hr 58 min.

As an orphaned child, Jane Eyre is first cruelly abused by her aunt, then cast out and sent to a charity school. Though she meets with further abuse, she receives an education, and eventually takes a job as a governess at the estate of Edward Rochester. Jane and Rochester begin to bond, but his dark moods trouble her. When Jane uncovers the terrible secret Rochester has been hiding, she flees and finds temporary refuge at the home of St. John Rivers.

Cary Fukunaga directs a fiery and elegant adaptation of Charlotte Bronte's classic novel, and Mia Wasikowska delivers possibly the best portrayal of the title character ever.

NEW / DIFFERENT / FUN! 6-8 pm Fri. Oct. 20th



All singers and musicians are welcome to participate in our first ever Open Mic Night. Sign up at Reception in person or call 604-943-0225.

Whether you will be entertaining us or in the audience, come join us for this FREE event. There will be a cash bar open for business and popcorn available for \$1 per bag.

The next Open Mic Nights will be Nov. 10th and Dec. 8th.

COMING IN OCTOBER



FREE WEBINARS

Held in the Multi-Purpose Rm.

Wednesday Oct. 4, 2023, 1:00 - 2:30 pm Managing Hip and Knee Arthritis

Learn about arthritis, protecting your joints during daily activities, and what happens if you need joint replacement surgery.

Wednesday Oct. 11, 2023, 1:30 - 3:00 pm Exercise & Arthritis

Learn about the benefits of exercise for arthritis, what types of exercises you should do, and how to know if you're doing too much.



A DOSE OF LAUGHTER: IMPROV FOR DEMENTIA WEDNESDAY, OCTOBER 25TH - 1 - 2:30 PM A FREE webinar in the Multi-Purpose Room

Led by a pair of experienced improvisers from Tightrope Impro Theatre, this webinar will introduce people affected by dementia to improvisation. Through a combination of demonstrations, games and exercises, participants will build new skills, share their creativity and laugh together! This webinar will focus on using improv as a tool for communication between people living with dementia and their care partners by exploring saying yes, listening, and imagination.



LUNCHEON & COSTUME PARTY
STARTS AT 12 NOON ON
TUESDAY, OCTOBER 31ST
\$15 for Members \$18 for
Guests



Your costume could win you a prize!

MENU: Chicken Cordon Bleu, Parmesan herb orzo, buttered carrots and peas, triple mustard Dijon chardonnay crème **Dessert:** pumpkin pie, cinnamon crème Fraiche and sugar dust. **Tea and coffee**

Cash bar

Live Entertainment

Split pot 50/50 License #142678

MORE HAPPENINGS IN OCTOBER



40th Anniversary Concert

2:00-4:15 pm, Sunday, October 22nd.

Admission by Donation

Please join us when Delta Music Makers celebrate their Founder, Curt Jantzen, and founding members (several of whom are still playing in the band). They'll play some of their favourite music performed over the years and will feature some of their long-time members as soloists. The performance will be accompanied by visuals highlighting their members, past and present, and the music.



This Concert will also be performed at the Genesis Theatre on Sunday, October 29th from 2:00-4:30 pm. Admission by donation.

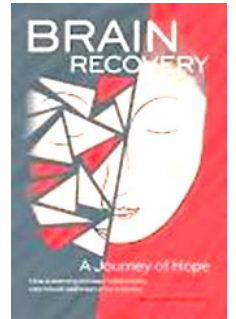
Fun with Ivor October Quiz

1. What is Halloween better known as?
2. What are the two birthstones for October?
3. What is the birth flower for October?
4. In what year did the October Revolution take place?
5. If you were born on October 30th, what is your star sign?
6. The night before Halloween is named after which vegetable?
7. After what Latin number is October named?
8. In October 1926, this book was published and written by A.A. Milne. What was the book?
9. Which month of the year often ends on the same weekday as October?
10. In October 2003, a supersonic jet made its last commercial flight. What was its name?

NEWS FROM ELDERCOLLEGE



Brain Recovery, A Journey of Hope
Presenter: Laura Stoicescu (Author and Stroke Recovery Speaker)
Tuesday, November 7th - 1:30-3:00
ElderCollege Delta Learning Centre,
Tsawwassen Town Centre Mall



Laura will present an inspirational and enlightening true story of her brain recovery after a devastating stroke. It is a story of how a fit, healthy, busy professional can be turned into a stroke survivor in one day. Together with her husband, Laura overcomes adversity, fighting to reclaim and rebuild her life. She learns how a great deal of hard work, determination, and support from family and healthcare professionals contributed to her road to recovery. Laura has written a book through which she hopes that, by sharing her personal recovery story, others will be helped.

To register for this presentation or to view other available classes, you are invited to visit the ElderCollege website at: eldercollegedelta.wildapricot.org

GIVING THANKS - A POEM BY WANDA



A Time to Give Thanks

Carole Roach dropped by to say
There is no way she can repay
All the kindness that she's been shown
Especially since she lives alone
She had some injuries recently
But none of them are permanently
KinVillage residents and Centre members
Reached out to offer any help they could render
That is why she calls KinVillage her family
And she offers this thanks for all to see!

A sewing machine has mysteriously appeared in the Community Centre!

If you left a sewing machine in the Centre, please let Reception know if it was left by mistake, meant as a donation, or ???

Please help solve this mystery!



Whacky Wordies Answers from page 3:

A Stitch in Time; Mixed Metaphor; Strike a Deal.

COME JOIN THE FUN!

October Quiz - ANSWERS

1. What is Halloween better known as? **All Saints Day**
2. What are the two birthstones for October? **Opal and Tourmaline**
3. What is the birth flower for October? **Marigold**
4. In what year did the October Revolution take place? **1917**
5. If you were born on October 30th, what is your star sign? **Libra**
6. The night before Halloween is named after which vegetable? **Pumpkin**
7. After what Latin number is October named? **Eight**
8. In October 1926 this book was published and written by A.A. Milne. What was the book? **Winnie the Pooh**
9. Which month of the year often ends on the same weekday as October? **February**
10. In October 2003, a supersonic jet made its last commercial flight. What was its name? **Concorde**



**Come play
Cribbage or Canasta
Mondays 1-3 pm
in the MP Rm**



Join other players for a fun and social game for \$2.00.

Coordinators: Liz, Bonnie, Carol

Conversational French

**10:00 am
Mondays in the MP Rm
\$2.00**



Keep up your language skills as you converse with others in this informal setting.

Coordinator: Mags M.



Conversational Spanish

**10:30 am Wednesdays
in the MP Rm
\$2.00**

Coordinator: Ana A.



Adaptive Fitness with Rachel

Fridays 2:30-3:15

Please register at Reception for this five week course.

\$40 for members \$50 for non-members

This class is designed for participants with Parkinson's Disease, Multiple Sclerosis, Stroke Survivors, and anyone else with mobility challenges. Classes will work towards increasing mobility, overall stamina, and regaining/maintaining movement on affected sides through a fun, social, and inclusive atmosphere. Minimum 9 people.



EVA'S CORNER



October 15 - 21

Invisible Disability Awareness Week

What is an invisible disability?

In simple terms, an invisible disability is a physical, mental or neurological condition that is not visible on the outside, yet can limit or challenge a person's movements, senses, or activities. Unfortunately, the very fact that these symptoms are invisible can lead to misunderstandings, false perceptions, and judgments.

Just because a person has a *disability*, does not mean they are *disabled*. Many living with these challenges are still fully active in their work, families, sports or hobbies. Some with disabilities can work full or part-time, but struggle to get through their day, with little or no energy for other things. Others are unable to maintain gainful or substantial employment due to their disability, have trouble with daily living activities and need assistance with their care. Invisible disabilities are such symptoms as debilitating fatigue, pain, cognitive dysfunctions and mental disorders, as well as hearing and eyesight impairments and more. These are not always obvious to the onlooker, but can sometimes or always limit daily activities, range from mild challenges to severe limitations, and vary from person to person.

"People are parking in an accessible parking space with a placard, but they look fine. I wonder if that driver has an invisible disability."

Unfortunately, people often judge others by what they can *see* and conclude a person can or cannot do something by the way they *look*. This attitude can be equally frustrating for those who may appear *unable* but are perfectly capable, as well as those who seem *able*, but are not.

International Disability expert, Joni Eareckson Tada, explained it well when she told someone living with debilitating fatigue, "People have such high expectations of folks like you [with invisible disabilities], like, 'come on, get your act together.' But they have such low expectations of folks like me in wheelchairs, as though the thought is that we can't do much" (Joni).

The bottom line is that everyone with a disability is different, with varying challenges and needs, as well as abilities and attributes. Thus, we all should learn to listen with our ears instead of judging with our eyes. That is the reason we define invisible disability.

Adapted from <https://invisibledisabilities.org/>.

For more information, please contact Eva, Seniors Support Coordinator, City of Delta, EBusich-Veloso@delta.ca, 604-787-1242



COMING IN NOVEMBER

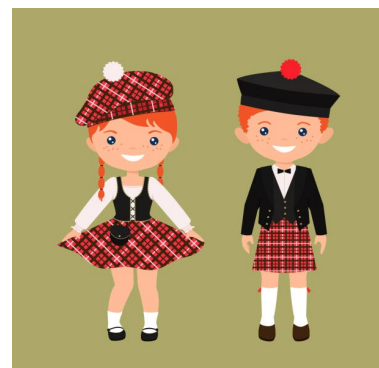
We're bringing back the Ceilidh!*

Friday November 3rd

Doors Open at 6:30 Dancing 7-10 PM

\$20 for Members \$24 for guests

Come join us for a lively evening of Scottish folk music provided by Kilbirnie Station's four piece band. Alison Moen will call out the dances and she'll have us looking good in no time! Please wear comfortable shoes. It will be a fun opportunity to wear your plaid or tartan too. Tickets available now!



**pronounced Kay lee*

Shari's Saturday Social Dance

November 4th

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

\$13 for members \$15 for guests

Includes mid-evening tea, coffee, and assorted goodies

Some tickets available at the door. Cash only.



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

Licensed cash bar



**Remembrance Day Luncheon
With the Beauty Shop Dolls
Friday, November 10th
Tickets available soon!**



Cash bar Split pot 50/50 License #142678

Christmas Market

9 AM TO 3 PM SATURDAY, NOVEMBER 18, 2023

Admission by donation

Parking for patrons available in West Court as well as on the street.

NOTICE TO VENDORS

To reserve your spot

Please contact Reception Mon-Fri. 9 am to 2:45 pm

6' table \$35.00 with an additional \$5.00 for electrical if needed

Open for set up Fri. 17th from 4-5 pm and Sat. 18th at 7:30 am

GIANT BOOK SALE - NEWS FROM SEPTEMBER DONATIONS

Donations by the numbers

The Book Barnies: aka the Book Barn volunteers, have been hard at work, sorting and boxing all the donations coming in. To give KVCC readers an idea just how many items have come in, here is the estimated item count to date:

Non-fiction – 4000 books, 500 DVDs, 1000 CDs, 300 puzzles so far and counting.

Top categories: Biography & Memoir, Cooking/Food/Wine, and Military & History.

Fiction hardcover – 1500

Fiction Paperback – 1000

Please remember, the KVCC Christmas Market is coming up, November 18th. The Book Barn will have a table with assorted seasonal books, DVDs, CDs, records, and many winter-themed puzzles! Additionally, the Book Barn volunteers are putting together a selection of perfect books, excellent for gift-giving this holiday season!

As always, feel free to come by the Book Barn, located next to the Chocolate Bear in the Tsawwassen Town Centre Mall to say hello and drop off a donation. We are open every Wednesday from 12-4 pm.

Please come visit us and say hello to Chris, Corinne, Bernice, Sue, Lynne, Paul, and Tracey!

Donations may also be dropped off INSIDE the Community Centre during regular business hours.

Please Note: We only accept items in good to excellent condition and we do not accept reference books, travel books older than five years, Readers Digest materials, bibles, textbooks, or magazines.



Mark your calendar!

The 2024 Book Sale will take place Fri. to Sun. March 8 to 10!

This month's BIG SHOUT OUT TO VOLUNTEERS Goes To...



Jeroen for entertaining us with his mellow vocals on Mondays and Thursdays between 11:30 and 12:30.

Jude and Flora - They may be new but they knew what to do! The decorations for our Welcome Back luncheon looked great.



Community Centre:

- **Decorating Crew** - Join Jude and Flora and bring your creativity to the Centre for seasonal and event decorating. 4 - 6 hours a month.
- **Fashion Consultant in the Unique Boutique** - sell clothes and help keep the store updated, tidy and welcoming. One 2.5 hours shift/week.
- **Receptionist** - greet visitors, sign up new members, sell tickets to events, provide information, etc. One 3.25 hours shift/week.
- **Kitchen helper in Café** - Run dishwasher, clear tables. One 3 hour shift/week and/or, occasionally, for special events.
- Helpers needed for take down from **Cheers For Fears** event. One time only: Sunday, Oct. 29, 8 -11 am.

South Court:

- **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.
- **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.
- **Decorators for theme events and Christmas Season.**
- **Pets & Friends** - Looking for pet therapy volunteers.
- **Bus Drivers** for scenic drives and local bus outings. A Recreation staff facilitates the program and invites residents to join the outing.

Community Connector Program:

- **One to One Friendly Calls** -To do friendly/check in calls to seniors living in the community who are at risk of isolation and would benefit of social interaction.



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 and/or Canasta *MP Rm*
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 Writing Group (2nd & 4th Tues.) - *MP Rm*
 11:45 am Music with The NewTones (1st & 3rd Tues.)
 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 Knitters
10:15 am Watercolour Art (Laurel)
 11:00 am Women's Drop-In Social Time
 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*
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)

Saturday

Oct. 14 Shari's Safari Dinner Dance
 Oct. 28 Cheers for Fears Event
 Nov. 18 Christmas Market
 Nov. 25 Quiz Night Sing-a-long

Sunday

12:00-12:45 Beginners' Ballroom Dance Lessons
 12:45-1:30 Intermediate Ballroom Dance Lessons
 Oct. 22 Delta Music Makers



JAZZERCISE

Pop-Up Class

9:30 am Saturday, Oct. 21

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

For more info call Pam 778-840-5299.

COFFEE WITH A COP

10 am Thursdays in the Café

Oct. 12th, Nov. 9th, Dec. 7th.

OUR NEWSLETTER IS ALSO AVAILABLE
 AT: www.kinvillage.org

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

