

# WHAT'S UP WILSON

July 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:

July 8 Cobb Salad

July 15 Chicken Strips & Fries

July 22 Beef Dip

July 29 Mac N Cheese

Pricing **MEMBER:** \$8.30

**NON-MEMBER:** \$11.00

### Kitchen Closures:

July 1 Closed Canada Day

### 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

### Summer in the City

#### Canada Day—July 1 (all day)

Entertainment, events, & food all day! Check out the PoCo website for all the details.

#### Pride in PoCo—July 19th (2:00-5:00pm)

A celebration of 2SLGBTQI+ communities with live music, crafts, food and community displays!

#### Music in the Square at Leigh Square (2:00pm)

July 5 & 20

#### Cinema Under the Stars at Evergreen Park (9:15pm)

July 11 Jurassic Park

July 25 Sing 2

### 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@adulthoodcognitivewellnesscentre.ca](mailto: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.

### 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

### Birthday Social Decades and Eras

Join us as we take a trip through time to celebrate birthdays in July & August! From the roaring 20s to the groovy 70s and beyond, we're turning back the clock for a party that spans the best of every era. Get ready for an afternoon full of music, memories, and fun! Members with birthdays in July & August register for FREE.

**When:** August 20, 1:00-3:00pm

**Where:** Mabbett Hall

**Cost:** Member: \$8.00

Non-member: \$10.00

**Activity #:** 121941

*\*\* Registration Opens July 23rd\*\**



Everyone enjoyed Johnny Elvis at the last birthday social. The conga line was the highlight of the afternoon.



**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
Sewing	10:00am - 2:00pm
*Bingo	1:00pm - 3:00pm
<i>*Program run by Wilson Seniors Advisory Assoc.</i>	

**Thursday**

Snooker	9:00am - 12:00pm
Table Tennis	9:00am - 12:00pm
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:**

- July 1 No senior services
- July 16 Table tennis cancelled  
Canasta Cancelled
- July 17 Bridge w/out partners cancelled



**Seniors Week Highlights**



**Wilson Seniors Advisory Association**

Summer has settled in. We're slowing down, but the center still has plenty of life. Bingo continues every Wednesday afternoon, come for the game, stay for the company. Our regular drop-in programs are running throughout the summer. The Caregiver Support program continue as well. Whether you're looking for a friendly game, or just a relaxing day with friends, there's something for everyone. And while you're at the center, don't forget to say hello the Seniors Services Staff. Keep in touch by visiting our website, or joining our Facebook group (Wilson Seniors). Stay cool, stay connected, and enjoy the summer.

Royce Shook, President

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



**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**