

WHAT'S UP WILSON

August 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.

Seniors Admin. Staff:

Baljit Sastry
Recreation Program Coordinator

Danielle Plaza
Recreation Programming Assistant

Contact us at:
seniors@portcoquitlam.ca

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:

August 5 Pulled Pork Sandwich with Green Salad

August 12 Chicken Fried Rice

August 19 Loaded Baked Potato with Green Salad

August 26 Southwest Chicken Salad

Pricing_ MEMBER: \$8.30

NON-MEMBER: \$11.00

Kitchen Closures:

August 3 Kitchen CLOSED

August 20 Kitchen closes at NOON

Scent Aware

In consideration of others with allergies and sensitivities. Please refrain from using scented products while attending our programs and services.

Thank you for your cooperation.

Summer in the City

Music in the Square at Leigh Square

August 9

2-2:45pm *Mountain Sound*

3-4pm *Generations*

4:15 –5pm *Steve Marriott*

August 23

2– 2:45pm *Rebecca Sichon*

3-4pm *The Beer O’Crats*

4:15– 5pm *Cal Volpe*

Cinema Under the Stars

Aug 8 (8:45pm) Gates Park

*Pirates of the Caribbean:
Curse of the Black Pearl*

August 22 (8:45pm) Evergreen Park

Night at the Museum

Singing for the Brain - Musical Cafe

A warm, welcoming monthly cafe designed for older adults experiencing early cognitive decline and their caregivers. This social gathering uses group singing, music and conversation to support brain health, emotional well-being, and connection.

When: August 28 9:30—11:30am

Where: Small Multipurpose Room

Cost: FREE

Book by calling 778-549-6413 or emailing

info@adultcognitivewellnesscentre.ca



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: Sept 14, 1:00 - 2:00pm

Where: Wilson Lounge

Activity #: 131172

Cost: FREE

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****

Rod Stewart Luncheon

Mayfair & Astoria Retirement Living brings us a tribute to Rod Stewart! Join us on the dance floor for this fun lunch, as we welcome our seniors back from summer vacation.

When: Sept 17, 12:30—2:30pm

Where: Mabbett Hall

Cost: Member \$14.75
Non Member \$17.75

Activity # : 131170

****Registration opens August 19****

Coffee with the Mayor

Port Coquitlam Senior's are invited to join Mayor Elect Brad West for a cup of coffee and a chat. Registration is required.

When: Sept 29, 10:00 - 11:00am

Where: Wilson Lounge

Cost: Free

Activity #: 131173



