

WHAT'S UP WILSON

December 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:

Dec 3	Mac and Cheese & Salad
Dec 10	Chili and Corn Bread
Dec 17	No hot lunch as the Kitchen prepares for our Christmas events

Kitchen Closures:

Dec 11	Kitchen closes at 12:30
Dec 17	Kitchen closes at 12:30 Soup, sandwiches, baked goods available

We have a few members who are looking to play crib. Please connect with a Seniors Services Staff Member if you are interested.

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!

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



****Holiday Closure****

Dec. 23rd - Jan. 2nd

Kitchen & Lounge CLOSED

We will re-open all services Jan 5th.

Thank you for those that came
dressed to impress at the Nov.
Black and White Birthday Social!



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



City of Port Coquitlam's Parade of Lights

Our Parade of Lights returns for its second year, bringing vibrant holiday spirit to downtown Port Coquitlam.

Date: Saturday, December 6

Parade Start: 5pm

Pre-Parade Activities: 1-5pm

Location: Downtown Port Coquitlam

For more information

[Parade of Lights](#) | [City of Port Coquitlam](#)

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

Christmas Events (FULL)

If you're not able to attend, please ensure you withdraw yourself either online or with front desk.

Robbie Burns Luncheon

Celebrate the life and achievements of Scotland's favorite son & poet, Robbie Burns. Eat a Scottish meal & enjoy some music & dancing.

When: Jan. 22nd, 12:30 - 2:30pm

Where: Mabbett Hall

Cost: Member: \$14.75

Non-member: \$17.75

Activity #: 119132

Set menu

Roast Beef, mash potatoes, gravy, veggies .
Vegetarian option available upon registration. No substitutions available



Senior Service Staff wish you and your loved ones a happy and healthy holiday season. We look forward to all the adventures in 2026!!



PCCC 60+ Drop-Ins	
<u>Monday</u>	
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
<u>Tuesday</u>	
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
<u>Wednesday</u>	
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>	
<u>Thursday</u>	
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
<u>Saturday</u>	
Snooker	9:00am - 12:00pm
Table Tennis	9:00am - 12:00pm
Euchre-Tupper	9:30am - 12:00pm
Art Drop In	10:00am - 1:00pm
<u>Cancellations:</u>	
Dec 4	Table Tennis cancelled
Dec 11	Table Tennis finishes at 11am
Dec 12	Carpet Bowling cancelled
Dec 17	Bingo moved to Laking Room & Table Tennis finishing at 11am

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: Jan 15th, 1:00-2:30
Where: Gathering Place
Cost: Member: \$8.00
Non-member: \$10.00
Activity #: 120160

Featured Programs

Fun with Flowers

Bring your passion for flowers and join us to create a beautiful arrangement for your home. No experience necessary. Tools and supplies are provided. There is an additional \$25 cost for project supplies, payable to the instructor during class.

When: Dec 10th, 7:00pm— 9:00pm
Where: Hyde Creek Lecture Room
Cost: \$17.75
Activity #: 116277

Drum Circle

Connect with others to create and explore rhythms using hand drums and other percussion. No experience necessary, only a willingness to have fun! Bring your own drum or let us know if you need one provided.

When: Dec 15 6:30pm— 8:00pm
Where: Small Multipurpose Room
Cost: \$17.75
Activity #: 114735

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

For those that don't know, we lost a Board member, Karen Dobson, in November, she will be missed. Our thoughts are with her family. Thank you to everyone who attended our AGM, and we welcome our newly elected Board members to an exciting year. As you review this newsletter you will see we have a lot going on in December. We hope you've registered for our Christmas events and hope to see you at one of them. In January, join us for Tuesday Talks and Bingo. Merry Christmas and Happy New Year to you and yours from your Board.

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

Bus Trip

We're heading to UBC Museum of Anthropology—explore displays of world arts and cultures. Cost includes transportation & gratuity.

When: Feb 12, 2026 9:30am-3:30pm
Where: Meet in PCCC Lobby 9:15am
Activity #: 122152
Cost: Member: \$30.00
Non-member: \$50.00

****Registration opens Nov 18; last day to register is Feb 2.****

*Outside food/beverages are not allowed at the Museum



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.