

WHAT'S UP WILSON

October 2025

CITY OF
PORT
COQUITLAM



Welcome Seniors! 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 & 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:

Member: \$6.80 | Non-member: \$9.07

Oct 1 Beef Stew

Oct 8 Sheppard's pie

Oct 15 Butter Chicken with Rice

Oct 23 Mac and cheese

Oct 29 Chili and corn bread

Kitchen Closures:

Oct 9th—Closed

Oct 13—Lounge and kitchen closed

Please Note:

After a thorough cost analysis,

November 3rd we will increasing kitchen prices due to food inflation.

Thank you for understanding.

Adult Cognitive Wellness 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

Seniors Diwali Celebration

The Wilson Seniors will get to experience the South Asian festival of Diwali. Diwali is also known as the festival of lights and is celebrated by lighting "diyas". Come enjoy some musical festivities while eating some delicious Indian snacks and chai. Let's celebrate Diwali together this year! Brought to you in collaboration with Athena Wealth Expertise, Actilife Physiotherapy & Rehab and Fruitcana Port Coquitlam.

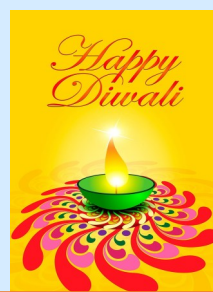
When: Oct 17th, 2025 1:00-3:00pm

Where: Mabbett Hall

Cost: FREE

Activing #: 118789

Cost: FREE



Big CONGRATS to Karen for winning a Silver medal in Carpet Bowling at the 55+ BC Summer Games in Nanaimo.



Seniors Membership

\$19.15 + 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-

EVENTS

Health and Wellness Fair

Free Health & Wellness Fair on October 1st (National Seniors Day) from 2:00pm to 6:00pm. 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.

****Our events fill up quickly, be sure to register early!****

Team Jersey Birthday Social

Hosted by the Wilson Seniors Advisory

Association, come celebrate Seniors members whose birthdays are in September & October with light appies, refreshments, & entertainment. Those with September & October birthdays register for FREE. Wear your favorite team jersey!

When: Oct. 23 1:00-3:00pm

Where: Mabbett Hall South

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

Activity #: 115182

**Registration opens Sept 25th*

Birthday Social

Hosted by the Wilson Seniors Advisory,

association, come celebrate Seniors

members whose birthdays are in November

& December with light appies, refreshments

and entertainment. Those with November

and December birthdays are FREE! Dress to

impress with black &

white attire.

When: Nov. 20 1:00-3:00pm

Where: Mabbett Hall South

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

Activity #: 115184

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

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: November 27, 1:00 - 2:00pm

Where: Wilson Lounge

Activity #: 115168

Welcome

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 - 9:00pm
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>	
Oct 1st Bingo Cancelled	
Oct 4th Table tennis cancelled	
Oct 9th - Table tennis cancelled	
Oct 17th Table tennis ends at 11am	
Carpet bowling cancelled	
Oct 18 Table table cancelled	
Oct 23 Table tennis ends at 11 am	

Featured Programs

Drum Circle

Connect with others to create and explore rhythms using hand drums and other percussion. No experience necessary, only a willingness to have fun! Bring your own drum or let us know if you need one provided.

When: October 20th 6:30pm— 8:00pm

Where: Small Multipurpose Room

Cost: \$17.75

Activity #: 114733



Garlic Workshop


Join us for a fun and educational event in partnership with the **Terry Fox Library!** Learn how garlic is planted, grown, and harvested—and discover the amazing health benefits and culinary uses of this kitchen staple.

Date: October 22nd
Time: 12:45pm—1:45pm
Activity #:118703
Location: First floor Terry Fox Library Program Room and Community Garden

Library at Lunch

Each month, Terry Fox Library staff will be visiting the Wilson Lounge from noon to 1:00 PM. We can chat about anything, from smartphones and tablets to how to sign up for library events online. Try to stump us!

Date: Oct 21
Time: 12:00pm– 1:00pm
Location: Wilson Lounge



Open Games Room

For those 60 & better, feel free to grab some friends, work on a puzzle, play a game of scrabble, cards, or mahjong! We have lots of board games & puzzles available to enjoy either in the Games Room or the Wilson Lounge.

Hours:
Mondays, Wednesdays, Fridays
12:00-2:30pm

Wilson Seniors Advisory Association

We are dedicated to improving the lives of seniors. Come to our AGM on November 5th at 10:00 AM to help us continue to be advocates for programming for seniors. New Volunteers are always welcome, Stay connected with us anytime at wilsonseniors.ca or on Facebook, we’d love to see you there! Through our Tuesday Talks program, you can learn how the Canadian Blood Services, and the Social Prescribing program helps seniors. Don’t forget our Wilson Lounge luncheons, a perfect chance to catch up with good company. Bingo is every Wednesday, and our October social will to keep you busy.

Royce Shook, President.

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

Tuesday Talks

Topic:	Social prescribing
When:	Oct. 28, 1:30-2:30pm
Activity #:	115687
Cost:	FREE
Topic:	Prostate Health
When:	Nov 4, 1:30-2:30pm
Activity #:	115690
Cost:	FREE
Topic:	Port Coquitlam Heritage
When:	Nov 25, 1:30—2:30pm
Activity #:	115691
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.