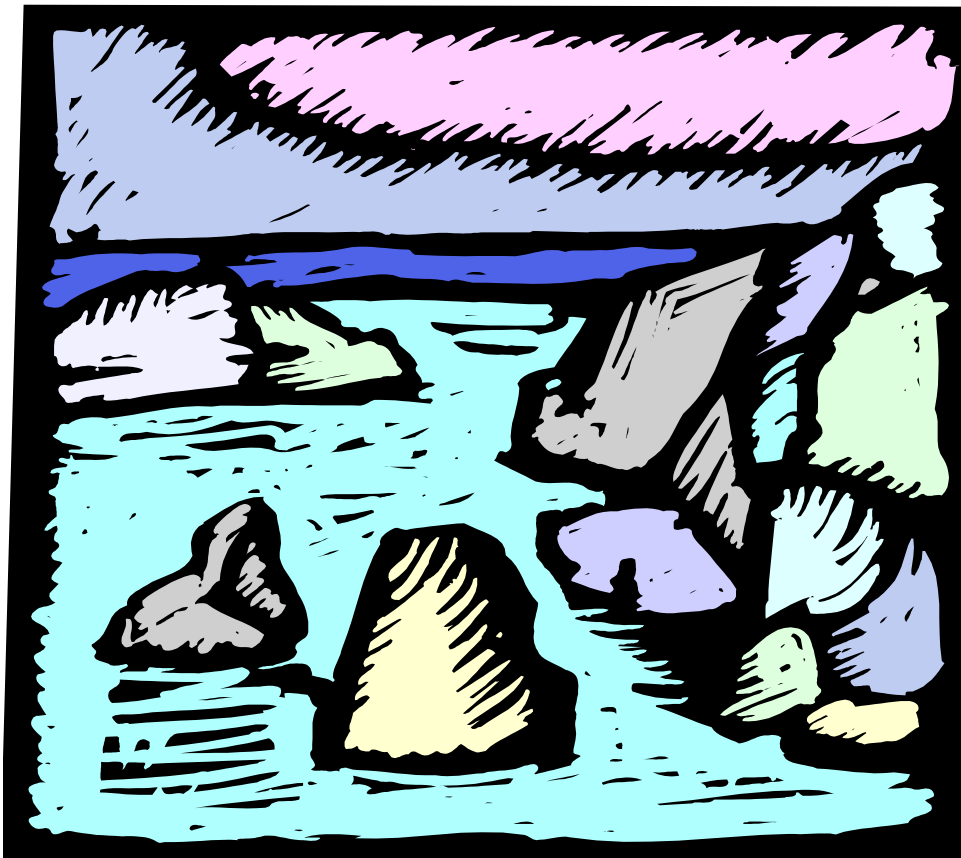


Parkgate
Seniors'
Centre

Parkgate Peak

Volume 2

February 2012



February 2012

Parkgate Community Services Society is a not-for-profit charitable organization providing community-based services and programs out of the Parkgate Community Centre in partnership with the North Vancouver Recreation Commission.

HOURS OF OPERATION

Front Office

Monday-Friday.....8:30am-8:30pm
Weekends and Holidays.....8:30am-4:30pm

Fitness Centre

Monday-Friday.....6:00am-10:00pm
Weekends and Holidays.....8:00am-6:00pm



REGISTRATION INFORMATION

Register Online

E-REG at www.northvanrec.com (Visa, Mastercard, Amex)



Phone

604-983-6350 Parkgate Community Centre
604-987-7529 North Vancouver Recreation Commission registration



In-Person

Drop by the Parkgate Front Desk or any North Vancouver Community Recreation Centre.

Refund Policy

To receive a full refund, you must withdraw five days before the start of the program. Withdrawal requests made less than 5 days before the start of the program and before the 2nd class will be refunded less the charge of one class. Refund requested for co-sponsored programs are subject to co-sponsored agreements.

SENIORS' CENTRE TEAM

- Shauna Mokolki
Community Recreation Programmer
- Erin Smith
Seniors' Services Supervisor
- Renee Matthee
Seniors' Services Program Assistant
- Jennifer Dibnah
Seymour Access Bus Coordinator
- Jamie Turner
Volunteer Coordinator
- Ruth Townsend
Parkgate Singers
- Michele Perron
Line Dance Instructor
- Pat Nolan
Bridge Instructor
- Janet Kemper
Volunteer: Heart and Stroke Walking Club
- Donna Crook
Volunteer: Sing-a-long

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Programs & Services

For Age 55+

The Seniors' Centre at Parkgate Community Centre, guided by the Seniors' Advisory Council, acts as the "Gathering Place" for the seniors of the community. It provides an opportunity for fellowship and an opportunity to meet the recreational, health, and social needs of its members. Some of our programs and services are listed in this brochure, however, others continue to develop based on community interest and input.



Renee Matthee and Erin Smith,

February is Heart Month:

Why not do something good for your heart this month? Join our Heart and Stroke Walkers on a Monday or Thursday. Sign up for Chair yoga and learn to de-stress through simple yoga movement and breath. Most importantly, please learn to recognize the symptoms of heart attack and stroke.

My family lost a good friend who was taken suddenly and unexpectedly by heart attack a few weeks ago. Please be a part of the prevention solution and visit...

www.heartandstroke.com

Heart attack warning signs

Thousands of Canadians die from heart attacks every year because they don't receive medical treatment quickly enough. Learn to recognize the signs of a heart attack so you can react quickly to save a life.



- Chest discomfort (uncomfortable chest pressure, squeezing, fullness or pain, burning or heaviness)



- Discomfort in other areas of the upper body (neck, jaw, shoulder, arms, back)



- Shortness of breath



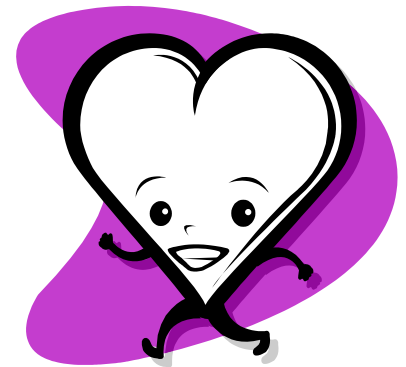
- Sweating



- Nausea



- Light-headedness



safe care  home support

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- ✓ Housekeeping
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www.safecarehomesupport.ca



Cardiac Rehab

For stable cardiac clients. Group fitness classes combined with resistance training under the guidance of certified exercise specialists and cardiac rehab fitness instructors. Join this group for coffee

Mary Hunter Hall at 8:30am.

M/W/F 7:30-8:30am

Requires Specialty Fitness Membership

Keep Well

Mild exercises, massage and blood pressure checks every Tuesday plus a guest speaker at 10:45am on the last Tuesday of the month.

Gym/Mary Hunter Hall

Tu 9:30-10:30am

\$2 drop in (includes coffee and massage)

10:30-11:15am massage and coffee

Heart & Stroke Walking Club

Join your friends for an hour walk around the community and the occasional trip to other places of interest. Return to Parkgate for tea and coffee. Janet K: 604-983-9967.

Meet in the Parkgate Lobby

M/Th 1:00 pm

Seniors Badminton

Learn the basic strokes, rules, court play and etiquette or just come down and play socially.

Gym

Tu 10:30-12:30pm

Fri 10:00-12:00pm

\$3 drop-in



Pickleball

A game which combines elements of badminton, tennis and table tennis, played with a hard paddle and waffle ball, with a net lower than most other racquet sports .

Gym

Wednesdays 1:00-3:00pm

\$3 drop-in

Chair Yoga

Mild yoga for those who cannot fold themselves into a pretzel on the floor. Gain flexibility and strength and relieve stress through active breathing.

Jennifer D.

2nd floor multi purpose room

Fri 10:00-11:00 am

Jan 13-Feb 24

#275236

Late registrants will be pro-rated.



Circuit Training Coffee Social

Join us for Circuit Training class in the Parkgate Fitness Centre from 8:30-9:30am. Then come for coffee in the seniors lounge afterwards.

Eric Bennett Lounge

Tu/Th 9:30-10:15am

\$1 coffee

Osteo/Arthritis

Learn gentle exercises using bands, weights, chairs and mini balls to help improve your muscle and bone strength, reaction time and reduce the likelihood of falling. This is a registered class. Please see the front desk for more information.

M/W 10:30-11:30 am


Dance Studio

Join us for coffee afterwards in the seniors lounge. During the renovations, pack a lunch to enjoy with friend.

\$1 coffee

Bus Trips

Discover interesting sights around the Lower Mainland. Trips leave from and return to Parkgate Community Centre. Please book early to avoid disappointment.

Bus Trip	Day	Date	Time	Barcode	Price
Lynn Valley Shop	Tu	Feb 7	12.30-3:30	287499	\$3.50 on the bus
Valentine Lunch: Pantry 	Tu	Feb 14	11:15-1:00	287653	\$2 member \$3 non member Fee for bus only
Leap Year Mystery Tour: Entrance and lunch included	Wed	Feb 29	10:45-3:30	287654	\$25 member \$28.50 non member
Tea and Trumpets	Th	Mar 1	12:30	Pre-sold	Fully booked

Important Information About Bus Trips

- Please read the bus trip description carefully – we will make every effort to fully describe the trip, including how much walking there is and whether you may bring your walker or wheelchair.
- Please arrive 15 minutes before the start time of the trip. This allows us to leave at the time listed.
- Please remember that the driver will be making all safety-related decisions during the trip. This will include whether windows may be opened, the level of indoor heating, where the bus may stop, and other important decisions.
- We do not offer refunds for bus trips unless the bus trip is full and we can resell your ticket to a person on the waitlist. Trips cancelled by Parkgate Community Services Society will be refunded in full.
- Please limit your use of scented products like hairsprays and perfumes when going on bus trips. We very much appreciate your consideration.

Enjoy your trip!

January Bus Trips

Lynn Valley Shopping (Tue)

Take a trip to the Lynn Valley Mall for some shopping and socializing. Pick up and drop off from the Atrium and Lions Manor as needed. Please register at the Parkgate front desk or by calling 604-983-6350. You must register to reserve a seat. Fee will be collected on the bus. Walkers okay.

- 12:00pm Lions Manor
- 12:10pm Parkgate Lobby
- 12:15pm Atrium

Tue Feb 7, Mar 6

\$3.50 pay on the bus

Pantry Valentine Lunch (Tue)

Join your friends for a trip to the Pantry and enjoy a lunch with your sweetheart or friend. Walkers okay.

Parkgate Lobby

Tu Feb 14

11:45am-1:00pm

\$2/\$3 non member includes bus only.

Must pay for lunch ala carte.

Leap Year Mystery Tour (Wed)

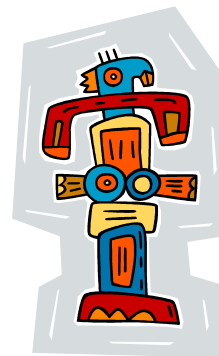
Join us on a mystery tour across town to one of Vancouver's most wonderful sites. Eat lunch and then enjoy this cultural experience. Lunch and entrance included. Walkers okay. Walk at your own pace.

Parkgate Lobby

Wed, Feb 29

10:45am-3:30pm

\$25/\$28.50 non members.



Search all Vancouver real estate listings in one place
@ www.northshoredavid.com



#100 – 889 Harbourside Drive, North Vancouver, BC V7P 3S1

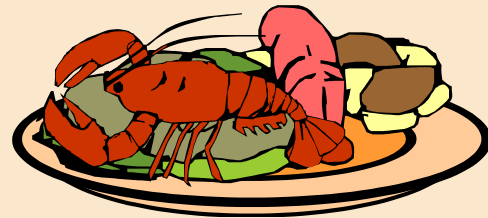
Silver Reef tour LEAVES FROM PARKGATE COMMUNITY CENTRE !

Silver Reef + Skagit Valley Casino Tour (USA) - February 16 - \$45

Experience the excitement at two of Washington State's premiere casinos for 6 hours of gaming fun! Includes a seafood buffet lunch and optional outlet mall shopping. Travel down the I-5 to Silver Reef Casino for 4 hours of free time including a buffet lunch and 2x reward points. Continue to the Skagit Valley Casino for 2 hours of Casino fun or the Prime Outlets at Burlington if shopping is preferred. Valid passport, enhanced drivers license, Nexus pass or enhanced BCID required.

PACKAGE INCLUDES:

- Buffet lunch
- Silver Reef Casino 4 hours
- Skagit Valley Casino 2 hours
- Prime Outlets at Burlington (optional shuttle)
- All fees and taxes



Pick up 7:45am Parkgate Community Centre

FEBRUARY 21 - 23 (3 Days / 2 Nights)

Clearwater Casino Resort (USA)

Travel to the Olympic Peninsula for an all-inclusive luxury scenic 3 day, 2 night gambling escape at the Clearwater Casino Resort complete with sweeping waterfront views! Clearwater Casino Resort is a naturally breathtaking casino and hotel nestled among the pines and cedars of the scenic Kitsap Peninsula. This expansive, luxurious retreat offers four-diamond amenities and the endless excitement of video slots, blackjack, poker, craps, keno and roulette. This trip includes a stop at the Silver Reef Casino featuring the popular seafood buffet. Valid passport, enhanced drivers license, Nexus pass or enhanced BCID required.

Day 1: Sightseeing, Clearwater Casino Resort

Day 2: Clearwater Casino Resort, Social Hour, dinner featuring Lobster Frenzy

Day 3: Silver Reef Casino, seafood buffet lunch

PACKAGE INCLUDES:

2 nights accommodation at the Clearwater Casino Resort, 2 breakfasts, 3 lunches, 2 dinners, social hour, cash back program, numerous gaming coupons, *home or hotel pick up and off, all fees and taxes.

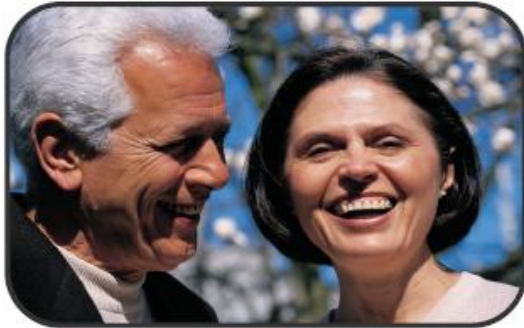


\$329 dbl, \$429 sgl. Save \$50 - depart from central location

This is a paid advertisement

SENIORS TODAY:

Survey Results & Consultation for District of North Vancouver Seniors



Discuss what 1200 North Shore seniors say about transportation, housing, public spaces/buildings, health & community services, civic & social participation, age friendly information and respect and inclusion.

What are your priorities?

Speak out on what matters to you

Friday, Feb. 17, 2012, 1:30-3:30pm

RSVP/info: Margaret 604-985-2324



Parkgate Community Centre
3625 Banff Court, North Vancouver

PARKGATE
COMMUNITY SERVICES SOCIETY



**LIONSVIEW SENIORS'
PLANNING SOCIETY**
A Strong Voice for Seniors on the North Shore

United Way
Seniors Staying Strong



DROP IN GAMES: Coffee always served.

Starting Jan 4

Bridge Social Drop-in: group of 4

Bring your foursome and drop-in for an afternoon of bridge.

W 1:00-3:00pm

[Enid Room, Library at Parkgate](#)

\$2

Bridge Social Drop-in

Play bridge in a friendly and relaxed atmosphere.

M 6:30-9:30pm

[Enid Room, Library at Parkgate](#)

F 1:00-4:00pm

[Seniors Lounge](#)

\$2

Chess

Play chess in a friendly and relaxed atmosphere.

Always includes coffee trolley.

M/W 1:00-4:00pm

[Room C04](#)

\$2

Cribbage

Play cribbage in a friendly and relaxed atmosphere.

Coffee Trolley included.

M,Th 1:00-4:00pm

[Sr MPR](#)

\$2

Mah Jong

Play Mah Jong in a friendly and relaxed atmosphere.

Coffee and tea included.

W 1:00-3:00pm

[Sr Lounge](#)

\$2

Scrabble Drop-In

Play scrabble in a friendly and relaxed atmosphere.

Coffee trolley always served.

M,/W 10:00-12:00pm

[Sr MPR](#)

\$2



SOCIAL

Friday Movies



Watch your favourite movies on the 54-inch flat screen TV. Movie and popcorn included. Everyone Welcome!

F 1:00-3:00pm

[Senior's Lounge](#)

Parkgate Luncheons

Come and visit us in March

In our brand new kitchen!

M/W 11:30-12:30pm



Vancouver Coastal Health Diners Club

A congregate meal program sponsored by Community Health Services. Please call Andrea at 604-904-6483 for more information. No pick up while Parkgate kitchen is under renovation.

Tu 5:00-6:00pm

[Mt Seymour United Church](#)

Sing-A-Long

Start your week off on a happy note. Join your friends for a round of social singing.

M 10:00-11:00am

[North Wing MPR](#)



Parkgate Crafter Circle

Make crafts and share ideas. All items made are sold to support the Parkgate Seniors' Centre.

Tu 1:00-4:00pm

[Dance Studio](#)

Parkgate Singers

Calling all men and women who love to sing; We are young at heart, slightly older in other places. Ruth T instructor.

Th Jan 5-Mar 29 11:00-12:00pm

275419

[North Wing MPR](#)

\$52/\$58.50 for non-member

Social Quilting

Bring your projects. Here's an opportunity to perfect your technique while enjoying the company of fellow quilters. W 10:00-12:00pm [Sr Lounge](#)

FITNESS MEMBERSHIP

Drop-in

Drop by the front desk to pay and get a stamp and use our weight room during facility open hours.
Senior 65+.....\$5.20

Fitness Membership

Membership includes access to fitness classes, weight rooms, swimming and public skating at all North Vancouver Community Recreation Centre locations.

Seniors 65yrs+

Intro month.....\$33.55
1 month.....\$44.70
3 month.....\$89.20
Annual.....\$266.30*
*12 monthly payments of \$22.20 (plus one time \$20 admin fee)



PERSONAL TRAINING

Improve your quality of life with a personal training program. Our certified Personal Trainers and Kinesiologists will motivate and challenge you with focused, supervised workouts.



Friends and Families-in-Training (F.I.T.)

This is an enjoyable, effective way to combine exercise, social time and group support. Choose between semi-private and small group training. You choose the time, the number of sessions to train for and the friends to train with and we provide the trainer! Call 604-983-6355 for package options!

Fitness Centre Orientations

Familiarize yourself with the Parkgate Fitness Centre and services! Our staff will provide a general overview of how to use the equipment and answer your fitness-related questions.

Members No charge

NVRC DROP IN FITNESS

DROP IN FITNESS	DAY	TIME
FIT AND 50	M/W/F	9-10AM
FIT AND 60	M/W/F	10:30-11:30
SR STRETCH	M/W/F	10-10:30 AM
SUPERVISED REHAB	TU/THUR	11-12PM
*AGELESS YOGA	TU	9-10:15 AM

*Registered program

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- ✓ Dry cleaning
- ✓ Florist + film development
- ✓ Post office + library
- ✓ General shopping
- ✓ And anything else you need!

Life is easier with an Errand Boy.

604 787 3496

mike@errandboyservices.ca ERRANDBOYSERVICES.CA

“Open House” at Parkgate

Mayor Richard Walton

Tuesday

Feb 21

March 27

10:45-noon

Meeting Room C04



“Join Jane” at Parkgate

MLA Jane Thornthwaite

Tuesday

Feb 7

Mar 20

9:30 am –11:00 am

PG Senior’s Lounge



VISUAL ART



Oil Painting – All Levels

Come and discover your inner artist, suitable for beginners and beyond. Basic theory of colour mixing and basic brush and knife techniques covered. Students will learn about flower basics and how to create beautiful landscapes using simple elements of clouds, mountains trees and water - a different topic covered each class. (Maria V.)

272119 Th Feb 16-Mar 8 10:00-1:00pm
\$83.88/\$62.92 adult 55+

Painting with Acrylics - All Levels

Come and discover the flexibility and creativity of the medium of acrylics with Maureen Coles. A studio concept, where you work at your own pace on a project of your choice, and Maureen is there to support and guide you through your painting project.

272111 M Jan 9-Feb 6 10:00-1:00pm
272112 M Jan 9-Feb 6 1:30-4:30pm
\$104.85/\$78.65 adult 55+
272110 M Feb 13-Mar 5 10:00-1:00pm
272113 M Feb 13-Mar 5 1:30-4:30pm
\$83.88/\$62.92 adult 55+

Open Art Studio Drop-in

Our art studio is open for artists of all levels to drop-in and use the space. Please bring all your own equipment and supplies.

F Jan 6-Mar 9 9:00am-8:00pm
\$5 drop-in

SINGING

Parkgate Singers

Calling all men and women who love to sing; We are young at heart, slightly older in other places. Ruth T instructor.

Th Jan 5-Mar 29 11:00-12:00pm
#275419

Sr MPR and lounge

\$52/\$58.50 for non-member

Sing-a-long Singing in the Rain

Join the merriest group of Parkgate seniors and friends for an afternoon of movies and singing. Come dressed up or just as you are!

Fri Feb 24 1:00-3:30pm

Sr 1/2 MPR and Lounge

No registration required.



Parkgate Community Services Society gratefully acknowledges the District of North Vancouver Community Grants program for providing funding that supports programs and services offered through the Seniors' Centre and Kitchen.



Good programs get cancelled if everyone waits until the last minute.
Don't let your favourite class disappear and register early!

Chronic Pain Management Workshop

March 27– 6:30-8:30 pm

Mary Hunter Hall

Sign up quickly for this popular workshop.

604-714-5550 to register

The Chronic Pain Management Workshop (CPMW) is a single, two-hour course that focuses specifically on pain management. Participants have the chance to learn new information and skills, discuss ideas and share experiences with others that have chronic pain or care about people who live with chronic pain.



NEED AN EXTRA PAIR OF HANDS?

HANDY GRANDDAUGHTER HERE TO HELP

Minor Repairs
Home Upkeep
Errands

Appointments
Paperwork
Computer Help

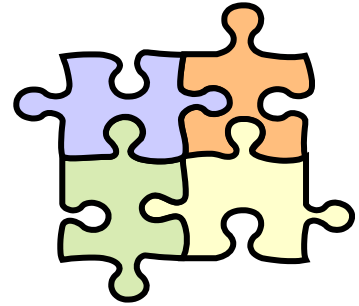
Shopping
Seasonal Help
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No job too small or silly - I'm here to help

Free Consultation
Laurie McLean
604-839-6084

Granddaughter for 44 years
www.handygranddaughter.ca
laurie@handygranddaughter.ca

			5			1	9	
	6	1		4		8	5	
				8				3
	2						7	5
6			7		4			9
9	7						1	
3				6				
	9	7		1		3	4	
	5	6			3			



Sudoku

objective is to fill a 9x9 grid with digits so that each column, each row, and each of the nine 3x3 sub-grids that compose the grid (also called "boxes", "blocks", "regions", or "sub-squares") contains all of the digits from 1 to 9

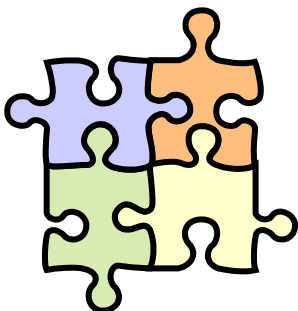
Easy

Cryptograms are simple-substitution ciphers where every letter of the alphabet has been switched. Your task is to use pattern recognition and your grammar and vocabulary abilities to decipher the hidden quote. Hint: start with the 1, 2 and 3 letter words, and remember that the most common letters in the English language are E-T-A-I-O-N, in roughly that order. Good luck!

Cryptogram of the Month

PLVVIBLLJ HX GPT LRVI HRJ CXGNI, TKTR GEWHRU HR XLCS QLDSE RHTX,
 BPHQP JLTX RLG PEKT VEMLNEGLNHTX YLN GPT SCNSLXT LY
 TOSTNHDTRGEGHLR.

— Orson Welles
 Puzzle #D829HA



Copyright © Puzzle Baron January 23, 2012 - Go to www.Printable-Puzzles.com for Hints and Solutions!

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30	Cardiac Rehab*		Cardiac Rehab*		Cardiac Rehab*
8:30		Circuit Training		Circuit Training	
9:00	Fit and 50	Keep Well (9:30)			Fit and 50
10:00	Scrabble Stretch Sing-a-long		Scrabble Quilting		Stretch Chair Yoga* Sr Badminton
10:30	Osteo/Arthritis Fit and 60	Sr Badminton	Osteo Arthritis		Fit and 60
11:00		Supervised Rehab		Supervised Rehab Parkgate Singers	
11:30					Access Bus
12:00					
1:00	Cribbage Chess Heart and Stroke Walkers (Janet K)	Crafts Bridge lessons*	Mah Jong Chess Bridge (4's) Pickleball	Cribbage Heart and Stroke* Walkers (Janet K)	Movie and Popcorn Bridge (singles)
5:00		Diner's Club* V.C.H.			
6:30-9:00	Pickleball (5:45)Bridge (singles)		Fit and 50 (7:00)		

British Columbia Tea and Talk

Dr. Robert Campbell, BA, MA, PhD

"The Wacky World of BC Politics: A Historical Romp"

February 28

11:30-12:30 pm

\$5.00/\$6.00

NW MPR

Pack a lunch

#287704

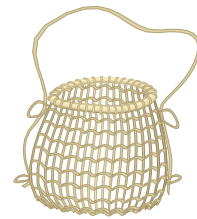


LEAP YEAR MYSTERY TOUR.....

Invite your friends and join us for a special day aboard the Parkgate bus. Visit one of the best sites in Vancouver and enjoy a soup and sandwich lunch. Entrance and lunch included.

WED, FEB 29

See pages 6 and 7 for detail.



Sing-a-long
"Singing in the Rain"

FREE PARKGATE EVENT

FRIDAY, FEB 24

1:00-3:30pm

Seniors Lounge

Page 13 for details



Senior's Centre Member Drive! Loonie Lunch and Craft Sale!

Purchase a Senior's membership before February 1 and join us for a "hot soup" lunch

Where: Dance Studio
When: Wed, Feb 1
12:00-1:00pm





Sunshine Cards:

If you know of a Parkgate Member who is ill or has lost a loved one, please let us know so that we can send a card.

FREE PROGRAMS IN THE SENIORS CENTRE

Sing-a-long

Mon 10:00-11:00

[North Wing MPR](#)

Craft Circle

Tu 1:00-3:00pm

[Sr MPR](#)

Friday Movies

Fri 1:00-3:00pm

[Sr Lounge](#)

Sing-a-long Singing in the Rain

Fri Feb 24 1:00-3:30

[Sr Lounge](#)

Free

Financial Assistance

Financial assistance is available for any North Vancouver resident who is unable to afford the full fees for a program. If you are experiencing financial hardship which prevents you from taking part in programs at Parkgate please contact our Front Desk at 604.983-6350 to book an ACCESS appointment.

SELECT YOUR SUITE TODAY



OCCUPANCY SUMMER 2012

Located right in the heart of the Seymour neighbourhood, Cedar Springs is a seniors' community just steps away from shops, churches, Parkgate Library and Community Centre. Our monthly fees include 24-hour security, chef-prepared meals, weekly housekeeping, transportation, and social and recreational programs. All in the area you already know and love.



Presentation Centre

118 - 1151 Mt Seymour Road

Parkgate Village Shopping Centre

(close to Bean Around the World)

604.986.3633 | cedarspringsresidence.ca



604.986.3633 | pacificarbour.ca

A NATURAL FIT

Seniors Programs

BE A LEADER!

We are looking for leaders for each of our drop in senior's programs. The purpose is to serve as liaison between the seniors and Parkgate staff. The leader would act as a contact for the program, help with tracking visits, and give input through quarterly Senior Advisory Meetings.



Recreation Programs

- Daycamps
- Fitness Centre Supervision
- Child and Adult Programs
- Sport and Art programs

Special Events

- Seniors Events
- Community Celebrations

Community Services

- Board of Directors at PCSS

For more information please contact **Jamie Turner**, Volunteer Services Coordinator
 Phone: 604-983-6385 or by email at jturner@myparkgate.com

PARKGATE SENIOR CENTRE EMPLOYEES AND VOLUNTEER LEADERS

Name	Title	Phone Number
Erin Smith	Seniors' Services Supervisor	604-983-6376
Renee Matthee	Seniors' Services Assistant	604-983-6373
Jennifer Dibnah	Access Bus Coordinator/ Yoga Instructor	604-983-6354
Jamie Turner	Volunteer Coordinator	604-983-6385
Andrea Winterbottom	Vancouver Coastal Health, Diner's Club	604-904-6383
Pat Nolan	Bridge Instructor	pnolan@telus.net
Michele Perron	Line Dance Instructor	Not in session
Janet Kemper	Heart and Stroke Walking Club	Volunteer 983-9976
Donna Crook	Sing-a-long	Volunteer
Joanne Brook	Craft Circle	Volunteer- brook@shaw.ca
Paula Schaefer	Monday Night Bridge	Volunteer paschaef@shaw.ca