

WHAT'S UP WILSON

August 2025

CITY OF
PORT
COQUITLAM



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

Danielle Plaza
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:

Member: \$6.80 | Non-member: \$9.07

Aug 6	Crustless quiche + salad
Aug 13	Pancakes + sausage
Aug 20	Fajita salad
Aug 27	Vegetable hash n' eggs

Kitchen Closures:

Aug 4	Kitchen & Lounge closed
Aug 21	Kitchen closes at 12pm
Sept 1	Kitchen & Lounge closed

Please Note:

After a thorough cost analysis, due to food inflation kitchen prices will be increasing slightly in September.

Thank you for understanding.

Summer in the City

Music in the Square

Enjoy free summer afternoon community concerts, rain or shine!

August 10 & 24 at 2:00pm



Cinema Under the Stars (8:45pm)

August 9 *The Princess Bride*

August 23 *Top Gun: Maverick*

Adult Cognitive Wellness Program

We have partnered with the Adult Cognitive Wellness Centre to provide this program to our community. For adults 50+ experiencing mild-moderate cognitive changes, this is a great opportunity to be part of a supportive & enriching environment.

Appointments are Wednesdays 1:00-3:00pm
Book by calling 778-549-6413 or emailing
info@adultcognitivewellnesscentre.ca

Terra Roots Co Workshop

Join this hands on workshop on how to utilize different foods; creating yummy & savvy ways to serve or preserve food! More details will be posted in the Wilson Lounge closer to the date!

When: Sept. 6, 1:00-2:30pm

Where: Wilson Kitchen

Cost: \$25.00

****Register at:** www.terrarootsco.ca/shop

The Memory Rasa Coffee Table Book

Be a part of this special cookbook!

If you would like one of your beloved recipes to be considered for a cook book full of community recipes, please see our whiteboard in the lounge & scan the QR code or contact mithilak@gmail.com for more info!

The book will be assembled & published once enough recipes are submitted.

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

EVENTS

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

Patsy Cline & Roy Orbison Luncheon

Mayfair & Astoria are bringing Patsy Cline & Roy Oberson to the PoCo Community Centre! Get your dancing shoes ready and join us for a fun afternoon, with good food & even better company.

When: Sept. 18, 12:30-2:30pm

Where: Mabbett Hall South

Cost: Member: \$13.25

Non-member: \$16.25

Activity #: 115706

Registration opens August 19th

Set Menu

Chicken, Mash Potatoes, Green beans, and Gravy.

Vegetarian Option available. We cannot guarantee dietary restrictions.



Armchair Travel: Budapest & Amsterdam

Armchair travel takes people to faraway destinations without leaving their seat. It provides an opportunity to learn about a place's history, culture, and landmarks.

When: Oct. 20, 1:00 - 2:30pm

Where: Mabbett Hall South

Cost: Member: \$5.25

Non-members: \$7.25

Activity #: 116051



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: Sept. 25, 1:00 - 2:00pm

Where: Wilson Lounge

Activity #: 115167

Welcome

PCCC 60+ Drop-Ins	
Monday	
Snooker	9:00am - 12:00pm
Twisted Stitches	12:30pm - 2:30pm
Canasta	1:00pm - 3:30pm
Ukulele	1:00pm - 3:00pm 
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
<i>*Program run by Wilson Seniors Advisory Assoc.</i>	
Canasta	1:00pm - 3:30pm
Thursday	
Snooker	9:00am - 12:00pm
Table Tennis	9:00am - 12:00pm
Sewing	10:00am - 2:00pm
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:	
Aug 4	No Senior Services
Aug 21	Table tennis ends at 11am
Aug 25	No Ukulele
Sept 1	No Senior Services
<i>*All programs subject to change without notice.</i>	

Everyone's Included

The Wilson Lounge & Seniors Drop-ins are inclusive & welcoming spaces. Please be kind to all & help make everyone, new & old, feel included!

Programs at the Outlet:

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

When: Sept. 25, 1:00-2:30
Where: Gathering Place
Cost: Member: \$8.00
Non-member: \$10.00
Activity #: 115191

Community Safety Sessions


Help for Port Coquitlam residents in preparing for emergencies & natural disasters. Learn fire safety tips, as well as crime prevention strategies.

Search “Free Community Safety Courses” in the Port Coquitlam website to register.

Bear Aware Info Session

Learn how to keep wildlife & their homes safe. Residents will learn practical & effective tips for managing attractants & responding to bear & coyote encounters safely.

When: Sept. 17, 6:30-8:30pm
Where: Outlet Work Room
Cost: Free
Activity #: 111052



Book a Librarian

You have questions, we have answers on any topic! If you have a question that requires detailed explanations, you can book an appointment with one of our Terry Fox Library staff members. This will give you uninterrupted time with one of our information experts. These one-on-one appointments are 30 minutes in length to assist you with technology or get you started on anything you wish to research.

Open Games Room

For those 60 & better, feel free to grab some friends, work on a puzzle, play a game of scrabble, cards, or mahjong! We have lots of boardgames & puzzles available to enjoy either in the Games Room or the Wilson Lounge.

Hours:
Mondays, Wednesdays, Fridays
12:00-2:30pm

Wilson Seniors Advisory Association

Join us at the Downtown Car Show on August 17 to learn more about who we are and our role as a Community Resource Network Drop. August is the perfect time to re-energize and enjoy a variety of fun, engaging programs designed with you in mind. From creative activities to relaxed afternoons with friends playing Bingo, the PoCo drop-in programs have something for everyone. The Wilson Seniors Birthday Socials remain a great way to reconnect. Stay up to date by visiting wilsonseniors.ca or following us on [Facebook](#).

Royce Shook, Wilson Seniors Advisory Association President...
wilsonseniors.ca

Bus Trip

We’re heading to Krause Berry Farms & Estate Winery! Shop the market, buy some lunch & enjoy the scenery of the farm. Cost includes transportation & gratuity.

When: Sept. 11, 10:00am-2:30pm
Where: Meet in PCCC Lobby 9:30am
Activity #: 116953
Cost: Member: \$30.00
Non-member: \$45.00

Registration opens July 22nd; last day to register is August 22nd.

*Outside food/beverages are not allowed at the farm

Tuesday Talks:

Topic: Financial Health
When: Sept. 9, 1:30-2:30pm
Activity #: 115682
Cost: FREE

Topic: Falls Prevention
When: Sept. 23, 1:30-2:30pm
Activity #: 115685
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.