

WHAT'S UP WILSON

October 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:

Oct 7 Chili & Garlic Bread

Oct 14 Hot Turkey Sandwiches

Oct 21 Broccoli Chicken Casserole

Oct 28 Fish and Chips

Pricing MEMBER: \$8.30

NON-MEMBER: \$11.00

Kitchen Closures:

Oct 8 Kitchen and Lounge Closed

Oct 12 Closed for Thanksgiving

Oct 29 Kitchen closes at noon

Coffee with the Mayor

Port Coquitlam Seniors are invited to join the Mayor for a cup of coffee and a chat. Registration is required.

When: Nov 3, 10:00 - 11:00am

Where: Wilson Lounge

Cost: Free

Activity #: 131293



Health and Wellness Fair

Celebrating Seniors and their families!

Engage with community health experts and wellness specialists. Enjoy complimentary coffee, giveaways, interactive exhibits and a chance to win exciting door prizes.

Presented by the Wilson Senior Advisory Board.

When: Oct 1st 11:15am—3:15pm

Where: Mabbett Hall

Cost: FREE

****No registration required****

Respiratory Vaccination Clinic for Seniors

Presented by the Wilson Senior Advisory Board in partnership with Wilson Pharmacy.

Don't miss the Seniors Respiratory Disease Vaccination Clinic. Are you up to date with your age and risk based vaccines? Sign up in advance for a pharmacist to review your immunization record, identify potential gaps, and discuss recommended vaccines. All recommended respiratory vaccinations will be available for eligible seniors, including influenza, COVID-19, pneumococcal and RSV vaccines. We'll do our best to accommodate all walk-ins. Registering in advance helps the pharmacy team prepare adequate vaccine supply for you.

When: October 14 & 15th 9am— 3pm

Where: Aquatic Meeting Room

Email Info@immunize.io

With the vaccine(s) you are interested in and your preferred time.

If you would like the online registration form please contact

seniors@portcoquitlam.ca and we will forward a link.

FLU VACCINE CLINIC



UPCOMING EVENTS

Thanksgiving Luncheon (FULL)

Happy Thanksgiving! We are grateful for all our seniors and the community you've helped us create. Join us for food, dancing, and fun as we give thanks for all we have to be grateful for this year.

When: Oct 8th 12:30— 2:30pm

Where: Mabbett Hall

Cost: Member \$14.75

Non Member \$17.75

Activity #: 131171

**** Registration opened Sept 10th****

Halloween Birthday Social

Celebrate senior services members whose birthdays are in September and October with light appies, refreshments, and entertainment. Those with birthdays in September and October register for **FREE**. Be sure to scare with some spooky costumes.

When: Oct 29 1— 3:00pm

Where: Mabbett Hall

Cost: Member \$ 8.00

Non Member \$10.00

Activity #: 121942

**** Registration opened Sept 17th****

Around the World Birthday Social

Celebrate senior services members whose birthdays are in November and December with light appies, refreshments, and entertainment. Those with birthdays in November and December register for **FREE**.

When: Nov 19 1— 3:00pm

Where: Mabbett Hall

Cost: Member \$ 8.00

Non Member \$10.00

Activity #: 121943

**** Registration opens Oct 22****



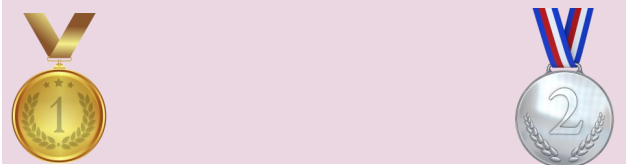
PCCC 60+ Drop-Ins	
Monday	
Snooker	9:00am - 12:00pm
Twisted Stitches	12:30pm - 2:30pm
Canasta	1:00pm - 3:30pm
Ukulele	1:00pm - 3:00pm
Duplicate Bridge	5:30pm - 8:30pm
Table Tennis	7:00pm - 9:00pm
Tuesday	
Snooker	9:00am - 12:00pm
Table Tennis	9:00am - 12:00pm
Guitar	11:15am - 2:00pm
Eight Ball	12:00pm - 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
<i>*Program run by Wilson Seniors Advisory Assoc.</i>	
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	
Programs will need to be re-located or cancelled due to divider wall repairs in Mabett Hall. Please check online or the Wilson Lounge for a detailed list. that are needed for the divider wall/	
Oct 1	Table tennis cancelled
Oct 8	Table tennis cancelled
Oct 12	No seniors programs
Oct 24	No Senior Services
Oct 29	Table tennis finishes at 11am



Pauline won Gold and Silver for table tennis at the 55+ BC Summer Games.

- Silver in Singles Table tennis
- Gold in Doubles Table tennis

Congrats Pauline we are proud of you!



Big thank you again to
Mayfair & Astoria Retirement Living
for sponsoring our Rod Stewart
Luncheon!

We have never seen the dance floor
so packed & had so much fun
watching you all have such a blast!

FOREVER YOUNG



Wilson Seniors Advisory Association

Fall is here, and there is plenty happening at Wilson Centre! Join us at our Health and Wellness Fair on October 1st from 11:15 to 3:15. Engage with friends at Bingo, Tuesday Talks, and Wilson Lounge luncheons. Our programs do more than keep us busy; they help us stay connected, informed, and involved.

Come to our Annual General Meeting on October 7th at 10:00 AM. Your voice matters, we welcome your ideas, questions, and suggestions as we prepare to serve seniors in Port Coquitlam.

We are always looking for volunteers to join our team. Together, we can make Wilson Centre a place where seniors belong.

We hope to see you there!

Royce Shook, President.

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

Tuesday Talks

Topic:	Fraser Health Home & Community Care Services
When:	Oct 13, 1:30-2:30pm
Activity #:	131020
Cost:	FREE
Topic:	ICBC Information for Seniors on driving in BC
When:	Oct 27, 1:30-2:30pm
Activity #:	131021
Cost:	FREE
Topic:	Community TV
When:	Nov 10, 1:30-2:30pm
Activity #:	131022
Cost:	FREE

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