

# WHAT'S UP WILSON

CITY OF  
**PORT**  
COQUITLAM

June 2026



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 and 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:

**June 3** Chicken Caesar Salad

**June 10** Taco Salad

**June 17** Chicken Teriyaki with Rice

**June 24** Marconi and Cheese with Veg

**Pricing MEMBER:** \$8.30

**NON-MEMBER:** \$11.00

### Kitchen Closures:

**June 4** Kitchen Closed

**June 18** Kitchen Closed at Noon

**June 25** Kitchen Closed at Noon

### Open Games Room

For those 60+, feel free to gather some friends, work on a puzzle, or enjoy a game of Scrabble, cards or Mahjong! We have wide selection of board games and puzzles available to enjoy in either the Game Room or the Wilson Lounge.

### Hours:

Mondays, Wednesdays, Fridays

12:00-2:30pm

### BC Seniors Week (June 1—5th)

BC Seniors Week is celebrated annually during the first week of June in communities across British Columbia. It is a time to recognize and celebrate seniors and the many contributions they have made to help build and strength our communities. We thank you all of you for joining in, showing up, and bring joy to our community. Be sure to check the special Seniors Week Whats up Wilson for more information for special events and programs.

### Dementia Friendly Day 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](mailto:info@adultcognitivewellnesscentre.ca)

### Mini Health Fair for Family Caregivers

Come check out the free mini health fair during Seniors Week with speakers Stacey Dawes from Caregiver BC and Karen Tyrell Coping with Caregiver Stress. Get information from local providers about services available for family caregivers.

**When:** June 5, 2026 1:00-3:00pm

**Where:** Mabbett Hall North

### Seniors Membership

\$19.52 + 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

### Seniors Week Luncheon (FULL)

To celebrate Seniors Week, we are hosting a free luncheon for our community's Seniors. Sign up and join the fun with food, dessert, prizes and a live band!

**When:** June 4, 12:30-2:30pm

**Where:** Mabbett Hall

**Cost:** Member: FREE

Non-member: \$17.75

**Activity #:** 124036

### Set Menu:

Mexican rice, taco meat, sautéed veg.  
Desserts provided by Mayfair and Astoria Retirement Living.

### Carnival Birthday Social

Hosted by the Wilson Seniors Advisory Association, come celebrate Seniors members who celebrate birthdays in May & June with light appies, refreshments, & entertainment. Those with May & June birthdays register for FREE.

**When:** June 18, 1:00-3:00pm

**Where:** Mabbett Hall

**Cost:** Member: \$8.00

Non-member: \$10.00

**Activity #:** 121940

*\*\*Registration opened on May 21st\*\**



### Summer Dance Party

Agnes hosts a summer dance social, food, beverages and good music is provided. Bring your dance shoes. Ballroom and line dancing experience required. Dress in bright colors and have some fun!

**When:** June 25, 1:30 - 4:30pm

**Where:** Mabbett Hall

**Cost:** Member: \$12.00

Non-member: \$15.00

**Activity #:** 122153

*\*\*\*Registration opens May 28\*\*\**

**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:**

June 4 No table tennis and snooker  
 June 18 Table tennis finishes at 11:00am

We are wanting to start a crib group if interested please email [seniors@portcoquitlam.ca](mailto:seniors@portcoquitlam.ca)



**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:** June 27 1:00-3:00pm  
**Where:** Wilson Kitchen  
**Cost:** \$25.00  
**\*\*Register at:** [www.terrarootsco.ca/shop](http://www.terrarootsco.ca/shop)

**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:** June 18, 1:00-2:30  
**Where:** Gathering Place  
**Cost:** Member: \$8.00  
 Non-member: \$10.00  
**Activity #:** 123061



Thank you to everyone who attended the High Tea and shared your stories, whether with your table or with the entire crowd. Your memories and conversations helped make the event special.



**Wilson Seniors Advisory Association**

Seniors Week kicks off June 1st with a full week of celebration, connection, and community. Our free Health and Wellness Fair for caregivers and seniors will draw an interested crowd. We continue our birthday socials, weekly Bingo afternoons, and ongoing work preventing elder abuse and neglect. Thank you to everyone who volunteers, attends, and supports our events. Special thanks to Baljit, Danielle and Melissa for their ongoing support. Summer is here, stay active, stay safe, and we will see you in the lounge.

Royce Shook, President.

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

**Tuesday Talks**

**Topic:** Do I still need this medication?  
**When:** June 9, 1:30-2:30pm  
**Activity #:** 122524  
**Cost:** FREE

**Topic:** Buying or Selling Real Estate  
**When:** June 23, 1:30-2:30pm  
**Activity #:** 122525  
**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.

**Display case sales closed June 4th.**

**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**