

WHAT'S UP WILSON

September 2026

CITY OF
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:

Sept 2 Swedish Meatball with Mash Potatoes

Sept 9 Lasagna and Garlic Bread

Sept 16 Pulled Pork Sliders & Salad

Sept 23 Shepperd's Pie

Pricing_ MEMBER: \$8.30
NON-MEMBER: \$11.00

Kitchen Closures:

Sept 7— Closed for STAT
Sept 17 - Kitchen & Lounge Closed
Sept 30—Closed for STAT

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



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



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.

When: Sept 14, 1:00 - 2:00pm
Where: Wilson Lounge
Activity #: 131172
Cost: FREE
Registration is required



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.
Bring your friends!
When: Oct 1st 11:15am—3:15pm
Where: Mabbett Hall
Cost: FREE
No registration required drop in

Flu Clinic

Wilson Pharmacy will be hosting their annual flu shot clinic during the first two weeks of October.
Once vaccine availability is confirmed, information about the clinic dates and how to book an appointment will be posted in the Wilson Lounge.
Please watch for updates!

**UPCOMING
EVENTS**

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 opened August 19

Thanksgiving Luncheon

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 opens Sept 10th***

Halloween Birthday Social

Celebrate Wilson Senior 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 opens Sept 17th***

PCCC 60+ Drop-Ins	
<u>Monday</u>	
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
<u>Tuesday</u>	
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
<u>Wednesday</u>	
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>	
<u>Thursday</u>	
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
<u>Friday</u>	
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
<u>Saturday</u>	
Snooker	9:00am - 12:00pm
Table Tennis	9:00am - 12:00pm
Euchre-Tupper	9:30am - 12:00pm
Art Drop In	10:00am - 1:00pm
<u>Cancellations</u>	
Sept 7— Closed for STAT Holiday	
Sept 17—Table Tennis Cancelled	
Sept 23—Table Tennis Cancelled	
Sept 24— Table tennis Cancelled	
Sept 26—Table tennis Cancelled	
- Euchre Cancelled	
Sept 30— Closed for STAT Holiday	

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: Sept 19 1:00-3:00pm

Where: Wilson Kitchen

Cost: \$25.00

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

Bollywood Dance

Bombay Jam Session

Get moving, smile, and stay active with our fun filled Bollywood dance session! Bombay Jam combines easy to follow low impact Bollywood dance moves!

When: Sept 16 - Oct 21 12:15—1:15pm
Oct 28—Nov 25 12:15—1:15pm

Where: Hyde Creek Recreation Centre Fitness Studio

Cost: Member: \$26.00
Non-member: \$35.10

Activity #: 132847 (Sept 16)
132848 (Oct 28)

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: Sept 24, 1:00-2:30

Where: Gathering Place

Cost: Member: \$8.00
Non-member: \$10.00

Activity #: 131024

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

Wilson Seniors Advisory Association

A big thank you to all the Board members who volunteered their time and worked our booth at the Car Show!

Fall is always a busy season, and we have lots happening at the Wilson Centre. On **October 1st**, the Board is organizing our **Health and Wellness Fair**. Come check out a variety of vendors from around the community, learn about valuable resources, and help us celebrate National Seniors Day.

On **October 7th at 10:00 a.m.**, the Wilson Advisory Board Annual General Meeting will take place in the Small Multipurpose Room. We are looking for people who are interested in volunteering their time and serving our seniors. We will also be reviewing and making changes to our **Bylaws**.

Tuesday Talks

Topic: Come meet BC’s Senior Advocate Dan Levitt

When: Sept 8, 1:30-2:30pm

Activity #: 131018

Cost: FREE

Topic: Looking Ahead: Why you Should Prepare

When: Sept 22, 1:30-2:30pm

Activity #: 131019

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.