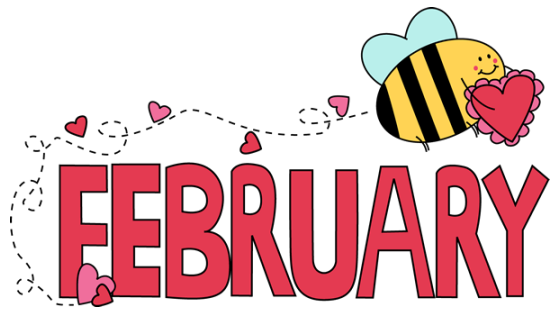


# WHAT'S UP WILSON

February 2025



Welcome Seniors! We offer social activities to encourage our older adults & seniors (60+) to get involved. Our goal is to meet the needs & interests of you through social recreation opportunities. We hope you find some fun, memorable times through our recreation programs & events!

### Seniors Admin. Staff:

Baljit Sastry

Recreation Program Coordinator

Katelyn Allen

Recreation Programming Assistant

### Contact us at:

seniors@portcoquitlam.ca

### Wilson Kitchen

*\*Subject to change without notice.*

#### Hours:

Monday - Friday 9:30am - 1:30pm

#### Kitchen offerings:

Soups, sandwiches & more at reasonable prices. Prepared by our Wilson Kitchen Volunteers & Staff.

#### Wednesday Hot Lunch Menu:

Feb. 5 Chicken quesadilla & fries

Feb. 12 Roasted potato sausage bake

Feb. 19 Beef dip & Caesar salad

Feb. 26 Cheesy chicken & broccoli casserole

#### Kitchen Closures:

Feb. 17 Kitchen & Lounge CLOSED

Feb. 20 Kitchen closes at 12pm

### Seniors Membership

\$19.15 + Tax (annual membership)

As a Seniors member you receive:

- 35% off registered programs (does not include fitness or 19+)
- Discounts on luncheons & socials
- Discounts on food & beverages from the Wilson Kitchen
- Discounted drop-in rates
- Ability to do a monthly pre-pay of drop-ins for \$10

### Fun with Flowers

Create a beautiful, colourful floral piece for your home. Previous experience not required, tools supplied.

**When:** Mar. 3, 7:00 - 9:00pm

**Where:** Small Multipurpose Room

**Cost:** Member: \$10.40  
Non-Member: \$16.00

**Supplies:** \$25 payable in cash to the instructor

**Activity #:** 104594

### Drum Circle

Connect with others in this community drum circle to create rhythmical alchemy djembes. No experience is necessary!

**When:** Feb. 24, 7:00 - 8:30pm

**Where:** Small Multipurpose Room

**Cost:** \$16.00

**Activity #:** 104588

*\* Non-seniors membership program*



### Essential Oils & Your Immunity

#### Workshop

Support your immune system all year long with aromatic essences derived from portions of plants. Learn the top 10 essential oils & their therapeutic properties, creating a synergy roll-on, bath n' body oil, solid salve & hand sani to take home. *All supplies are provided; no experience necessary.*

**When:** Feb. 19, 6:30-8:30pm

**Where:** Small Multipurpose Room

**Cost:** \$65.00

**Activity #:** 104603

*\*Non-seniors membership program*

### Armchair Travel

From the comfort of your chair, volunteers present/share their experiences & info about a destination they've visited. Refreshments & a snack included.

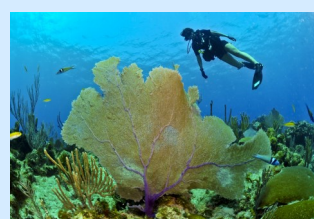
**When:** Feb. 24, 1:00 - 2:30pm

**Where:** Mabbett Hall South

**Cost:** Member: \$5.00  
Non-members: \$7.00

**Destination:** Mexican Marine Life from Sea to Ocean

**Activity #:** 104564



## EVENTS

**\*\*Our events fill up quickly, be sure to register early!\*\***

### Mardi Gras Birthday Social

Hosted in partnership with the Wilson Seniors Advisory Association, come celebrate PoCo Senior members whose birthdays are in January & February, with light appies, refreshments & entertainment. Those with birthdays in January or February register for FREE. Don't forget to dress for the theme if you can!

**When:** Feb. 20, 1:00 - 3:00pm

**Where:** Mabbett Hall South

**Cost:** Member: \$8.00  
Non-member: \$10.00

**Activity #:** 104586

*\*Registration open*

### St. Patty's Luncheon

Follow the rainbow to our St. Patrick's Day lunch! With good food, music, & dancing, a good time is sure to be had!

**When:** Mar. 13, 2025, 12:30 - 2:30pm

**Where:** Mabbett Hall South

**Cost:** Member: \$13.25  
Non-member: \$16.25

**Activity #:** 104585

*\*Registration opens Feb. 13th*



### New Members Info Session

New to the Seniors Membership? Join this **FREE** information session with staff & Wilson Seniors Advisory Association members to meet new people & ask any questions you have. Tea or coffee provided. *Registration is required.*

**When:** Feb. 27, 1:00 - 2:00pm

**Where:** Wilson Lounge

**Activity #:** 105125



### Seniors Safe-Tea Talk

The RCMP are hosting a Seniors Safety Talk in honour of World Elder Abuse Day. Learn what you can do to keep yourself safe. Tea, coffee & small treats provided.

**When:** Mar. 6, 1:30 - 3:30pm

**Where:** Mabbett Hall South

**Cost:** Free

**\*Register at [Eventbrite.ca/d/Canada--port-coquitlam/seniors-safe-tea/](https://www.eventbrite.ca/d/Canada--port-coquitlam/seniors-safe-tea/)**

## PCCC 60+ Drop-Ins

### Monday

|                  |                  |
|------------------|------------------|
| Snooker          | 9:00am - 12:00pm |
| Twisted Stitches | 12:30pm - 2:30pm |
| Canasta          | 1:00pm - 3:30pm  |
| Duplicate Bridge | 5:30pm - 9:00pm  |
| Table Tennis     | 7:00pm - 9:00pm  |

### Tuesday

|                |                  |
|----------------|------------------|
| Snooker        | 9:00am - 12:00pm |
| Table Tennis   | 9:00am - 12:00pm |
| Guitar         | 11:15am - 2:00pm |
| Eight Ball     | 12:00pm - 2:30pm |
| Carpet Bowling | 12:30pm - 3:00pm |

### Wednesday

|                      |                  |
|----------------------|------------------|
| Snooker              | 9:00am - 12:00pm |
| Table Tennis         | 9:00am - 12:00pm |
| *Bingo               | 1:00pm - 3:00pm  |
| <b>NEW:</b> Cribbage | 1:30pm - 3:30pm  |

*\*Program run by Wilson Seniors Advisory Assoc.*

### Thursday

|              |                  |
|--------------|------------------|
| Snooker      | 9:00am - 12:00pm |
| Table Tennis | 9:00am - 12:00pm |
| Canasta      | 12:00pm - 2:30pm |
| Eight Ball   | 12:00pm - 2:30pm |

### Friday

|                     |                  |
|---------------------|------------------|
| Snooker             | 9:00am - 12:00pm |
| Table Tennis        | 9:00am - 12:00pm |
| Bridge w/o partners | 12:00pm - 3:00pm |
| Carpet Bowling      | 12:30pm - 3:00pm |

### Saturday

|               |                  |
|---------------|------------------|
| Snooker       | 9:00am - 12:00pm |
| Table Tennis  | 9:00am - 12:00pm |
| Euchre-Tupper | 9:30am - 12:00pm |
| Art Drop In   | 10:00am - 1:00pm |

### Cancellations:

|         |   |
|---------|---|
| Feb. 15 | Table tennis cancelled                      |
| Feb. 17 | No Seniors Services                         |
| Feb. 19 | No cribbage drop-in                         |
| Feb. 20 | Table tennis ends at 11:00am                |
| Feb. 27 | Table tennis cancelled                      |
| Feb. 28 | Bridge without Partners moved to Games Room |

*\*All programs subject to change without notice.*

### Programs at the Outlet:

Non-member: \$7.00 | Member: \$5.00

#### **Guided Painting Feb. 13, 1:00 - 2:30pm**

In this guided painting class the instructor will guide you through each step to creating your painting. Supplies are provided & no experience necessary!

**Activity #: 104884**

#### **Art Talk & Tour Feb. 27, 1:00 - 2:30pm**

Led by Arts & Culture Coordinator, Robi Smith, get a tour of the artist in residence work through out Leigh Square.

**Activity #: 104887**

### Programs at Hyde Creek:

#### **Dance Sampler**

Wednesdays, Feb. 5 - Feb. 26 at 1:30pm

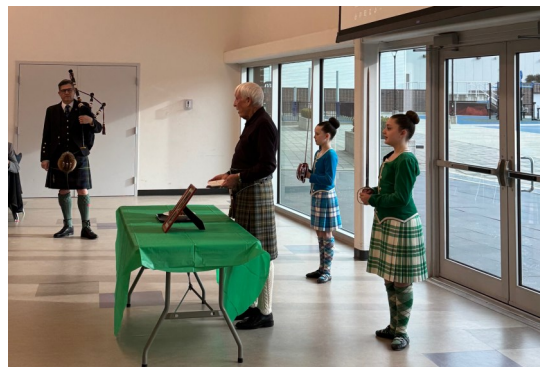
Who doesn't love good music & movement? Join in for a welcoming class exploring different music & dance styles each week. Adaptable for all abilities & fun for everyone!

Member:\$26.00 | Non-member:\$40.00

**Activity #: 105064**

**Dance Moves** Pick any or every Wednesday, 2:30 - 3:30pm in February, to have fun & move your body learning different dances; no experience necessary. *Registration required.*

Member:\$5.00 | Non-member:\$7.00



Big thank you to our Senior's member, Donald R., for helping us bring this Robbie Burns lunch together with David, the piper, & the brilliant highland dancers!

### Wilson Seniors Advisory Association

Join us for Bingo! It's a great way to have fun and connect with friends.

Don't miss these fascinating sessions in our Tuesday Talks series:

**Feb 11:** Learn about federal government benefits and programs from Service Canada - you might be entitled to more than you think!

**Feb 25:** Discover how Route65.ca can help you explore senior living, wellness, and care options tailored to your needs.

This year, our Health Fair is moving to the fall - stay tuned for details!

Stop by the Wilson Lounge to browse beautiful crafts; perfect for finding that one-of-a-kind gift. Your involvement keeps our community thriving. Join us and make a difference!

**Royce Shook, Wilson Seniors Advisory Association President...**



### Tuesday Talks:

**Topic:** Workshop for Newcomers  
**When:** Feb. 11, 1:30-2:30pm  
**Activity #:** 106525  
**Cost:** FREE

**Topic:** Route 65  
**When:** Feb. 25, 1:30-2:30pm  
**Activity #:** 106526  
**Cost:** FREE



### Wilson Seniors Advisory Association Craft & Knitting Sales

Come by the Wilson Lounge to see what the wonderful volunteer crafters & knitters have donated for purchase.

See staff weekdays 9:00am - 3:30pm if you would like to purchase. Cash only. Proceeds go to the Advisory Board's fundraising efforts for senior programs & initiatives in the community.

## WILSON SENIORS

Port Coquitlam Community Centre  
 2150 Wilson Ave  
 Port Coquitlam, BC

Phone: 604-927-7529 (PLAY)  
 wilsonseniors@portcoquitlam.ca  
 portcoquitlam.ca/wilsonseniors



PORT COQUITLAM  
**RECREATION**