Welcome

To our first Cabin Fever Edition of What’s Up Wilson!
The Port Coquitlam Community Centre (PCCC) and Wilson Seniors are excited to offer adults 50+ a wide range of activities, programs and opportunities to connect. Our programs are designed to have something for everyone, from fitness, health & wellness, card games, physical sports and of course our fabulous social events.

During this time of isolation, we are looking to ensure we stay connected with our members and seniors in our community. We hope you enjoy the time listed: their times listed:

- Local vendors have been very responsive to the needs of seniors and those requiring extra assistance. Below are a few local vendors who have made adjustments to your shopping experience. Please check your local store for updates and any changes to their times listed:

  **Grocery Stores - Seniors Hours**
  - Costco Tu/W/Th 8-9am
  - No Frills Tu/Th 8-9am
  - Superstore Tu/Th 8-9am
  - Save on Foods 7-8am daily
  - Safeway 7-8am daily
  - Walmart 7-8am daily

- **Pharmacy - Seniors Hours**
  - Shoppers Drug Mart Fremont 9-10am daily
  - Shoppers Drug Mart Shaughnessy 8-9am daily
  - *Seniors Day on Thursdays continues

- **Grocery Delivery**
  - Freshmart on Shaughnessy St. provides local deliveries 2x per day at 12pm & 3pm. Phone orders must be received at least 1 hour prior. 604-942-6126
  - Save on Foods
  - Using online ordering, this service is very busy, but great if you are able to plan ahead. [www.saveonfoods.com](http://www.saveonfoods.com)

- **Pharmacy Delivery**
  - London Drugs 604-464-3322
  - Wilson Pharmacy 604-942-4611
  - Pharmasave Northside 604-942-9813
  - Pharmasave Elgin 604-942-7117

- **Pet Supply**
  - Bosley's accepts phone orders for curbside pick up 604-944-7549

- **Additional Volunteer Services**
  - Tri Cities Senior's Planning Network
  - Grocery and medication delivery, phone support contact: Ken Kuhn (Coordinator) 604-949-0599 [Tricitieseniorplanningntwk@gmail.com](mailto:Tricitieseniorplanningntwk@gmail.com)

  - **BC211** A program matching seniors who need support with non-medical essentials, to volunteers in their community who are willing to help. To register for services, or to offer help, phone: 2-1-1 or visit [www.Lynda.com](http://www.Lynda.com)

Staying Fit at Home

Although COVID-19 is a very serious issue, so is the lack of activity we can experience during this time. Once you have caught up on Ellen, Jeopardy and the daily messages from Dr. Bonnie Henry, make sure your health stays a priority.

Thankfully, our talented teams have created some new online videos with familiar instructors in the spotlight! Visit: portcoquitlam.ca/wilsonseniors for exercises and ways to keep yourself healthy. Let’s try to avoid the next thing we may have to shake, being the extra COVID-19 lbs!

**Wilson Senior’s Membership**

For $18.75 per year, Wilson Seniors 50+ Members receive significant discounts in the Wilson Kitchen, on drop in & registered programming, along with a variety of health, community services, social events & special meals. Get a card & don’t leave home without it! We can’t wait to reconnect with everyone.

You can find us at:
- 604-927-7974 or email to: wilsonseniors@portcoquitlam.ca

Keeping your Mind Active

The Terry Fox Library has a fantastic resource for online learning, [www.Lynda.com](http://www.Lynda.com)

This feature, offers an incredible library of learning resources. Whether you would like to learn how to set up Facebook, Facetime, learn writing skills or even photography. In each upcoming edition, we will make suggestions from this resource to expand your knowledge. Simply log in through the Fraser Valley Regional Library website and select the Digital Learning category. From there you can click Lynda.com and your library credentials will log you in.

This week we challenge those of you who may be curious, to navigate the world of:

Facebook

In the Lynda search, type: Learning Facebook select the course by Jess Stratton. (pictured below - available for tablet and computer formats).

[Facebook](https://www.facebook.com)

“It’s an insane world, but in it there is one sanity, the loyalty of old friends.” - Ben Hur

Dedicated Shopping Hours and Delivery Services for Seniors

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What has our Wilson Seniors Team been up to?

On March 25th we brought together a group of city staff from maintenance, recreation & city hall to share some music in the streets to Port Coquitlam seniors in care. With hockey sticks to mark our physical distancing we sang a few songs and shared the message #WeAreAllInThisTogether.

We encourage each of you to pick up the phone and call someone you may not have spoken to in a while. It’s so much fun to catch up and it rebuilds connections we often haven’t set aside time for.

Our outreach to the community continues with phone calls to our members and our phone line is open to calls, inquiries or if you just want to say hello. You can reach us at: 604-927-7974 or wilsonseniors@portcoquitlam.ca

Random Question of the Week

What is the national animal of Scotland?
Answer next in next edition

What’s all the Racket?

One of the best ways to pass the time each day is to schedule and set times for activities. What are you doing at 7pm each evening? Come join the neighborhood fun from your balcony or window, clang your pots and pans or shake your maracas to show your appreciation for all our front line workers and healthcare professionals!

Ready for a growth spurt?

Why not watch a few things grow before your eyes... take some food scraps and see how quickly you get results. Many foods we throw in our green waste can regenerate from your countertop. Try some celery and then branch out to another. Lettuce see how well you do. Send us a picture of your creations and what you have been up to, we may share in upcoming editions of What’s Up Wilson.

Growing Celery from Scraps

Salvage these scraps and start growing your own food!

Recipe

1 3/4 cups all purpose flour
1/4 tsp baking soda
1 cup butter or margarine (room temp)
1 tsp vanilla
1 cup granulated sugar
1 cup granulated sugar
1/2 cup packed brown sugar
1 large egg
1/3 cup unsweetened cocoa powder
2 Tbsp milk
1 cup semi sweet chocolate chips
Cream butter, add vanilla, sugar and beat until fluffy, beat in egg, at low speed beat in cocoa, then milk.

In a separate bowl combine flour & baking soda, with wooden spoon, mix dry ingredients into butter mixture just until blended. Stir in chocolate chips.

Drop dough by rounded teaspoons on to ungreased baking sheet
Bake at 350°F for 12-13mins
Remove from baking sheet
Option: add chopped nuts such as pecans, walnuts or macadamias with the chocolate chips. Makes approx. 4 dozen.

Wilson Kitchen

The kitchen is the heart of any place and there is no exception here. Since we can’t bring you our yummy treats right now, here is a recipe from our kitchen. Sam’s favorite....

DOUBLE Chocolate Chip Cookies!

Recipe

1 3/4 cups all purpose flour
1/4 tsp baking soda
1 cup butter or margarine (room temp)
1 tsp vanilla
1 cup granulated sugar
1/2 cup packed brown sugar
1 large egg
1/3 cup unsweetened cocoa powder
2 Tbsp milk
1 cup semi sweet chocolate chips
Cream butter, add vanilla, sugar and beat until fluffy, beat in egg, at low speed beat in cocoa, then milk.

In a separate bowl combine flour & baking soda, with wooden spoon, mix dry ingredients into butter mixture just until blended. Stir in chocolate chips.

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Explore the world from home

Here are a few ideas to experience the beauty of people, animals and this amazing earth from your fingertips.

The Georgia Aquarium has a large selection of webcams. Enjoy the entertaining otters, adorable penguins or the hypnotizing jelly fish.

Choose from 12 famous museums offering virtual tours you can take right from your couch. click here
YouVist.com provides 360° views to an expansive list of sites. From gorgeous travel destinations, to Ivy League schools, and inside factories. You will feel like you were there.

When it’s only been 48hours... and you’ve already eaten your entire coronavirus stockpile

Wilson Seniors Advisory Board

With your Wilson Seniors membership, you are automatically a member of the WCSABA. The Board acts and advocates for programs to reduce social isolation for seniors in Port Coquitlam. Have a look at the new website & blog from the board at www.portcoquitlamseniors.com