

# WHAT'S UP WILSON

April 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.

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:

April 1	Sloppy Joes & Green Salad
April 8	Bow Tie pasta salad
April 15	Fried Rice
April 22	Greek Chicken Bowl
April 29	Shepherds Pie

**Pricing MEMBER: \$8.30**

**NON-MEMBER: \$11.00**

### Kitchen Closures:

**April 4** CLOSED Good Friday

**April 6** CLOSED Easter Monday

### Important Reminder

The Port Coquitlam Recreation Centre aquatic area will be closed for annual maintenance. April 7— April 16th. Hyde Creek Recreation Centre pool will remain open.



### Dementia Friendly Day 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](mailto:info@adulthoodcognitivewellnesscentre.ca)

### Book A Librarian

You have questions, we have answers! Book a Librarian is uninterrupted, one-on-one time with one of our information experts. We can help you with technology or get you started on a specific topic. Some restrictions apply. Visit or call the library (604-927-7999) to make a 30 minute appointment and find out more.

### Gardening Workshop (NEW!)

The first part is a presentation in the library by Master Gardener Barry Butler. Following which, Barry will take participants out to the Port Coquitlam community garden beds for some hands on planting. Rain or shine, so dress appropriately. If you have a trowel and gloves please bring them; we will have some on hand. All other supplies provided.

**When:** Apr. 20 1:00-3:00pm

**Where:** Library Program Room

**Cost:** Free

*To register, please call or drop by the first floor desk of Terry Fox Library.*

This is a partnership program with the City of Port Coquitlam and Terry Fox Library.

### 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

## UPCOMING EVENTS

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

### Birthday Social Hawaiian Luau

Get ready to celebrate island style! We're bringing the spirit of Hawaii to Mabbett Hall! Slip on your leis, grab your flip flops, and enjoy an afternoon full of tropical vibe, good food, and great company. Celebrate Port Coquitlam Senior members who birthdays are in March/April. Those members with birthdays in March/April are FREE!

**When:** April 16, 1:00-3:00pm

**Where:** Mabbett Hall

**Cost:** Member: \$8.00

Non-member: \$10.00

**Activity #:** 121939

*\*\* Registration Opened March 19\*\**



### Coffee with the Mayor

Mayor Brad West is visiting the Wilson Lounge to sit, have a coffee, & answer any questions you may have about our community. Registration is required.

**When:** April 21, 10:00 - 11:00am

**Where:** Wilson Lounge

**Cost:** Free

**Activity #:** 125300



### High Tea

Join us for an afternoon tea party with delicious sandwiches and pastries. Don't forget to bring your favorite tea cup and saucer, fascinators, and fancy hats! We will provide a tea cup if you forget your own.

**When:** May 21, 1:00-3:00pm

**Where:** Mabbett Hall

**Cost:** Member: \$8.75

Non-member: \$10.75

**Activity #:** 122368

*\*\* Registration Opens April 23rd\*\**

## 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 - 9:00pm
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	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:

<b>April 16</b>	Table tennis finishes at 11am
<b>April 23</b>	Table tennis cancelled
<b>April 24</b>	Snooker cancelled

Everyone is  
**WELCOME**

## 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:** April 18 1:00-3:00pm

**Where:** Wilson Kitchen

**Cost:** \$25.00

**\*\*Register at:** [www.terrarootsco.ca/shop](http://www.terrarootsco.ca/shop)

## Armchair Travel– Oregon Coast

The Oregon Coast is a stunning stretch of shoreline known for its rugged cliffs, sandy beaches, and dramatic ocean views. Highlights include iconic spots like Haystack Rock and historic landmarks such as Heceta Head Lighthouse.

**When:** April 30th, 1:00 - 2:00pm

**Where:** Mabbett South

**Activity #:** 127336

**Cost:** FREE



## St. Patrick's Day



Thank you to everyone who came out to the celebrate St. Patrick's Day. The dance floor was full with lots of smiling faces. Big thank you to the Celtic dancers and volunteers for helping us put on such a wonderful event.



## Wilson Seniors Advisory Association

April makes me feel alive again, chairs filling, laughter returning, and conversations stretching a little longer. Our Dementia Caregiver Café continues to offer a place of understanding and connection, while Bingo brings its familiar buzz of excitement.

Tuesday Talks invite us into meaningful conversations: Advance Care Planning on April 14 at 1:30, and an important look at MAID on April 28 at 1:30. On April 16, we celebrate together with a Hawaiian Luau birthday party. Add in our growing partnership with Terry Fox Library, who is hosting a workshop on new steps into technology. Take a moment; there's more that I hope makes you feel alive again, like I do.

Royce Shook, President.

Stay connected with us anytime at [wilsonseniors.ca](http://wilsonseniors.ca) or on Facebook, we'd love to see you there!

### Tuesday Talks

**Topic:** Advance Care Planning

**When:** April 14, 1:30-2:30pm

**Activity #:** 122520

**Cost:** FREE

**Topic:** The Facts about MAID

**When:** April 28, 1:30-2:30pm

**Activity #:** 122521

**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

Port Coquitlam Community Centre  
2150 Wilson Ave  
Port Coquitlam, BC

Phone: 604-927-7529 (PLAY)  
[wilsonseniors@portcoquitlam.ca](mailto:wilsonseniors@portcoquitlam.ca)  
[portcoquitlam.ca/wilsonseniors](http://portcoquitlam.ca/wilsonseniors)



PORT COQUITLAM  
**RECREATION**