

WHAT'S UP WILSON

September 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 &

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

Sept 3 - Taco Salad

Sept 10– Italian pasta salad with ham

Sept 17– Chicken strips and fries

Sept 24—Street corn chicken rice bowls

Kitchen Closures:

Sept 1 Kitchen & Lounge closed

Sept 18 Kitchen & lounge closed

Sept 30 Kitchen & Lounge closed

Please see cancellation list for detailed closures due to Mabbett Hall enhancements week of Sept 22nd– Sept 27th

Please Note:

After a thorough cost analysis, due to food inflation kitchen prices will be increasing early October.

Thank you for understanding.

Coffee with the Mayor

Mayor Brad West is visiting the Wilson Lounge to sit, have a coffee, & answer any questions you may have about our community. Registration is required.

When: Oct 7th, 10:00 - 11:00am

Where: Wilson Lounge

Cost: Free

Activity #: 110026



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

Seniors Diwali Celebration

The Wilson Seniors will get experience the South Asian festival of Diwali. Diwali is also known as the festival of lights and is celebrated by lighting “diyas”. Come enjoy some musical festivities while eating some delicious Indian snacks and chai. Lets celebrate. Let's celebrate Diwali together this year! Brought to you in collaboration with Athena Wealth Expertise, Actilife Physiotherapy & Rehab and Fruitcana Port Coquitlam.

When: Oct 17th, 2025 1:00-3:00pm

Where: Mabbett Hall

Cost: FREE

Activity #: 118789

Health and Wellness Fair

Free Health & Wellness Fair on October 1st (National Seniors Day) from 2:00pm to 6:00pm. Celebrating Seniors and their families! Engage with community health experts and wellness specialists. Enjoy complimentary coffee, giveaways, interactive exhibits and a chance to win exciting door prizes.

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

EVENTS

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

Thanksgiving Luncheon

Happy Thanksgiving! We are grateful for all our seniors and the community you've helped us create. Join us for food, dancing, and fun as we give thanks for all we have to be grateful for this year

When: Oct 9th 12:30—2:30

Where: Mabbett Hall

Cost: Member: \$13.75

Non-member: \$16.75

Activity #: 115175

Registration opens Sept 10/25

Set Menu

Turkey, potatoes, carrots, stuffing, cranberry sauce, rolls.

Vegetarian option available

Team Jersey Birthday Social

Hosted by the Wilson Seniors Advisory Association, come celebrate Seniors members whose birthdays are in September & October with light appies, refreshments, & entertainment. Those with September & October birthdays register for FREE. Wear your favorite teams jersey!

When: Oct 23, 2025 1:00-3:00pm

Where: Mabbett Hall South

Cost: Member: \$8.00

Non-member: \$10.00

Activity #: 115182

**Registration opens Sept 25th*

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>	
Thursday	
Snooker	9:00am - 12:00pm
Table Tennis	9:00am - 12:00pm
Sewing	10:00am - 2:00pm
Eight Ball	12:00pm - 2:30pm
Canasta	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:	
Sept 1	No Senior Services
Sept 18	Table tennis cancelled
Sept 30	No Senior Services

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

Garlic Workshop

Join us for a fun and educational event in partnership with the **Terry Fox Library!** Learn how garlic is planted, grown, and harvested—and discover the amazing health benefits and culinary uses of this kitchen staple.

Date: October 22nd
Time: 12:45pm—1:45pm
Activity #:118703
Location: First floor Terry Fox Library Program Room and Community Garden



Library at Lunch

Each month, Terry Fox Library staff will be visiting the Wilson Centre from noon to 1:00 PM. We can chat about anything, from smartphones and tablets to how to sign up for library events online. Try to stump us!

Date: Sept 16th
Time: 12:00pm– 1:00pm
Location: Wilson Lounge



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

At the Downtown Car Show, we connected with the Marketing Manager of Papa John’s Pizza, and we’re excited to share that Wilson Seniors now have a tasty new perk! Use promo code **MARCEL25** to enjoy **25% off** your order online or by phone (delivery or carry-out).

September always feels like a fresh start, and our programs are ready to welcome you back. From Tuesday Talks and creative activities to easy-going afternoons of Bingo with friends, there’s something for everyone. And don’t forget our Wilson Lounge luncheons, a perfect chance to catch up and share good company.

Stay connected with us anytime at wilsonseniors.ca or on Facebook, we’d love to see you there!

Royce Shook, Wilson Seniors Advisory Association President...

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

Topic: Canadian Blood Services
When: Oct 14, 1:30—2:30pm
Activity #: 115686
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.