WHAT'S UP WILSON

CITY OF PORT COQUITLAM

November 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.

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.

New for November two additional hot meal days have been added to the meal schedule. These are in addition to our regular hot meals on Wednesday.

Check out the menu below.

Hot Lunch Menu:

Wed Nov 4 Butter Chicken with Rice
Tues Nov 10 Beef Stew
Wed Nov 18 BBQ Ribs and Mash
Tues Nov 24 Lasagna Soup and Garlic Bread
Wed Nov 25 Greek Chicken with Potatoes

Pricing **MEMBER:** $8.30
NON-MEMBER: $11.00

Kitchen Closures:

Nov 11 Closed for Remembrance Day
Nov 19 Kitchen Closes at Noon



Coffee with Parks and Recreation

This month, Coffee with the Mayor is Coffee with Parks and Recreation.

Mayor West's Coffee with the Mayor session in September drew a record turnout. This month, you're invited to meet the Parks and Recreation team instead. Drop by to learn what's happening in our parks, programs and facilities, and bring your questions.

Coffee with the Mayor returns in the New Year.

When: Nov 3, 10:00 - 11:00am
Where: Wilson Lounge
Cost: **Free**
Activity #: **131293**



Remembrance Day Ceremony

Every year on November 11th Port Coquitlam holds an annual Remembrance Day service to pay tribute to those who served and sacrificed. Join us at 10:00am for the parade and ceremony to follow at Veteran's Park



Community Safe Tea

Join Port Coquitlam Community Policing and the Coquitlam RMCP for a free Seniors Safe-Tea presentation, offered in partnership with the City of Port Coquitlam. The informative session helps seniors, caregivers, family members, and friends recognize and prevent fraud, scams, and elder abuse—and learn where to get help if they or someone they know has been targeted. Attendees will leave with practical information to better protect themselves and their loved ones. The presentation concludes with tea and an opportunity to speak one-on-one with Community Police and RCMP.

Where: Mabbett Hall North

When: Nov 18, 1-3pm

Cost: FREE

Activity #: 137590

Registration is required

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 opened Oct 22***

Ugly Holiday Sweater Social

Presented by Mayfair & Astoria Retirement Living, an afternoon of fun with performances from our very own seniors musical groups, appetizers, and refreshments. Come wearing your favorite Ugly Holiday Sweater!

When: Dec 1 1-2:30pm
Where: Mabbett Hall South
Cost: FREE for Wilson Members
Activity #: **136840**

Registration opens Oct 29

Christmas Events

You're invited to join us for a joyful holiday celebration! We're offering both a festive dinner and a cheerful luncheon so you can choose the perfect time to celebrate. Come enjoy some delicious food and fun entertainment. Lets make this season merry and bright– we can't wait to celebrate with you!

When you register you will be prompted to pick one of these options:

Christmas Dinner
Where: Mabbett Hall
When: Dec 9, 4:30—6:30pm
Cost: MEMBERS: FREE
NON MEMBERS: $17.75
Activity #: **131866**

Christmas Lunch
Where: Mabbett Hall
When: Dec. 10, 12:30– 2:30pm
Cost: MEMBERS: FREE
NON MEMBERS: $17.75
Activity #: **131866**

*** Registration opens Nov 4th***

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

**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	1:00pm - 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

Nov 9 Table Tennis Cancelled
Twisted Stiches moved to Games Room
Ukulele moved to Laking room

Nov 11 Senior Services Closed

Nov 19 Table tennis finished at 11am

Nov 28 No Senior Services at PC3

Guided Painting 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: Nov 12, 1:00-2:30
Where: Gathering Place
Cost: Member: $8.00
Non-member: $10.00
Activity #: **131026**

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: Nov 14, 1:00-3:00pm
Where: Wilson Kitchen
Cost: $25.00

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

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: Wednesdays (Oct 28– Nov 25)
12:15—1:15pm
Where: Hyde Creek Recreation Centre Fitness Studio
Cost: Member: $26.00
Non-member: $35.10
Activity # 132848

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: Nov 26, 1:00 - 2:00pm
Where: Wilson Lounge
Activity #: 132372
Cost: **FREE**
Registration is required

Wilson Seniors Advisory Association

Thank you to everyone who joined us for our AGM! We welcome our new and returning Board members as we look forward to another exciting year. Barbara continues as Treasurer, and we welcome new members Elaine and Terry. Returning are Pat, Joan, Don, Barrie, and Gwendoline.

We're always happy to welcome new volunteers! November brings plenty of opportunities to connect and have fun, including a birthday party, a new members meeting, and Bingo every Wednesday at 1:00 PM. Join our Tuesday Talks.

Royce Shook, President.

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

Tuesday Talks

Topic: **Community TV**
When: Nov 10, 1:30-2:30pm
Activity #: **131022**
Cost: FREE
Topic: **The History of Poco PT2**
When: Nov 24, 1:30-2:30pm
Activity #: **131023**
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.

WILSON SENIORS
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Port Coquitlam, BC

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PORT COQUITLAM RECREATION