



KINVILLAGE
Community Centre

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

Tel: 604-943-0225

www.kinvillage.org

Newsletter Editor: Sharon Farrish

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

I would like to start by thanking Ivor Hewitt for stepping up as the interim Newsletter Editor and carrying us through until Sharon Farrish, one of our stellar Board members, took on this important duty. It is a great pleasure working with such dedicated and talented Volunteers.

The improved weather has inspired me to leave my car at home and commute to work on foot. It's such a wonderful way to start and end ones day. Did you know that this simple mode of exercise has numerous health benefits including improved joint health and mobility, cardiovascular health, mental well-being, cognitive health, weight management, bone density and fall prevention, and social well-being? With all these benefits, what's not to love? When used as a mode of transportation, it's healthy for our planet as well. I challenge you to get out for a walk, whether it's a short stroll to the end of the block or opting to walk instead of drive to the store. Of course, start slow, listen to your body, and work within your own fitness level. Need more motivation? Come join our Walking Group for improved health *and* camaraderie. It could be the most important decision you make for maintaining your independence and well being into your later years.

We have so many additional programs and events coming up including our much anticipated Fashion Show and High Tea, the Latin Dance Night, Bingo Night, Open Mic Night and our new Fit & Functional class. I look forward to seeing you here at the Centre, where there is something for everyone!

Jen K.
Manager

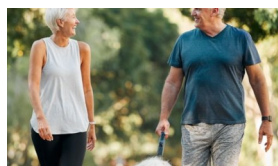
Walking Group Begins May 9th

Come join our weekly walking group and enjoy the benefits of this simple, inexpensive activity!

Thursdays at 11 am.

Approximately 30 minutes.

Meet in the Community Centre lobby. Led by Ken L.



Mark your Calendar!

- May 2 Thursday Yoga Class begins
- May 9 Foot Care with Sonia
- May 9 Walking Group begins
- May 10 **FREE** Come & Watch with David Lemon
- May 11 Fashion Show and High Tea (FUNdraiser)
- May 13 Monday Night BINGO/Boutique Open
- May 14 **FREE** Movie Matinee: The Holdovers
- May 16 **FREE** Delta Police Presents: Travelling Safety - *Please register*
- May 20 CLOSED—Victoria Day
- May 21 ElderCollege Singers - *by donation*
- May 23 **FREE** The Wonders of Brazil Documentary
- May 24 Art Therapy for Family Caregivers-*please register*
- May 24 Friday Night Social Ballroom Dance (4th Fridays)
- May 25 Latin Dance Night with Salsa Lesson
- May 29 **FREE** Presentation: What's New at Our Local Library - *Please register*
- May 30 **FREE** Come & Listen with David Lemon
- June 3-7 Seniors Week events
- June 3 **FREE** Ice Cream Aloha Social & Trivia
- June 4 **FREE** Classes + Open House with live music
- June 4 **FREE** Movie Matinee - Queen Bees
- June 5 Full House Jazz Big Band Evening Concert
- June 6 **FREE** Presentation: Hearing Health + FREE hearing tests- *please register*
- June 7 **FREE** Floor Curling
- June 7 **FREE** Cake to wrap up Seniors Week
- June 8 Shari's Spring Fling Dinner Dance
- June 10 Monday Night BINGO/Boutique Open
- June 14 Foot Care with Sonia
- June 21 Art Therapy for Family Caregivers
- June 25 **FREE** Movie Matinee—Mission Impossible Dead Reckoning
- June 27 **FREE** Canada Day Celebration & Drumming Circle
- June 28 Friday Night Social Ballroom Dance (4th Fridays)
- July 1 **CLOSED** - Happy Canada Day!
- July 8 Monday Night BINGO / Boutique Open
- July 12 Foot Care

Events & Dates subject to change.

IMPORTANT NOTICE



SUBSIDIZED HOUSING APPLICATION PROCESS FOR KINVILLAGE **IS CHANGING EFFECTIVE MAY 1, 2024**

KinVillage is changing its process for applying for subsidized housing at KinVillage including our Senior Supportive Housing program.

Effective May 1, 2024 all new applications for subsidized housing need to apply through BC Housing Registry, please visit bchousing.org to apply for subsidized independent and Senior Supportive housing at KinVillage.

This means we will no longer accept any internal applications for subsidized housing.

All future applications go through the BC Housing Registry for subsidized housing at KinVillage.

WHAT DOES THIS MEAN FOR OUR CURRENT WAITLISTED APPLICANTS

We will keep and continue to use our current waitlisted applicants until our new building is completed and fully occupied “after which” we will remove any remaining applications we have left on file; it is anticipated that the new building will be ready by approximately the summer of 2025.

CURRENT WAITLISTED APPLICANTS

It is important that anyone currently on our internal waitlist keeps their application updated on a regular basis i.e. every 3 months with KinVillage and you can do this by contacting our Housing office 604 943 4840 or by email housing@kinvillage.org.

BC HOUSING REGISTRY

All current KinVillage waitlisted applicants will be notified to register with BC Housing Registry in case a vacancy does not become available by the time the new building is fully occupied and operational, KinVillage will not keep any remaining applications from this “point in time” as an applicant will already have registered with BC Housing.

If you need any further information on applying for housing at KinVillage please check our Website KinVillage.org - Independent housing.

LAST MONTH HIGHLIGHTS



WE  Our Volunteers



The "Up to Know Good" team of (our very own) Sandra MacFarlane, Sylvia Denz, Denis Bridger, and Cornelia Clennan came out on top at our Quiz Night!

Thanks to Ivor H. for organizing!

MAY EVENTS



Ticket Sales end May 3



5430 10th Avenue Tsawwassen, B.C.

MOTHER'S DAY HIGH TEA & FASHION SHOW

Creative Director - Margaret Ryding of Silk Threads
Event catered by Divine Delicacies

Saturday, May 11

Tickets: \$60 members/\$70 guests

For tickets, call 604-943-0225 or visit KinVillage Community Centre M-F, 9 am-2:30 pm. We accept payments over the phone.

12:00 - Doors open/Silent Auction
1:00 - High Tea followed by Fashion Show featuring fashions from Unique Boutique
3:30 - Show ends
3:30-4:15 purchases and wrap up

All proceeds will go to KinVillage Community Centre



KinVillage Bingo Night Monday, May 13, 2024

6:30 pm

(doors open at 5:30 pm)

Over \$500 in prizes; CASH ONLY

Unique Boutique open 5:30 - 8pm

KinVillage Community Centre

Latin Dance Night W/DJ KUBANITO

EVENT STARTS AT 7 PM WITH A 45-MINUTE SALSA LESSON FOLLOWED BY DANCING UNTIL 11 PM.
No Partner Required

MAY 25 | DOORS OPEN AT 6 PM
KINVILLAGE COMMUNITY CENTRE
5430 10 AVE, TSAWWASSEN

MEMBER \$23
GUEST \$27
AT DOOR \$30

FOR TICKETS, CALL 604-943-0225 OR VISIT KINVILLAGE COMMUNITY CENTRE M-F, 9 AM-2:30 PM. WE TAKE CASH/DEBIT/CREDIT.

ROD'S DOGS FOOD TRUCK AVAILABLE APPROX. 6-9 PM
Licensed Premises

Showcase your musical talents!

Free OPEN MIC NIGHT

COME AND ENJOY LOCAL MUSIC, GOOD VIBES & REFRESHMENTS

MAY 31 6-8PM

Performers can sign up on the spot. No advanced sign up required.

MAY PROGRAMS

FREE

MOVIE TIME

Tuesday, May 14, 2024

The Holdovers

1:30 pm



A cranky history teacher at a prep school is forced to remain on campus over the holidays with a grieving cook and a troubled student who has no place to go.

FREE

Documentary

Thursday, May 23, 2024

10 am

The Wonders of Brazil

The most fascinating places in Brazil



The Amazon rainforest, the largest tropical forest on the planet, is just one of the wonders of Brazil. Discover also the animals that inhabit Brazil and its plants. It is the largest country in South America and the most biodiverse in the world. But this country is not just nature. It's history, culture, and music.

COME & WATCH

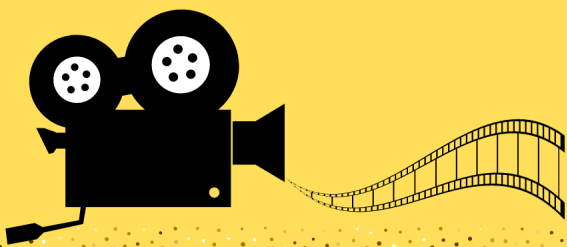
with David Lemon

A Matter of Life and Death

120 mins.

May 10th at 1 pm

Starring David Niven and Kim Hunter, this 1946 fantasy is one of the richest films of Michael Powell and Emeric Pressburger whose films, also including The Red Shoes, Black Narcissus and Life and Death of Colonel Blimp, formed a highly idiosyncratic body of work.



COME & LISTEN

with David Lemon

May 30th at 10 am

80 mins.

Opening with Berlioz, making a connection with the previous program, we will hear his Waverley Overture, derived from the atmosphere of Sir Walter Scott's novels. Then, Max Bruch's Scottish Fantasy, a work based on Scottish tunes. We'll hear the original tunes too. Finally, Peter Maxwell Davies's Orkney Wedding with Sunrise is a rousing piece with a surprise in the sunrise.



MAY PROGRAMS



Line Dance with Susana

Level 1: Fridays at 1:00 pm

Level 2: Tuesdays at 10:30 am

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.



Chair Yoga

CLASS ADDED on Thursdays from 2-3 pm.

Can't make the Monday class or want to come twice per week? Now is your chance with a second CHAIR YOGA CLASS! Instructor: Shigeko.

Experience mindfulness, confidence, and calmness through poses and breath while improving your balance, strength, alignment, and flexibility.

This practice is done comfortably and safely with a chair to support standing and balancing poses.

For added safety, please bring a mat.



NEW!

FIT & FUNCTIONAL

Wednesdays @ 1 pm MP Room

A 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. Receive individual adjustments while strengthening your muscles and joints, increasing mobility, and improving balance and coordination.

The music is upbeat to make things fun!
Instructor: Robin



TRIVIA

1. What's the birthstone of May - it represents love and success?
2. Which sweetly scented, highly poisonous woodland flowering plant is the birth flower of May?
3. According to a 1732 traditional saying, what should you never cast till May be out?
4. Victory in Europe Day, generally known as V-E Day, was celebrated on which day in May 1945?
5. May in the Northern Hemisphere is similar to which month in the Southern Hemisphere?
6. Historically, what sort of dancing has been linked to May Day celebrations?
7. What is the more common name for the May-flower shrub?
8. Which tennis Open Championship normally begins in the last week of May?
9. How long is the lifespan for the adult female Mayfly, *Dolania americana*: 5 minutes, 5 hours, or 5 days?

MAY PRESENTATIONS

Travelling Safety

presented by



Thursday, May 16, 2024

1 pm

Multi-purpose Room

Come learn essential tips to keep yourself and your belongings safe while traveling.



WHAT'S NEW AT OUR LOCAL LIBRARY



Wednesday, May 29, 2024

2:30 pm MP Room

Want to listen to a book, or learn how to play a ukulele? Your library has you covered! Attend this info session about your local library. We'll discuss how you can borrow items like ukes, binoculars, air quality monitors, telescopes and robots too! Janeen from the Tsawwassen library will also demonstrate how to borrow ebooks and downloadable audiobooks, stream movies, or how to request books and DVDs from the library. Please bring your library questions too!



ElderCollege Singers

Tuesday, May 21st

2 pm



Entrance by donation.



ElderCollege
Delta

Growth Through Knowledge



SUMMER LAWN BOWLING FUNDRAISER

**WHERE: TSAWWASSEN LAWN BOWLING CLUB
1037 56 ST,
TSAWWASSEN**

ALL FUNDS RAISED WILL GO TO DAY PROGRAM FOR OLDER ADULTS



**SATURDAY
JULY 20
4PM - 9PM**

**SOCIAL
TICKET
\$50**

1 BURGER AND 1 DRINK TICKET.

**TEAM OF 4
\$600**

EACH TEAM MEMBER WILL RECEIVE 1 BURGER AND 1 DRINK TICKET.



SCAN TO REGISTER YOUR TEAM

BURGER BY WHITE SPOT

BEER BY FOUR WINDS BREWING



FOUR WINDS BREWING CO.



breeze104.3

SONA



WWW.KINVILLAGE.ORG/SUMMER-LAWN-BOWLING

HEALTHY AGING FAIR FOR SENIORS



Saturday, May 4th

9:00 a.m. – 3:00 p.m.

Ladner United Church

4960 48 Ave,

Ladner

BC, V4K 4X6

Join us for a fun **FREE** educational day featuring Presentations,
Information Booths,

Demonstrations for staying active, Live Music, a light Lunch, and Door Prizes.

*Please Note: Pre-registration is required. *

PRESENTERS and TOPICS INCLUDE

- Inspector James Sandberg, Delta Police Department: **Don't be Fooled BEWARE and Be Aware.**
- Lauren Thomas & Sherry Faubert, Fraser Health Authority: **Advance Care Planning**
- Daniel Boisvert, Notary Public: **Personal Planning & Wills.**
- Dr Carllin Man, Medical Director at Good Samaritan Delta View Care Centre: **Q&A What to expect when moving into a Long-Term Care Home.**
- Gary Closter, Delta Hospital Auxiliary Lifeline: **Lifeline Help Alert Devices**

Free admission, Pre-registration required. RSVP to Lisa Wigzell,
Delta Division of Family Practice, by phone 604-943-5591
or by
email: execassist@deltadivision.ca

Presented by the Delta Division of Family Practice, a partnership of Doctors of BC and the Government of British Columbia.

EVA'S CORNER

May is Melanoma and Skin Cancer Awareness Month

Skin cancer is preventable

As May marks both Melanoma and Skin Cancer Awareness Month and the beginning of summer weather, it is imperative that we are reminded of the importance of sun safety at this time of year.

The skin is the body's largest organ and covers your entire body. It protects you against harm from things around you like the sun, hot temperatures and germs. The skin controls body temperature, removes waste products from the body through sweat and gives the sense of touch. It also helps make vitamin D. Melanocytes can group together and form moles on the skin. They appear as bumps or spots that are usually brown or pink. Most people have a few moles. Moles are non-cancerous (benign) tumours.

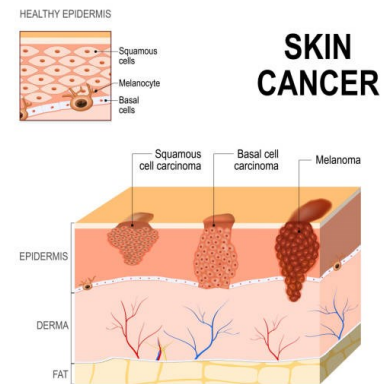
About Melanoma: Melanoma skin cancer starts in melanocyte cells of the skin. A cancerous (malignant) tumour is a group of cancer cells that can grow into and destroy nearby tissue. It can also spread (metastasize) to other parts of the body. Melanocytes make melanin. Melanin gives skin, hair and eyes their colour. But in some cases, changes to melanocytes can cause melanoma skin cancer. A change in the colour, size or shape of a mole is usually the first sign of melanoma skin cancer.

About Non-Melanoma Skin Cancer: The two most commonly diagnosed types of NMSC are Basal Cell Carcinoma (BCC) and Squamous Cell Carcinoma (SCC). Merkel Cell Carcinoma (MCC) is a rare form of NMSC. Precancerous conditions of the skin have the potential to develop into non-melanoma skin cancer. The most common precancerous conditions of the skin are actinic keratosis and Bowen's disease.

Risk factors: Risk factors for melanoma include sun and ultraviolet radiation, number of moles and atypical moles.

Diagnosis: To diagnose diseases such as cancer, a sample of tissue called a biopsy is taken from a patient and examined by a pathologist to determine if cancer is present and if it is, to determine whether the tumour is benign or cancerous, and if cancerous, the exact cell type, grade and stage of the tumour.

Treatment: There are several treatments for skin cancer, including **targeted therapy and immunotherapy**. Treatments for melanoma include **surgery, biological therapy, radiation and chemotherapy**. A patient's melanoma diagnosis, age, location, and general health are some of the factors that should be taken into account when considering treatment options.



Adapted from: Save Your Skin Foundation, and the Canadian Cancer Society.

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

FOR CAREGIVERS



1:30 - 3:30 pm
on the following Fridays
May 24, 2024
June 21, 2024
July 19, 2024
August 23, 2024

Art Therapy for Family Caregivers

The purpose of this session is not to create a perfect art product. Instead, it is meant to help individuals explore how art relates to themselves and their feelings.

The creative process of making art can help with self-expression, emotional exploration, and stress management and foster personal growth, self-awareness, and self-esteem.

Teresa Massel, a semi-retired art therapist, watercolour artist, and lifelong caregiver, will facilitate these group sessions. The sessions are not structured, and art materials can be provided for \$5, or individuals can bring their own materials.

Please sign up at Reception if you are interested.

COMING IN JUNE - MARK YOUR CALENDARS

Spring Fling Dinner Dance

Saturday, June 8th, 2024

Doors 6 pm / Dinner 6:30 pm

Dancing 7:30 - 10:30 pm

Tickets: Members \$29; Guests \$32

MENU

ENTREE

CHICKEN PICATTA

Tender chicken pan fried with a tomato lemon caper Chardonnay crème.

BOURSIN CHEESE MASH POTATOES
HERB ROASTED VEGETABLE STRUDEL

DESSERT

DEEP CHOCOLATE COCO CAKE
Very berry coulis and sugar dust



SENIORS WEEK - JUNE 3 TO 7, 2024

Sponsored by Delta Lifeline

ICE CREAM ALOHA SOCIAL

Monday, June 3, 2024
1:00 - 2:30 pm

FREE FREE SUNDAES & FUN TRIVIA!



DRESS in BEACH ATTIRE & get entered to win a prize!



Tuesday, June 4, 2024




OPEN HOUSE

11:45 am - 1:30 pm
Live Music

Come and learn more about our programs and activities for seniors

FREE FITNESS CLASSES

Tuesday, June 4, 2024
9:00 am Ball Fitness
10:15 am Line Dance



Free Movie Matinee


Tuesday, June 4, 2024
1:30 pm

QUEEN BEES



A comedy for the young at heart!

While her house undergoes repairs, fiercely independent senior Helen temporarily moves into a nearby retirement community, where she encounters lusty widows, cutthroat bridge tournaments and a hotbed of bullying "mean girls".




WED. JUNE 5
6:30 PM

Join this 17-piece Big Band + Vocalist for an exciting night

of JAZZ at



KINVILLAGE
Community Centre

5430 10th Avenue,
Delta, BC, Canada

Admission by Donation

Friday, June 6, 2024
11:45 am
Come & try

FLOOR CURLING

ENJOY FREE CAKE to wrap up Seniors Week




COMING IN JUNE - MARK YOUR CALENDARS



June 10, 2024

Start time 6:30 pm

Doors open 5:30 pm

Unique Boutique open

5:30—8 pm

FREE MOVIE MATINEE

Mission Impossible
Dead Reckoning

1:30 pm
June 25th



Join Us

for our



Canada Day Celebrations

& Drum Circle

Thursday, June 27th



Presentation on Hearing Health

Thursday, June 6, 2024 10:00 am

KinVillage Community Centre

Limited hearing test appointments are available after the presentation.

Please register at Reception or by calling 604-943-0225.



TOPICS TO DISCOVER

- How the ear works
- Effects of untreated hearing loss
- Social and interpersonal effects on everyday
- Technology changes through history
- Timeline of the changing hearing clinic ecosystem and where Ears To You fits



Our mobile hearing clinic will come right to your front door! Locally owned and operated with over 25 years experience in the industry!



We are local EVERYWHERE

SERVICES FOR SENIORS



Foot Care by Nurse Sonia

Thursday, May 9, 2024

Friday, June 14, 2024

Book a 30 min. appointment at Reception.

Pay \$50 directly to Sonia at your appointment to receive your tax receipt.



The Seniors Community Connector (SCC)

is available to older adults (60+) in South Delta. Come connect with the SCC in regards to your wellness needs such as physical activities, nutritional needs, social engagements, wellness plans, and resource navigation. Namrata will be available to meet with Seniors at the Community Centre from 9:30 to 1:00 on the following **Tuesdays: May 14 & June 11.**



You can drop in or make an appointment at

236-880-4120 or email:

communityconnector@kinvillage.org



TRIVIA ANSWERS

1. What's the birthstone of May - it represents love and success?

Emerald

2. Which sweetly scented, highly poisonous woodland flowering plant is the birth flower of May?

Lily of the Valley

3. According to a 1732 traditional saying, what should you never cast till May be out?

A clout (old word for a piece of clothing)

4. Victory in Europe Day, generally known as V-E Day, was celebrated on which day in May 1945?

8th May

5. May in the Northern Hemisphere is similar to which month in the Southern Hemisphere?

November

6. Historically, what sort of dancing has been linked to May Day celebrations?

Morris Dancing

7. What is the more common name for the May-flower shrub?

Hawthorn

8. Which tennis Open Championship normally begins in the last week of May?

French Open

9. How long is the lifespan for the adult female Mayfly, *Dolania americana*: 5 minutes, 5 hours, or 5 days?

5 minutes



- 1. FOODMESH** - Two Volunteers needed to help with the food security program in the 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 1x/wk. 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. FLIER DISTRIBUTION** - Distributing fliers around Tsawwassen about upcoming events.
- 5. CUTLERY ORGANISER** - count and organise
- 6. ASSISTING RECREATION STAFF** - in the care home or assisted living with games, socials, special events and friendly visits.

Unique Boutique

Spring fashions are here!

Come shop for quality women's clothing and accessories at amazing prices!



Open M-F 10 am - 2:45 pm. Now also open 5:30 to 8 pm during Bingo Nights, the second Monday of each month.





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 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
12:45 pm Ukulele Jam Session **NEW TIME!**
1:00 pm Cribbage & Canasta - *MP Rm.*
2:30 pm Chair Yoga (*Shigeko*)
6:30-9pm 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 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
1:00 pm Fit & Functional (*Robin*) NEW!!

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 (*on hold til Sept.*)
10:15 am Watercolour Art (*Laurel*)
11:00 am Walking Group (*except when raining*)
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*
2:00 pm Chair Yoga (*Shigeko*) NEW!!
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*)

Sunday

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



Readers Theatre

on hold until September.
Seeking more male participants for the fall session.

DID YOU KNOW?

That it's never too late to start reaping the benefits of exercise? Seniors of all fitness levels can begin a safe and enjoyable exercise routine at any age.



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

