

WHAT'S UP WILSON

May 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.

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:

May 6 Reuben Sandwich on Rye

May 13 Sundried Tomato Orzo Chicken

May 20 Meatballs, Gravy & Mash

May 27 Lasagna & Caesar Salad

Pricing MEMBER: \$8.30

NON-MEMBER: \$11.00

Kitchen Closures:

May 18 Closed STAT Holiday

May 21 Kitchen closes at 12:00pm

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

May Days

May 3 (Jon Ballie Arena)

3:00pm Opening ceremonies

May 8

7:00pm Choir Concert at Leigh Square

May 9

10am PoCo Kids Race

11am May Day Parade Downtown PoCo

12 pm Party In the Square

BC Seniors Week (June 1—5th)

BC Seniors week is celebrated annually in the first week of June in communities across British Columbia. It is a time to celebrate seniors and the many contributions they have made to help build community. We thank you for everything you provide to strengthen the City of Port Coquitlam.



During the week we have partnered with the City's Arts and Culture, Aquatics and Youth team. Sessions will also be presented by Community Police and Terry Fox library to bring you a variety of free activities. Look out for a special edition Seniors Week newsletter.

Mini Health Fair for Family Caregivers

Come check out the free mini health fair during Seniors Week with speakers Stacey Dawes from Caregiver BC and Karen Tyrell Coping with Caregiver Stress. Get information from local providers about services available for family caregivers.

When: June 5, 2026 1:00-3:00pm

Where: Mabbett Hall North

UPCOMING EVENTS

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, 1:00-2:30pm

Where: Mabbett Hall

Cost: Member: \$8.75

Non-member: \$10.75

Activity #: 122368

*** Registration Opened April 23rd***



Set Menu:

Cucumber cream cheese sandwiches Chicken salad sandwiches, Cheese scones, mini quiches and a selection of mini desserts.

Seniors Week Luncheon

To celebrate Seniors Week, we are hosting a free luncheon for our community's Seniors. Sign up and join the fun with food, dessert, prizes and a live band!

When: June 4, 12:30-2:30pm

Where: Mabbett Hall

Cost: Member: FREE

Non-member: \$17.75

Activity #: 124036

Registration opens May 7th

Set Menu:

Mexican rice, taco meat, sautéed veg. Dessert provided by Mayfair and Astoria Retirement Living.

Carnival Birthday Social

Hosted by the Wilson Seniors Advisory Association, come celebrate Seniors members whose birthdays are in May & June with light appies, refreshments, & entertainment. Those with May & June birthdays register for FREE.

When: June 18, 1:00-3:00pm

Where: Mabbett Hall

Cost: Member: \$8.00

Non-member: \$10.00

Activity #: 121940

Registration opens May 21th

Summer Dance Party

Agnes hosts a summer dance social, food, beverages and good music is provided. Bring your dance shoes. Dances include ballroom & line dancing. Dress in bright colors and have some fun!

When: June 25, 1:30 - 4:30pm

Where: Mabbett Hall

Cost: Member: \$12.00

Non-member: \$15.00

Activity #: 122153

****Registration opens May 28****

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:

May 8 Carpet Bowling Cancelled

May 9 No senior services

May 18 No senior services

May 21 Table tennis finishes at 11am



We just wanted to give a big THANKS to all the kitchen volunteers who help us on daily basis to keep the kitchen running so smoothly.



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: May 23 1:00-3:00pm

Where: Wilson Kitchen

Cost: \$25.00

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

Armchair Travel– Oceanic Creature Encounters

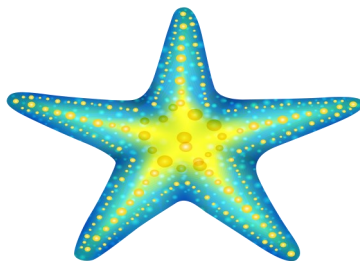
Learn about the scuba diving highlights through a film that feature special creatures that were encountered along the way.

When: May 7th, 1:00 - 2:30pm

Where: Mabbett South

Activity #: 123754

Cost: Member \$5.35
Non member: \$7.35



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: May 28, 1:00 - 2:00pm

Where: Wilson Lounge

Activity #: 124623

Cost: FREE

Wilson Seniors Advisory Association

May always arrives with a sense of movement, and this year is no different. From walking the scenic paths of our community to gathering in the lounge for laughter over Bingo, we continue to build on what has made our center thrive. Our Tuesday Talks return with timely topics that inform and connect us, while the spirit of volunteerism remains at our core, fueling every program and every smile. As we join the May Day Celebrations once again, we are reminded that community is not just something we attend, its something we create together. Join us, there's always room for one more story, one more laugh, one more friend.

Royce Shook, President.

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

Tuesday Talks

Topic: The Benefits of Individualized Massage

When: May 12, 1:30-2:30pm

Activity #: 122522

Cost: FREE

Topic: Emergency Preparedness For Seniors (ESS)

When: May 26, 1:30-2:30pm

Activity #: 122523

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