

# WHAT'S UP WILSON

February 2026

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



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.

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:

Feb 4 Beef Dip

Feb 11 Taco Salad

Feb 18 Chicken Chow Mein

Feb 25 Chicken Broccoli Casserole

### Kitchen Closures:

**Feb 16 Kitchen & Lounge Family Day**

**Feb 19 Closing at Noon for special event**

## 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

## 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

## Book A Librarian

You have questions, we have answers! Book a Librarian is uninterrupted, one-on-one time with one of our information experts. We can help you with technology or get you started on a specific topic. Some restrictions apply. Visit or call the library (604-927-7999) to make a 30 minute appointment and find out more.

## 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:** Feb 12

**Where:** Mabbett Hall 1:30pm –3:30pm

**Cost:** FREE

To register use the following methods

- Register via the QR code
- Coquitlam.rcmp.ca
- **Call:** 604-945-1586



## 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

# UPCOMING EVENTS

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

## 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 opened Jan 19th\*\*\****

## St. Patrick's Day Luncheon

Follow the rainbow to our St. Patrick's Day lunch with good food, music & dancing! A good time is sure to be had!

**When:** March 12, 12:30– 2:30pm

**Where:** Mabbett Hall

**Cost:** Member: \$14.75  
Non-member: \$17.75

**Activity #:** 119155

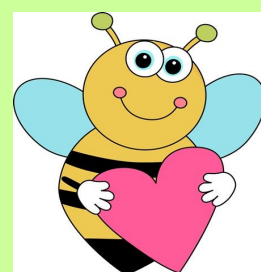
***\*\*\*Registration opens Feb 12th\*\*\****



## Care for Caregiver Fair

Will be held on Thursday February 26th in Mabbett North. Please stay tuned for more information in the coming weeks. It will be posted on the information board in the

Wilson Lounge.





PCCC 60+ Drop-Ins	
<b>Monday</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>Tuesday</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>Wednesday</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>Thursday</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>Friday</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>Saturday</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>Cancellations:</b>	
Feb 14	Table tennis is cancelled
Feb 16	CLOSED Family Day
Feb 19	Table tennis finishes at 11am
Feb 27th	Bridge w/out partners moved
<b>Everyone's Included</b>	
The Wilson Lounge & Seniors Drop-ins are inclusive & welcoming spaces. Please be kind to all & help make everyone, new & old, feel included!	

## Robbie Burns Luncheon



We would like to acknowledge and sincerely thank Donald and Linda for organizing the lovely entertainment. A special thank you to David. H for the wonderful bagpiping, and to Aubrey and Clarys for their beautiful dancing. Thank you as well to everyone who came out to support and enjoy the Robbie Burns Luncheon.

### 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



## Wilson Seniors Advisory Association

February is all about connection, learning, and good company at the Wilson Centre. Join us Wednesdays at 1:00 for Bingo, laughter, and friendly faces. Our Tuesday Talks continue with Feb 10 on fraud and abuse awareness, and Feb 24 on living well with diabetes. Care for the Caregiver is in full swing, enhanced by a mini health fair on Feb 26 for anyone supporting a loved one with dementia or wanting to learn about local services. On Feb 19, we celebrate January and February birthdays with a Wild, Wild West party and live music from John Parsons. Drop in for lunch, coffee, or conversation; you're always welcome here.

Royce Shook, President.

Stay connected with us anytime at [wilsonseniors.ca](http://wilsonseniors.ca) or on Facebook, we'd

#### Tuesday Talks

**Topic:** Older Adult Mistreat & Abuse  
**When:** Feb 10, 1:30-2:30pm  
**Activity #:** 119957  
**Cost:** FREE

**Topic:** Learn about Diabetes  
**When:** Feb 24, 1:30—2:30pm  
**Activity #:** 119972



### 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](mailto:wilsonseniors@portcoquitlam.ca)  
[portcoquitlam.ca/wilsonseniors](http://portcoquitlam.ca/wilsonseniors)



PORT COQUITLAM  
RECREATION