WHAT'S UP WILSON

PERT COQUITLAM

November 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

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@adultcognitivewellnesscentre.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

• 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 dropins 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 1:00-3:00pmWhere: Mabbett Hall SouthCost: Member \$8.00Non-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**

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

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Table Tennis	9:00am - 12:00pm
Guitar	11:15am - 2:00pm

9:00am - 12:00pm

12:30pm - 3:00pm

Eight Ball 12:00pm - 2:30pm

Carpet Bowling

Wednesday

 Snooker
 9:00am - 12:00pm

 Table Tennis
 9:00am - 12:00pm

 *Bingo
 1:00pm - 3:00pm

*Program run by Wilson Seniors Advisory Assoc.

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

<u>Friday</u>

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 Dron In	10:00am - 1:00nm

Cancellations:

Nov. 11- No Programs

Nov. 20 -Table tennis finishes at 11:00am

Nov. 28/29- All senior programming cancelled

- Snooker/adult snooker

- Table tennis

- Euchre/Tupper

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: Nov 27, 1:00-2:30
Where: Gathering Place
Cost: Member: \$8.00

Non-member: \$10.00

Activity #: 115195

Month in Review in Pictures



Twisted stitches at Health and Wellness Fair

Thanksgiving luncheon





Coffee with the Mayor

Seniors Diwali Event





Terry Fox Library
Garlic workshop

Jersey Birthday Social





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 board games & 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

Please come to our AGM, November 5th at 10:00 AM to see how you can help us to be a strong advocate to help reduce social isolation and reduce food insecurity among seniors in PoCo. We are always looking for new volunteers. November is an exciting month, we have many different activities planned in addition to our AGM. We are hosting a birthday party, a Jingle and Mingle Fair (November 13th 1 to 4), a new members meeting (Nov 27th 1 to 2) Bingo every Wednesday at 1:00, two interesting discussions, one on Prostate Health and one on the history of the city.

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

Wilson Seniors Advisory Board AGM

Make a difference for seniors in Port Coquitlam, join us for the Wilson Seniors Advisory Associations AGM. We're electing 7 new directors and looking ahead to another great year of programs, volunteering, and community connection.

When: Nov 5th 10am-11am

Where: Small Multi Purpose Room

Tuesday Talks

Topic: Prostate Health

When: Nov 4, 1:30-2:30pm

Activity #: 115690
Cost: FREE

Topic: Port Coquitlam Heritage When: Nov 25, 1:30—2:30pm

Activity #: 115691

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

