

WHAT'S UP WILSON

CITY OF
PORT
COQUITLAM

March 2026

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

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.

Tech Talk for Active Seniors

In partnership with the Terry Fox Library. Want to be active but technology is standing in the way? Learn about City of Port Coquitlam's online registration system and how to navigate it using your phone, tablet or laptop. Please bring your device to the program and ensure before the program date you can log into the online registration system.

When: April 7, 1:00– 2:30pm

Where: Terry Fox Library Community Room

Cost: FREE

Activity #: 125304

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!****

Coffee with the Mayor

Mayor Brad West is visiting the Wilson Lounge to sit, have a coffee, & answer any questions you may have about our community. Registration is required.

When: April 21, 10:00 - 11:00am

Where: Wilson Lounge

Cost: Free

Activity #: 125300



Birthday Social Hawaiian Luau

Get ready to celebrate island style! We're bringing the spirit of Hawaii to Mabbett Hall! Slip on your leis, grab your flip flops, and enjoy an afternoon full of tropical vibe, good food, and great company. Celebrate Port Coquitlam Senior members who birthdays are in March/April. Those members with birthdays in March/April are FREE!

When: April 16, 1:00-3:00pm

Where: Mabbett Hall

Cost: Member: \$8.00

Non-member: \$10.00

Activity #: 121939

**** Registration Opens March 19****



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: March 26, 1:00 - 2:00pm

Where: Wilson Lounge

Activity #: 119976



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:

March 4 Hamburger Casserole

March 11 Ham & Cheese Quiche with Green Salad

March 18 Focaccia Pizza

March 25 Beef Dip & Caesar Salad

Pricing MEMBER: \$8.30

NON-MEMBER: \$11.00

Kitchen Closures:

March 12 Kitchen **CLOSED** for St. Patricks Luncheon

Important Reminder

Having your Active Net account up to date is very important! Please see main reception or call 604-927-7529 to ensure customer information and emergency contact information is correct.

Reminder!

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	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

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

Friday

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 Drop In	10:00am - 1:00pm

Cancellations:

March 6 Bridge w/o partners moved to Games Room

March 11 Bingo moved to Laking Room

March 12 Table tennis cancelled

March 14 Table tennis moved to Mabbett North



Income Tax Clinic

The Income tax Clinic is back! This clinic is available for seniors and people with disabilities living on a modest income with a simple tax situations. Appointments are available Saturdays starting March 7th until April 11th between 12:00-2:40pm

Please connect with a Seniors Services staff member to confirm your eligibility and to book your Appointment.

Tax Super Clinic

Join us to get your taxes filed, find out more about benefits, credits, pensions, programs and services you might be entitled to. Please bring photo ID to access services.

No registration required.

When: March 6, 11:00am—3:30pm

Where: Small Multi Purpose Room

Cost: FREE

Bus Trip- Harrison

Celebrate Spring at the Harrison Tulip Festival with 40 acres of vibrant blooms and stunning mountain views. Afterward, enjoy free time for lunch in Harrison Hot Springs before visiting the Sasquatch Museum to explore local legends and history.

When: April 23, 9:00am—4:30pm

Where: Harrison

Cost: Member: \$30.00
Non-member \$50.00

Activity #: 125988

Terra Roots Co Workshop

Join this hands on workshop on how to utilize different foods; creating yummy & savvy ways to serve or preserve food! More details will be posted in the Wilson Lounge closer to the date!

When: March 28, 1:00-2:30pm

Where: Wilson Kitchen

Cost: \$25.00

****Register at:** www.terrarootsco.ca/shop

Wilson Seniors Advisory Association

What a fantastic start to the year! Our new Family Caregiver Support Hub and Musical Café is off to a flying start, and our recent Mini-Fair was a wonderful success, connecting so many of you with helpful experts. A huge thank you to everyone who made it happen! Speaking of connections, our sold-out birthday parties are proving just how much we love to celebrate together, so don't forget to register early for the next one! Bingo is as lively as ever, our bus trip to UBC was a blast, and our Tuesday Talks are drawing bigger crowds each month. We're keeping our fingers crossed for some exciting news in March about a New Horizons grant. If successful, get ready for even more uplifting programs designed to bring us all together. Stay tuned.

Royce Shook, President.

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

Tuesday Talks

Topic: The Value of Death

When: March 10, 1:30-2:30pm

Activity #: 119973

Cost: FREE

Topic: How to Improve Your Sleep

When: March 24, 1:30-2:30pm

Activity #: 119974

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



PORT COQUITLAM
RECREATION