

# WHAT'S UP WILSON

January 2026

C I T Y O F  
**PORT**  
COQUITLAM



Hoping 2026 is filled with joy, laughter and good health for all of you.

Welcome! 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.

## 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:

Jan 7 - Perogies and Sausage

Jan 14 - Lasagna

Jan 21 - Shepherds Pie

Jan 28—Chicken Stir fry

### Kitchen Closures:

Jan 22th—Kitchen closed due to Robbie Burns Luncheon

### 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

**Thank you to Ukulele, Guitar and Silver Cord Choir for performing at the Ugly Christmas Sweater Social.**



## UPCOMING EVENTS

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

### 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

**\*\*\*Registration opened Dec 19th\*\*\***

### Set menu

Roast Beef, mash potatoes, gravy, veggies.

Vegetarian option available upon registration. No substitutions available.



### Wild Wild West Birthday Social

Dust off your boots, grab your cowboy hat, and get ready to celebrate Birthdays for January/February! We'll have light appies, refreshments, and entertainment. Those with birthdays in January or February register for FREE.

**When:** Feb 19th, 1:00-3:00pm

**Where:** Mabbett Hall South

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

**Activity #:** 119133

**\*\*\*Registration opens Jan 19th\*\*\***



### 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

### 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

### 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:** Jan 29th, 1:00 - 2:00pm

**Where:** Wilson Lounge

**Activity #:** 119975

**Cost:** FREE



PCCC 60+ Drop-Ins	
<b><u>Monday</u></b>	
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
<b><u>Tuesday</u></b>	
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
<b><u>Wednesday</u></b>	
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>	
<b><u>Thursday</u></b>	
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
<b><u>Friday</u></b>	
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
<b><u>Saturday</u></b>	
Snooker	9:00am - 12:00pm
Table Tennis	9:00am - 12:00pm
Euchre-Tupper	9:30am - 12:00pm
Art Drop In	10:00am - 1:00pm
<b><u>Cancellations:</u></b>	
<b>Jan 7th</b> - Table tennis cancelled Bingo moved to Laking room	
<b>Jan 22nd</b> - Table tennis cancelled	
<div><b><u>Everyone's Included</u></b> The Wilson Lounge &amp; Seniors Drop-ins are inclusive &amp; welcoming spaces. Please be kind to all &amp; help make everyone, new &amp; old, feel included!</div>	

## Featured Programs

### Armchair Travel

#### The Philippines a Scuba Diving Safari

Dive into one of the world's most spectacular marine environments on this unforgettable scuba safari through the Philippines. Known for its crystal-clear waters, thriving coral reefs, and unparalleled biodiversity, the Philippines offers an extraordinary underwater adventure.

**When:** February 26th 1:00pm—2:30pm

**Where:** Mabbett Hall South

**Cost:** Non Member \$7.00  
Member \$5.00

**Activity #:** 123749



### 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:** Jan 5th 7:00pm— 9:00pm

**Where:** Small Multi Purpose Room

**Cost:** \$17.75

**Activity #:** 120346

### Drum for Vitality

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:** Jan 12th 7:00pm— 8:00pm

**Where:** Small Multipurpose Room

**Cost:** \$17.75

**Activity #:** 119595



## Wilson Seniors Advisory Association

Welcome to 2026 at the Wilson Center, where familiar faces and new friendships meet. The year opens with our weekly rhythms, Wednesday Bingo at 1:00 PM, shared hot meals, Tuesday Talks, birthday socials, bus trips, and welcoming teas for new members. This January we proudly launch our Dementia Café and expanded support for caregivers, creating gentle, creative spaces for connection and understanding. May brings May Day joy, June shines with Seniors Week, and our Fall Health Fair returns bigger and better. We continue standing up to food insecurity and celebrating inclusion, honoring Lunar New Year, Diwali, and the many cultures of Port Coquitlam. Come, create, connect, move and belong.

Royce Shook, President.


Stay connected with us anytime at [wilsonseniors.ca](https://wilsonseniors.ca) or on Facebook, we’d love to see you there!

### Tuesday Talks

<b>Topic:</b>	<b>Wills &amp; Estate Planning</b>
<b>When:</b>	Jan 13th, 1:30-2:30pm
<b>Activity #:</b>	<b>119951</b>
<b>Cost:</b>	FREE

<b>Topic:</b>	<b>Power of Music for Brain Health</b>
<b>When:</b>	Jan 27th, 1:30—2:30pm
<b>Activity #:</b>	<b>119956</b>
<b>Cost:</b>	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.