

WHAT'S UP WILSON

November 2025

C I T Y O F
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

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:

Nov 5—Chicken Stir Fry

Nov 12— Lasagna & Garlic Bread

Nov 19—Swedish Meatballs & Mash

Nov 26— Sausage, Green Beans and Potatoes

Kitchen Closures:

Nov 11th— **CLOSED**

Nov 20th— Kitchen Closes at noon



FOOD PRICE INCREASE

Food prices will increase in the Wilson Kitchen on November 3, 2025 due to food inflation.

Thanks for your understanding!



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@adulthoodcognitivewellnesscentre.ca

Seniors Safe Tea

Hosted by Coquitlam RCMP

Join Coquitlam RCMP in Port Coquitlam for an informative event focused on fraud and elder abuse. Learn how to protect yourself and your loved one from scams and abuse targeting seniors. Free coffee, tea, and cookies!

When: Nov 18, 2025

Where: 1:30pm –3:30pm

Cost: FREE

To register use the following methods

- Register via the QR code
- Visit [RCMP.ca/Coquitlam](https://rcmp.ca/coquitlam)
- **Call:** 604-945-1586



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: Nov 27, 1:00 - 2:00pm

Where: Wilson Lounge

Activity #: 115168



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



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

Birthday Social

Hosted by the Wilson Seniors Advisory association, come celebrate Seniors members whose birthdays are in November & December with light appies, refreshments and entertainment. Those with November and December birthdays are **FREE!** Dress to impress with black & white attire.

When: Nov. 20 1:00-3:00pm

Where: Mabbett Hall South

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

Activity #: 115184

****Registration opened****

Ugly Holiday Sweater Tea Social

Presented by Mayfair & Astoria retirement living, an afternoon of fun with performances, appetizers, and refreshments. Come wearing your favorite Ugly Holiday Sweater!

When: Dec 11th 1:00-2:30pm

Where: Mabbett Hall South

Cost: **FREE for Wilson Members**

Activity #: 121175

****Registration opens Nov 7th****

Christmas Events

You're invited to join us for joyful holiday celebration! This year, we're offering both a festive dinner and a cheerful luncheon so you can choose the perfect time to celebrate. Come enjoy some delicious food and fun entertainment. Lets make this season merry and bright– we can't wait to celebrate with you!

When you register you will be prompted to pick one of these options:

Christmas Dinner

Where: Mabbett Hall

When: Dec. 17 4:30—6:30pm

Cost: **MEMBERS: FREE**

NON MEMBERS: \$17.75

Activity #: 119690

Christmas Lunch

Where: Mabbett Hall

When: Dec. 18th 12:30– 2:30pm

Cost: **FREE**

NON MEMBERS: \$17.75

Activity #: 119690

**** Registration opens Nov 12th****



