



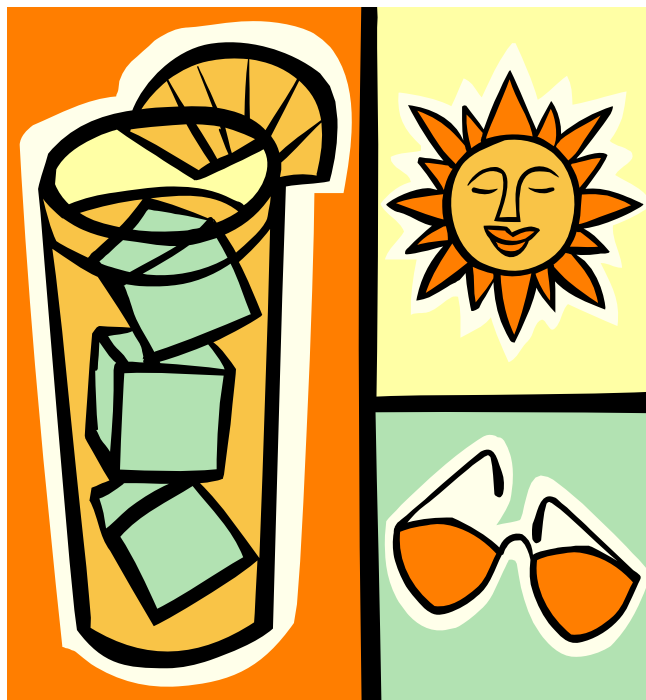
July and August

Parkgate Community Services Society

Activity Guide for Ages 55+

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2009

For program information www.myparkgate.com
3625 Banff Court, North Vancouver, BC

Telephone: 604-983-6350

Welcome to Parkgate Community Centre

For the summer we have combined July and August events and activities into one brochure. I hope this will allow you to plan ahead and even take part in some of our great bus trips. If you are new to Parkgate- WELCOME! I would love to meet you and tell you more about all of our year round programs. Please come by my office anytime.



*Message from Natalie
Siewert
Senior Services Supervisor*

**Have a wonderful-
Live Life Better-kind
of summer!**



Our Mission
To enhance the well being and quality of life for older adults living in our community by providing a safe, welcoming, positive learning environment for everyone.





Strawberry Tea Participants and The Parkgate Singers



**Important Schedule Changes for the
summer fitness programs are posted at
the Front Desk**

Please check times and locations carefully.

Parkgate Centre

Senior's Membership

**Starting July 1st, 2009 Membership costs for the
remainder of the year are 50% off .**

Now only \$10.00

Why buy a membership?

**Discounts on all bus trips, and special programs
Its also a great way to say,**

YES to Parkgate.

I support my Community Centre!

Memberships can be purchased at the front desk.

**MLA Jane Thornwaite will host a Community
Open House at Parkgate Community Centre in
the Senior's Lounge**

Tues July 7 9:30-11:00am

**Drop- in time for members of the community to
come by and talk to your MLA about local
issues.**

Volunteers Strawberry Tea

This year's Strawberry Tea was a sold out affair. The highlight was of course the strawberries and also an energetic performance by our very own Parkgate Singers directed by Ruth Townsend. One participant commented: "The Parkgate Singers were the icing on the cake." Special events have a wonderful way of bringing people together. It also brings volunteers from different departments to help as well as showcasing their talents from food preparation, flower arranging and more.

Thank you to the following volunteers for all your hard work: Yan Lau, Amy Sunstrum, Dolly Stokes, Sharon Greville, Isabelle Kennedy, Betty Edge, Imelda Weafer, Isobel Harper, Melba, Joanne Brook, Paula Schaeffer, Hope Ososthuizen,

Joyce Smit,
Pamela Rowland, Pat Turner and Donna Phillips. Thank you also to the Parkgate Staff members who helped serve the tasty treats and pour endless cups of tea.

Thank you to Isabelle Kennedy who, faithfully makes tea for all our special events



“Keep Well” Program every Tuesday

9:30-11:30am.

**Mild exercises followed by massage, and
blood pressure checks.**

**Sign-in at the Mary Hunter Hall between 9:15 and
9:30am. Cost \$1 drop in fee**

★★★★★★★★★★★★★★
 ★ Summer Hours; ★
 ★ July and August ★
 ★ Exercise only in ★
 ★ the Mary Hunter ★
 ★ Hall (no massage) ★
 ★ Space is limited ★
 ★★★★★★★★★★★★★★



Come enjoy our Seniors’ Lounge

A Friendly Meeting Place

Our lounge is quiet and cozy, featuring a large television, a variety of literature, and a fireplace.

Regular Seniors’ Centre hours are:

Monday-Friday 8:30am-4:00pm

*Coffee and a treat is available
for just \$1.00*



Freshly Made Lunches

Every Monday and Wednesday

**In the
Mary Hunter Hall.**

11:30am - 1:00pm



Full Meal Deal:

**Main course,
dessert and a
drink all for
\$5.00**

All are Welcome!

July and August BBQs

EVERY WEDNESDAY;

Choice of:

Hamburger (veggie available) hotdogs, salads,
sandwiches, beverage and dessert.

Begins WED July 8, 2009

Ends WED Sept 2, 2009



Weekly Schedule of Events Monday—Friday

(This is our September to June schedule. There are time and event changes that take place during July and August Please see page 4)

Mondays

7:30am	Cardiac Rehab Program			
9:00am	Fit & 50+			
10:00am	Stretch Class	Sing a Long	Scrabble	
10:30am	Fit & 60+	Osteo/Arthritis		
11:30— 1:00pm	Lunch at Parkgate			
1:00pm	Walkers	Chess	Whist	Cribbage
7:00pm	Bridge Drop In (no table required)			

Tuesdays

8:30am	Circuit Training	
9:30am	Keep Well—Exercises	
10:30am	Badminton	
11:30am	Supervise Rehab	
1:00pm	Crafts	Intermediate Bridge Lessons
3:00pm	Computer Lessons	
5:00	Diners' Club	



Wednesdays

7:30am	Cardiac Rehab Program			
9:00am	Fit and 50+			
10:00am	Stretch Class	Scrabble	Quilting	
10:30am	Osteo/Arthritis	Fit & 60+		
11:30—1:00pm	Lunch at Parkgate			
1:00pm	Pickleball	Chess	Bridge	Mah Jong
3:00pm	Computer Lessons			
7:00pm	Tai Chi			

Thursdays

8:30am	Circuit Training			
9:30am	Qi Gong 55+			
11:00am	Parkgate Singers			
11:30am	Supervised Rehab			
1:00pm	Walkers	Cribbage		

**Fridays**

7:30am	Cardiac Rehab			
9:00am	Fit and 50+			
10:00am	Badminton	Stretch		
10:45am	Fit & 60+			
1:00pm	Movie	Drop In Bridge		

Sundays

12:00—3:00pm	Lunch & Leisure			
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Program Highlights

We are pleased to announce that we will have a second monthly shopping day for Lion's Manor and other interested Seniors to the Great Canadian Superstore on Mount Seymour Parkway.



NEW!

For the summer months of July and August we will be offering the shopping on the last Friday of those month.

#230828 *Fri July 31* and #230830 *Fri Aug 28*

Leave Parkgate	10:00 am	
Lions' Manor Pick-up	10:10 am	
Atrium Pick-up	10:20 am	Cost \$3.00

Return and drop off will be between 12:15 pm and 12:45 pm. Sign up by calling the Parkgate Front Desk at 604 983-6350 or sign up in the Lobby of Lion's Manor. Thank you to the Mount Seymour Lions Housing Society for their generous support of this new program.

Shopping Trip for Lions' Manor /Atrium Residents

Mon July 13	Capilano Mall	#230826
Mon Aug 10	Lynn Valley Mall	#230827

12:00 pm pick up at Lion's Manor
followed by a pick -up at the Atrium

**We have a new system for our monthly shopping trips.
Please register at the Parkgate Front desk by calling
604 983-6350. Lions Manor Residents please sign up in
your Lobby as usual.**

Cost \$3.00

Monthly Lunch Club

Come enjoy a leisurely lunch amongst friends and meet new people.

All are welcome!

Due to the popular use of the Parkgate bus for this program we are now asking all participants to register at the Front Desk. Payment for use of the bus is still \$3.00 and will be collected when you use the bus. *You must still register with the front desk even if you use your own car.*

All reservations by the Friday before please!

The bus will leave Parkgate at 12:00 pm and always does a pick-up at the Atrium. Lunch reservations are at 12:30 pm.

#219872 Boston Pizza Mon July 6 12:30 pm

****NO OUT-TO-LUNCH CLUB IN AUGUST OR SEPTEMBER DUE TO THE CIVIC HOLIDAYS.**

Computer Classes

This course is geared to the absolute beginner and will stress how to use your mouse and keyboard. You will also gain an understanding of what is happening on your monitor screen and the main components of the computer.

Tuesdays and Wednesdays 3:00-4:00pm

Eric Bennett Lounge

Cost \$5.25 Book your one hour lesson at the front desk



Bus Trips Scheduled for Summer

Please note: The bus trips on the following two pages are our own Parkgate bus trips. All prices include admission and also transportation unless indicated otherwise.

We will always try and indicate the level of walking required for each trip. **LIGHT WALKING** means there is very little walking involved. These are great outings for folks who have some mobility challenges. Examples would be concerts and lunch outings. **MODERATE WALKING** would be outings like museums displays and places like Granville Island. **INTENSE WALKING** would be reserved for outings like Grouse Mountain and hiking trips.

Paddlewheeler Riverboat Tours on British Columbia Famous Fraser River

The working river at its finest. Enjoy a buffet lunch while an ever-changing view of BC's working river unfolds before you. Your voyage will take you from Canada's second largest port, up river past the Port Mann Bridge to Douglas Island. Every seat is a "window" seat and tables are arranged for optimal viewing of the mighty Fraser River. See wildlife and view the remains of an old paddlewheeler.

Wed July 29 9:45 am—3:30 pm

#230916 \$69/\$65 Parkgate Senior Member

UBC Museum of Anthropology and Spanish Banks

The day begins at the Museum of Anthropology where we will be hosted by our own guided tour leader to educate us about the local artifacts at the Museum followed by our own free time to explore. We will then get back on the Parkgate Bus where we will stop at Spanish Banks. You can bring a picnic lunch or enjoy fish and chips from the concession. Moderate walking

Cost includes transportation and admission only.

Thurs Aug 6 9:30-3:30pm

#230901 \$28/\$26 Parkgate Senior Member

Gibson's Landing Fibre Arts Festival

Take the Parkgate Bus and board the BC Ferry bound for the Sunshine Coast. Please remember to bring your gold card to ensure free passage on the ferry. We will be visiting Exhibition Hall to see the beautiful crafts and displays. Some time for island shopping as well. *The cost of the trip includes transportation only.* Moderate to intense walking.

Thurs Aug 20 8:30-5:00 pm

#224492 \$20/\$17 Parkgate Senior's Member

Grouse Mountain (2nd Trip this summer)

Now is your chance to go up to Grouse if you missed out on the July trip.

Ride the Gondola and enjoy all the entertainment and sights at the top like: the famous wildlife refuge, daily entertainment and of course the beautiful mountain air.

Cost includes bus transportation and gondola costs. Please plan on buying or bringing a lunch. (This is a special price on the gondola for Parkgate Seniors only) Moderate to intense walking.

Thurs Sept 3 10:00am 3:00 pm

#230832 \$18/\$16 Parkgate Senior Member

	<p>Mayne Island Tour Pick/up drop off Parkgate</p>
<p>Aug 12 7:30 am-8:00 pm</p>	<p><i>fun tours, great food!</i></p>
<p>Discover Mayne Island \$109 incl. GST- Aug 12 (20 seats)</p> <p>Take an off the beaten path tour of charming Mayne Island one of the beautiful Southern Gulf Islands with a local guide!</p> <p>Depart by ferry from Tsawwassen on routes of the Orca whales through spectacular Active pass to this wonderful historic island with its endless scenic vistas and unique way of life. Watch for wildlife, take in the islands 'rich history and enjoy a West Coast lunch overlooking the dock. Afternoon dessert is served in a local colourful cafe.</p>	
<p>Highlights: Active Pass by ferry, Georgina Point Lighthouse, Arbutus tree forest walk, Island galleries, Japanese gardens and beautiful beaches</p> <p>LUNCH: Wild BC Salmon, Rice & Mixed Greens or Grilled Lamb, Rice & Mixed Greens or Crab Cakes & Mixed Greens Afternoon dessert: Chef's choice with hot or cold beverage</p>	
<p>Call Troy at 604 719-7161 troyopper@enjoytourandtravel.com THIS IS A PAID ADVERTISEMENT</p>	<p>Pick -up 7:30 am</p> <p>Return 8:00 pm</p>



**Crab Feast and
Lighthouse Cruise
Pick/up drop off
At Parkgate**

**Sept 9
8:00am-7:30 pm**

*fun tours,
great food!*

- **Crab Feast and Lighthouse Cruise – \$119 Inc. GST, September 9 (12 seats)**

Travel to the seaside town of La Conner for an all-you-can-eat Dungeness Crab Feast, Lighthouse and Wildlife Cruise. Cruise on The Mystic Sea 100' M/V Vessel through Guemes Channel out towards the San Juan Islands to Burrows Island Lighthouse. Travel the routes of the Orca and Minke whales and watch for seals, porpoises, sea lions, eagles and sea birds taking flight off Willard Rocks wildlife preserve. Begin in La Conner on a guided tour of a Salmon smoke house and finish with 2 hours free-time in this quaint seaside community to shop and browse the many antique, knick-knack, galleries and specialty stores.

Call Troy at 604 719-7161

troyopper@enjoytourandtravel.com

THIS IS A PAID ADVERTISEMENT

Pick –up

8:00 am

Return to
Parkgate

7:30 pm

Please contact “TROY from ENJOY “for further details

This trip involves a moderate level of walking

PickleBall 55+

Keep Active with this popular racquet sport. A cross between tennis, badminton and ping pong and has been played in North America since 1965. This game is great for all ages, but popular with active adults and seniors. All equipment is provided. Parkgate Gym.

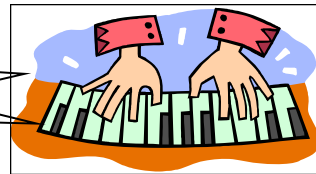


Cancelled for summer!

The Parkgate Sing-Along

Love to sing but can't remember the words? Come to the sing-along and keep the old songs alive. From *'Five Foot Two'* to *'Singing in the Rain'* – there's something for everyone. Drop in and sing – just for the fun of it. Sure to get your toes tappin' and put a smile on your face.

Cancelled for summer!



BADMINTON

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

SUMMER SCHEDULE

Sun 2:00 – 4:00 pm

June 28th – Aug 30th

\$3 Please pay at the front desk.

New
Summer
Hours



Painting in the Plaza

Mondays from 10am - 1pm

July 6 - 27 #217024

Aug 10 - 31 #217029



Learn the basics of acrylic painting with instructor Maureen Coles while enjoying the beauty of the outdoors.

Classes will be held in the Parkgate Plaza.

\$41.04 Seniors rate

\$69.24 Adult rate




Providing Relocation Solutions for Seniors

Is the mere thought of a move overwhelming? Our promise is to provide the highest quality of service available to assist seniors, their families and others in moving forward with their lives, physically and emotionally.

Call for a free estimate!

**Downsizing – Complete Move Services
Estate Disposition
Seniors' Preparedness Workshops for Community Forums**

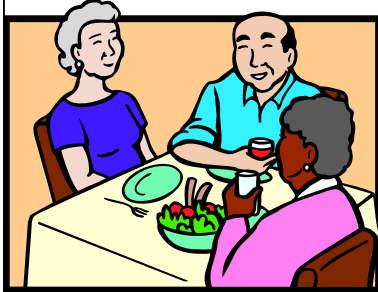
604-980-9575

www.lifestylechanges.ca

Each LifeStyle Changes™ office is independently owned and operated

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Diners' Club

Tired of eating alone? Having difficulty preparing your own meals? Enjoy a hot evening meal in the companionship of others! Parkgate welcomes the Diners' Club, a congregate meal program sponsored by Vancouver Coastal Health.

The new phone number to register for this meal is 604-904-6483

A reservation must be made by 10:00 am on the day of the dinner. The Parkgate Bus picks up diners from Lions Manor and the Atrium.

Meal includes soup, main course, vegetables, dessert, tea and coffee.

Tuesdays 5:00-6:30 pm Cost \$6.00

Menus posted in the Senior's Centre

Heart & Stroke Walking Group

Join your friends for an hour walk around the community and the occasional trip to other sites of interest.

**Mondays and Thursdays
9:30—10:30**



**Join your friends for coffee after the walk in the
Mary Hunter Hall
Coffee and a treat only \$1.00**

Coordinator - Janet Kemper 604-983-9976

Parkgate Crafters

UNIQUE HANDCRAFTED TREASURES

The Parkgate Seniors' Crafters Group meets every Tuesday afternoon in the Mary Hunter Hall and create lovely handcrafted items for sale in the display case in the Senior's Lounge (room to the left as you enter the Centre). Prices range from \$2.50 for a cotton dish cloth to \$35 for a machine washable sweater and hat set.

The greeting cards are hand-embroidered or hand-folded and suitable for all occasions - birthday, wedding, new baby, thank you, sympathy, Valentines, Mother's & Father's Days, Christmas. **Only \$3.50! *Special orders filled on request.***

The knitted and crocheted items are: hand-knit baby blankets & sweaters for newborns & infants. Sweater/toque sets & mittens for children and adults, in pretty colors and patterns.



Coming to Parkgate this Fall

Bridge Lessons -Beginners



Most of the students time will be spent learning how to bid. However, strategies for playing the hand and defending will be introduced, as well as commonly used conventions. The approach used will combine individual and small group teaching so that each participant will be able to play the game while learning at their own pace. Instructor Brian W.

223978 Th Sept 10 –Nov 12 10:00 -12:00 pm

\$55/\$52 Senior Centre Member

Bridge Lessons- Intermediate

Spruce up your Bridge Game. You will be instructed at your own level. Bridge lessons at an intermediate level with instructor Judy S. Previous Bridge experience is required.

223145 Tu Sept 15- Nov 17 1:00-3:00pm

\$70/\$65 Senior Centre Member

Parkgate Singers

Calling all men and women who love to sing. This group is in their second year and will continue to perform in the community. Directed by Ruth T.

223151 Th Sept 10- Dec 03 11:00 -12:00

\$52/48.75 Parkgate Senior Member

NEW**Brain Gym: 4 part series**

Learn and experience gentle movements and activities from the field of Educational Kinesiology. Benefits include: improvements in coordination and balance, hearing and seeing, memory, focus and concentration, sharper thinking skills, and release of stress. Fun and easy to do!

4 part series taught by Lori Wall. Lori is a licensed brain gym instructor and has taught this introductory session all over the Lower Mainland.

223992 Th Oct 8-Oct 29 9:00-10:30 am

\$40

NEW**HOW TO MANAGE YOUR HIP OR
KNEE OSTEOARTHRITIS**

An interactive, informative workshop series focused on practical strategies for improving everyday life while living with hip or knee osteoarthritis. Topics include information about osteoarthritis, joint protection, exercise, pain management and nutrition. Classes can be taken as a series of 4 or can be attended individually. Each session will be led by a health care professional with expertise in osteoarthritis education.

223993 Th Nov 05– Nov 26 9:00 –11:00 am

FREE

Parkgate Community Services presents:
Parkgate Days/Garage Sale
Saturday September 12, 2009

Happy 10th Birthday Parkgate!
Activities and Entertainment
for the whole Family!

Garage sale, Craft sale, Pottery,
Bake and raffle ticket sales,
BBQ Lunch, refreshments of all
kinds and more!

Donations for the Garage
Sale gratefully accepted
during regular business
hours Mon-Fri. after August
28th. Please no clothes, or
large pieces of furniture.

Thank-you!



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The Summerhill in North Vancouver comes
The Mulberry in Burnaby.

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**PARKGATE
COMMUNITY CENTRE**
3625 Banff Court
North Vancouver, B.C.
V7H 2Z8
Phone: 604-983-6350



We're on the Web !

www.myparkgate.com

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.



North Vancouver's premier
retirement residence in the heart of Lonsdale.

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