To our 2nd 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 frequent communication, that it provides some meaningful activity ideas, ways to connect and brings a smile to your face.

Staying Fit at Home
This week, we are happy to share that our online fitness library is growing. We now have Chair Fitness, Total Fitness, Latin inspired dance class, stretching and by popular demand, Core Conditioning!

You will see familiar instructors in the spotlight hosting your favorite classes! Check in each week to see our latest video exercises and ways you can keep yourself healthy.

portcoquitlam.ca/wilsonseniors

Our creative teams are weekly, posting new, all ages content for our Wellness Wednesday videos. From slime making, to fitness to outreach efforts in the community. Have a look!

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 lunches. 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

Random Question of the Week
How many grapes are required for the average bottle of wine?

Last week’s answer: The unicorn

Keeping your Mind Active
The Fraser Valley Regional Library has a fantastic source for online learning, 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 Content” tab then the Learning category. From there you can click Lynda.com and your library credentials will log you in.

This week, we challenge you to watch: “Improve Your Mobile Photography Skills” by Learning Paths

DON’T HAVE AN FVRL CARD?
Sign up for an eCard today and get instant access to FVRL’s digital content. Click here to register now:
www.Lynda.com

Staying Connected
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Additional Volunteer Services
Tri Cities Seniors Planning Network
Local volunteer grocery and medication delivery, phone support contact: Ken Kuhn (Coordinator) 604-949-0599
Tricitiesseniorsplanningntwk@gmail.com

Tri Cities COVID-19 Support Line
Volunteer grocery and medication delivery, call outs to isolated seniors. 236-688-7463

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 bc211
What has our Wilson Seniors Team been up to?

This week we connected with our neighbors in care at Shaughnessy Care Community who were directly affected by COVID-19. We painted all the lower, outdoor windows with hearts to remind the residents they, and their team of healthcare workers, that the community is thinking about them and that #WeAreAllInThisTogether.

Through our outreach and phone calls, to Wilson members and seniors in the community, our city staff have reached over 1000 seniors! Some calls have been just to say hello, and others have really appreciated the connection and referrals for groceries, for pick up of prescriptions or information on other resources. Please take a look at the services listed on page 1 of What’s Up Wilson and feel free to share them.

Tri Cities Seniors Planning Network has been especially helpful to assist seniors in need. (contact info on the bottom of page 1)

If you know of someone who would benefit from a friendly call or you would like to say hello to our team, don’t hesitate to reach us at 604-927-7974 or wilsonseniors@portcoquitlam.ca

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

Earth Day on your patio

April 22nd is Earth Day! 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 countertops. Last week we challenged to grow celery, this week is tomatoes. Lettuce see how well you do! Send us pictures of what you have been up to, we may share in upcoming editions of What’s Up Wilson.

Note: Placing a chicken bone in dirt, will not grow you a chicken

THE EASIEST WAY TO GROW TOMATOES

Germinate and grow tomatoes by cutting your tomatoes in slices and laying them on top of soil. Water as needed and seeds should sprout into tomato plants!!

Armchair Tourist

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

The US National Parks Service offers guided virtual experiences of some of its greatest parks. One of its neatest explorations is a virtual visit of Carlsbad Caverns in New Mexico.

Buckle up! for a 360° view from the cockpit of a Swiss Air Force F-5 fighter jet with a team flying over the Swiss Alps.

Each day, a new, encore stream is made available for free through MetOpera.org

Performances are available for a 23hr period, from 4:30pm PST - 3:30pm the next day. Schedules include complete performances from the past 14 years, starring opera’s greatest singers.

Have a virtual experience to share? Send us an email!

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. Here is one of the most requested soups!

Dairy Free Creamy Butternut Squash Recipe

Ingredients

1 butternut squash (about 1.125 kg/2 ¾ lb)-or frozen butternut squash
5 mL (1 tsp) canola oil
1 onion, chopped
2 cloves garlic, minced
3 cups sodium reduced vegetable or chicken broth
1/4 tsp fresh ground black pepper
Optional garnishes include 1/3 cup 0% fat plain Greek yogurt, parsley, crumbled bacon

Instructions

1. In a soup pot or large saucepan, heat oil over medium heat and add onion and garlic.
2. Cook, stirring for about 2 minutes or until starting to soften.
3. Add chopped squash, and broth. Bring to a boil. You may cut down on both with water if needed.
4. Once at a boil, reduce heat to a gentle simmer, cover and cook for about 25 minutes or until squash is very tender and has reached a temperature of 74°C
5. Remove from heat and let cool slightly using an immersion blender, puree soup in pot until smooth. Stir in pepper. Serve with a dollop of yogurt if desired

If you do not have a hand blender carefully transfer small amounts to regular blender and blend till smooth

For those who have lost track, today is Blursday the fourteenth of Maprilay.

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I went to this restaurant called “The Kitchen”

You have to gather all the ingredients and make your own meal.

I have no clue how this place is still in business!!!