

Parkgate  
Seniors'  
Centre

# Parkgate Peak

Volume 1, Issue 1

January 2012



# January 2012

3625 Banff Court, North Vancouver

604-983-6350

[www.myparkgate.com](http://www.myparkgate.com)

[www.northvanrec.com](http://www.northvanrec.com)

Parkgate Community Services Society is a not-for-profit charitable organization providing community-based services and programs out of the Parkgate Community Centre in partnership with the North Vancouver Recreation Commission.

## HOURS OF OPERATION

### Front Office

Monday-Friday.....8:30am-8:30pm  
Weekends and Holidays.....8:30am-4:30pm

### Fitness Centre

Monday-Friday.....6:00am-10:00pm  
Weekends and Holidays.....8:00am-6:00pm



## REGISTRATION INFORMATION

### Register Online

E-REG at [www.northvanrec.com](http://www.northvanrec.com) (Visa, Mastercard, Amex)



### Phone

604-983-6350 Parkgate Community Centre  
604-987-7529 North Vancouver Recreation Commission registration



### In-Person

Drop by the Parkgate Front Desk or any North Vancouver Community Recreation Centre.  
Unless otherwise noted, FULL payment of fees must be made at the time of registration.

### Refund Policy

To receive a full refund, you must withdraw five days before the start of the program. Withdrawal requests made less than 5 days before the start of the program and before the 2nd class will be refunded less the

**SENIORS' CENTRE TEAM**

- Shauna Mokolki  
Community Recreation Programmer
- Erin Smith  
Seniors' Services Supervisor
- Renee Matthee  
Seniors' Services Program Assistant
- Jennifer Dibnah  
Seymour Access Bus Coordinator
- Jamie Turner  
Volunteer Coordinator
- Ruth Townsend  
Parkgate Singers
- Michele Perron  
Line Dance Instructor
- Pat Nolan  
Bridge Instructor
- Janet Kemper  
Volunteer: Heart and Stroke Walking Club
- Donna Crook  
Volunteer: Sing-a-long
- Kitchen/Crafters and other volunteers

**INSIDE THIS ISSUE:**

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**Programs & Services**

**For Age 55+**

**The Seniors' Centre at Parkgate Community Centre, guided by the Seniors' Advisory Council, acts as the "Gathering Place" for the seniors of the community. It provides an opportunity for fellowship and an opportunity to meet the recreational, health, and social needs of its members. Some of our programs and services are listed in this brochure, however, others continue to develop based on community interest and input.**

# welcome | message

Greetings from Parkgate Senior's Centre!

Parkgate had a full and exciting year in 2011 with our community of seniors east of the Seymour. We introduced two new programs, chair yoga and line dancing; both instructed by highly qualified instructors, and very well attended. We held a successful speaker series entitled "BC Tea and Talk" that ran February through April and attracted an enthusiastic group of lifelong learners. The talks were given by the folks at Capilano University and each one had a unique BC theme, from Seymour archaeology to the history of BC beer parlours. We completed the series by watching the Tsleil Waututh Nation's "People of the Inlet" feature film.

Some of our most amusing events of the year were free or low cost; the celebration of the Royal Wedding, North Shore wide Canada Day picnic (inside Parkgate gym!) and Sing-a-long Sound of Music. The seniors' centre celebrated numerous special events from Chinese New Year, Valentine's Day, St Pat's, Fall Tea right through to a "Picnic in December"; the latter celebrated picnic-style due to the demolition of our kitchen for its renovation. The kitchen renovation is well underway with the new kitchen to be open early March 2012. It should be noted that although we will not serve lunch during this time we encourage seniors to pack a lunch to enjoy with friends either before or after programs in the multi-purpose room.

The Mt Seymour Access Bus completed its first full year. In one year it has gone from twice monthly to weekly service. This is surely a sign of the growing need for transportation services for seniors and a testament to how community partners can do more together than apart. In September we introduced Jennifer Dibnah as the Coordinator of this program and she can be reached at [jdibnah@myparkgate.com](mailto:jdibnah@myparkgate.com) or 604-983-6376.

Our seniors went on too many outings to mention, but some of the most highly attended were: the Vancouver Convention Centre, Britannia Mines, Metro Vancouver's Seymour Filtration Tour and Van-Dusen Garden's Festival of Lights. We have fine bus drivers, both volunteer and hired, who make sure our patrons arrive safely at their destinations.

With over 20 weekly drop in programs, twice weekly lunch service, transportation services and special events it is a pretty busy around here. We could not manage any of it without program assistant, Renee Matthee, our dedicated support staff, weekly volunteers and input from our Seniors' Advisory Committee. We are truly a family of workers where "The SPIRIT of Parkgate is created around a distinct intergenerational philosophy which has been mandated by the community from its inception. This commitment of all ages experiencing life together is what continues to make Parkgate a lively and innovative centre".

This year we celebrated several milestone birthdays with glad hearts, and also said farewell to a few of our precious friends; in the spirit of this community both instances brought our community closer.

We look forward to a fresh new year at Parkgate, with all its possibilities and challenges, resting in the knowledge that we have a committed and compassionate community of people to lean on. That is very comforting.

We wish you all the best in the coming year.

Erin Smith  
Seniors' Services Supervisor



**Cardiac Rehab**

For stable cardiac clients. Group fitness classes combined with resistance training under the guidance of certified exercise specialists and cardiac rehab fitness instructors. Join this group for coffee

**Mary Hunter Hall** at 8:30am.

M/W/F 7:30-8:30am

Requires Specialty Fitness Membership

**Keep Well**

Mild exercises, massage and blood pressure checks every Tuesday plus a guest speaker at 10:45am on the last Tuesday of the month.

**Gym/Mary Hunter Hall**

**Starts Jan 10**

Tu 9:30-10:30am

\$2 drop in (includes coffee and massage)

10:30-11:15am massage and coffee

**Heart & Stroke Walking Club**

Join your friends for an hour walk around the community and the occasional trip to other places of interest. Return to Parkgate for tea and coffee. Janet K: 604-983-9967.

**Meet in the Parkgate Lobby**

**Starts Jan 5**

M/Th 1:00 pm

**Seniors Badminton**

Learn the basic strokes, rules, court play and etiquette or just come down and play socially.

**Gym**

Tu 10:30-12:30pm

Fri 10:00-12:00pm

\$3 drop-in



**Pickleball**

A game which combines elements of badminton, tennis and table tennis, played with a hard paddle and waffle ball, with a net lower than most other racquet sports .

**Gym**

**Starts Jan 11**

Wednesdays 1:00-3:00pm

\$3 drop-in

**Chair Yoga**

Mild yoga for those who cannot fold themselves into a pretzel on the floor. Gain flexibility and strength and relieve stress through active breathing.

Jennifer D.

**2nd floor multi purpose room**

Fri 10:00-11:00 am

Jan 13-Feb 24

#275236

\$56/\$63 non member



**Line Dance**

This very popular Line Dancing class exercises your body and mind while dancing to a great variety of music. Dance music covered in this class might include Country Western, Swing, Salsa, Tango, Cha Cha, Waltz & more. 8 weeks.

Michele P.

Mon 1:30-2:30pm

Jan 23-Mar 12

#287522

\$48/\$56 non member



**Circuit Training**

Join us for Circuit Training class in the Parkgate Fitness Centre from 8:30-9:30am. Then come for coffee in the seniors lounge afterwards.

**Eric Bennett Lounge**

Tu/Th 9:30-10:15am

\$1 coffee

**Osteo/Arthritis**

Learn gentle exercises using bands, weights, chairs and mini balls to help improve your muscle and bone strength, reaction time and reduce the likelihood of falling. This is a registered class. Please see the front desk for more information.

M/W 10:30-11:30 am

**Dance Studio**

Join us for coffee afterwards in the seniors lounge. During the renovations, pack a lunch to enjoy with friend.

\$1 coffee



**Bus Trips**

Discover interesting sights around the Lower Mainland. Trips leave from and return to Parkgate Community Centre. Please book early to avoid disappointment.

Bus Trip	Day	Date	Time	Barcode	Price
Lynn Valley Shop	Tu	Jan 10	12.30-3:30	275537	\$3.50 on the bus
Silver Harbour Sr Centre: Lunch	Wed	Jan 18	11:45-1:00	275568	\$2 member \$3 non member Fee for bus only
Lonsdale Quay and lunch	Wed	Jan 25	11:45-1:30	287506	\$2 member \$3 non member Fee for bus only
Tea and Trumpets	Th	Jan 26	12:30	Pre-sold	Fully booked
Vancouver Aquarium	Tu	Jan 31	10:00-1:30	275569	\$20/\$25 non member

**Important Information About Bus Trips**

- Please read the bus trip description carefully – we will make every effort to fully describe the trip, including how much walking there is and whether you may bring your walker or wheelchair.
- Please arrive 15 minutes before the start time of the trip. This allows us to leave at the time listed.
- Please remember that the driver will be making all safety-related decisions during the trip. This will include whether windows may be opened, the level of indoor heating, where the bus may stop, and other important decisions.
- We do not offer refunds for bus trips unless the bus trip is full and we can resell your ticket to a person on the waitlist. Trips cancelled by Parkgate Community Services Society will be refunded in full.
- Please limit your use of scented products like hairsprays and perfumes when going on bus trips. We very much appreciate your consideration.

Enjoy your trip!

**January Bus Trips**

**Lynn Valley Shopping (Tue) 12pm-3pm**

Take a trip to the Lynn Valley Mall for some shopping and socializing. Pick up and drop off from the Atrium and Lions Manor as needed. Please register at the Parkgate front desk or by calling 604-983-6350. You must register to reserve a seat. Fee will be collected on the bus. Walkers okay.

- 12:00pm Lions Manor
- 12:10pm Parkgate Lobby
- 12:15pm Atrium

Tue Jan 10, Feb 7, Mar 6  
\$3.50

**Silver Harbour Lunch (Wed)**

Join your friends for a trip to Silver Harbour Seniors Centre and enjoy a full course lunch. Walkers okay.

**Parkgate Lobby**

Wed Jan 18  
11:45am-1:15pm  
\$2/\$3 non member includes bus only.  
Must pay for lunch at the centre \$10

**Lonsdale Quay and Lunch (Wed)**

Walk around the quay at your own pace and have a bite to eat and then return back to Parkgate. Walkers okay.

**Parkgate Lobby**

Tues Jan 25  
11.45am-1:30pm  
\$2/\$3 non members.  
Lunch not included.

**Vancouver Aquarium (Tue)**

Enjoy the sights and sounds of the west coast ocean, the warmth of the Amazon and take in a show at the Vancouver Aquarium. Spend two hours at the site and stroll at your own pace. The price includes transportation and entrance. Please pack a lunch or have a bite at the aquarium café. Walkers okay.

**Parkgate Lobby**

Tues Jan 31  
10:00am-1:30pm



Search all Vancouver real estate listings in one place  
@ [www.northshoredavid.com](http://www.northshoredavid.com)



#100 – 889 Harbourside Drive, North Vancouver, BC V7P 3S1

**JANUARY 24 Amtrak Shopping Tour (USA) \$99**

Let the shopping begin at two of Washington's top shopping destinations including 175 name brand stores at Alderwood Mall and Trader Joe's! Take advantage of a strong Canadian dollar shopping for unique and sought after items at Trader Joe's and continue to one of Washington's largest indoor malls for 3 hours free time featuring Macy's, Nordstrom and many more. Finish the day with a 2 hour train ride on the comfortable and well appointed Amtrak departing Seattle at 6:50pm to Bellingham where your coach awaits. This tour includes lunch at Red Lobster. Valid passport, enhanced drivers license, Nexus pass or enhanced BCID required.

**PACKAGE INCLUDES:**

- Amtrak ticket • Trader Joe's • Alderwood Mall
- Lunch at Red Lobster • All fees and taxes



**FEBRUARY 21 - 23 (3 Days / 2 Nights)  
Clearwater Casino Resort (USA)**

Travel to the Olympic Peninsula for an all-inclusive luxury scenic 3 day, 2 night gambling escape at the Clearwater Casino Resort complete with sweeping waterfront views! Clearwater Casino Resort is a naturally breathtaking casino and hotel nestled among the pines and cedars of the scenic Kitsap Peninsula. This expansive, luxurious retreat offers four-diamond amenities and the endless excitement of video slots, blackjack, poker, craps, keno and roulette. This trip includes a stop at the Silver Reef Casino featuring the popular seafood buffet. Valid passport, enhanced drivers license, Nexus pass or enhanced BCID required.

**Day 1: Sightseeing, Clearwater Casino Resort**

**Day 2: Clearwater Casino Resort, Social Hour, dinner featuring Lobster Frenzy**

**Day 3: Silver Reef Casino, seafood buffet lunch**



**PACKAGE INCLUDES:**

2 nights accommodation at the Clearwater Casino Resort, 2 breakfasts, 3 lunches, 2 dinners, social hour, cash back program, numerous gaming coupons, \*home or hotel pick up and drop off, all fees and taxes.

\$329 dbl, \$429 sgl. Save \$50 - depart from central location

**This is a paid advertisement**

## Seymour Access Bus



**FREE** door to door transportation to Lynn Valley Mall

Trained volunteers on hand to provide assistance and resource information.



**Every FRIDAY**  
**First Pick up: 11:15 am**  
**Depart Lynn Valley Mall: 2:00pm**

If you know a senior who is in need of our service, or require additional details on how to enroll in this program, contact:  
**Jennifer Dibnah, Seymour Access Bus Coordinator**  
Call: 604-983-6354

**DROP IN GAMES:** Coffee always served.

## SOCIAL

**Starting Jan 4**

### Bridge Social Drop-in: group of 4

Bring your foursome and drop-in for an afternoon of bridge.

W 1:00-3:00pm

[Enid Room, Library at Parkgate](#)

\$2

### Bridge Social Drop-in

Play bridge in a friendly and relaxed atmosphere.

M 6:30-9:30pm

[Enid Room, Library at Parkgate](#)

F 1:00-4:00pm

[Seniors Lounge](#)

\$2

### Chess

Play chess in a friendly and relaxed atmosphere.

Always includes coffee trolley.

M/W 1:00-4:00pm

[Room C04](#)

\$2

### Cribbage

Play cribbage in a friendly and relaxed atmosphere.

Coffee Trolley included.

M,Th 1:00-4:00pm

[Sr MPR](#)

\$2

### Mah Jong

Play Mah Jong in a friendly and relaxed atmosphere.

Coffee and tea included.

W 1:00-3:00pm

[Sr Lounge](#)

\$2

### Scrabble Drop-In

Play scrabble in a friendly and relaxed atmosphere.

Coffee trolley always served.

M,/W 10:00-12:00pm

[Sr MPR](#)

\$2



### Friday Movies



Watch your favourite movies on the 54-inch flat screen TV. Movie and popcorn included. Everyone Welcome!

F 1:00-3:00pm

[Senior's Lounge](#)

### Parkgate Luncheons

Come and visit us in March

In our brand new kitchen!

M/W 11:30-12:30pm

### Vancouver Coastal Health Diners Club

A congregate meal program sponsored by Community Health Services. Please call Andrea at 604-904-6483 for more information. No pick up while Parkgate kitchen is under renovation.

Tu 5:00-6:00pm

[Mt Seymour United Church](#)

### Sing-A-Long

Start your week off on a happy note. Join your friends for a round of social singing.

M 10:00-11:00am

[North Wing MPR](#)



### Parkgate Crafter Circle

Make crafts and share ideas. All items made are sold to support the Parkgate Seniors' Centre.

Tu 1:00-4:00pm

[Dance Studio](#)

### Parkgate Singers

Calling all men and women who love to sing; We are young at heart, slightly older in other places. Ruth T instructor.

Th Jan 5-Mar 29 11:00-12:00pm

275419

[Sr MPR and lounge](#)

\$52/\$58.50 for non-member

### Social Quilting

Bring your projects. Here's an opportunity to perfect your technique while enjoying the company of fellow quilters.

W 10:00-12:00pm [Sr Lounge](#) \$2 drop-in



**FITNESS MEMBERSHIP**

**Drop-in**

Drop by the front desk to pay and get a stamp and use our weight room during facility open hours.  
 Senior 65+.....\$4.55 + HST = \$5.10

**Fitness Membership**

Membership includes access to fitness classes, weight rooms, swimming and public skating at all North Vancouver Community Recreation Centre locations.

**Seniors 65yrs+**

Intro month.....\$32.90  
 1 month.....\$43.84  
 3 month.....\$87.46  
 Annual.....\$261.04\*



\*12 monthly payments of \$21.75 (plus one time \$20 admin fee)

**PERSONAL TRAINING**

Improve your quality of life with a personal training program. Our certified Personal Trainers and Kinesiologists will motivate and challenge you with focused, supervised workouts.



**Friends and Families-in-Training (F.I.T.)**

This is an enjoyable, effective way to combine exercise, social time and group support. Choose between semi-private and small group training. You choose the time, the number of sessions to train for and the friends to train with and we provide the trainer! Call 604-983-6355 for package options!

**Fitness Centre Orientations**

Familiarize yourself with the Parkgate Fitness Centre and services! Our staff will provide a general overview of how to use the equipment and answer your fitness-related questions.

Members                      No charge

**NVRC DROP IN FITNESS**

DROP IN FITNESS	DAY	TIME
FIT AND 50	M/W/F	9-10AM
FIT AND 60	M/W/F	10:30-11:30
SR STRETCH	M/W/F	10-10:30 AM
SUPERVISED REHAB	TU/THUR	11-12PM
*AGELESS YOGA	TU	9-10:15 AM

\*Registered program

**For a FREE in-home hearing test**  
 (AGES 50 AND OVER),  
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- ✓ Florist + film development
- ✓ Post office + library
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## 604 787 3496

[mike@errandboyservices.ca](mailto:mike@errandboyservices.ca) [ERRANDBOYSERVICES.CA](http://ERRANDBOYSERVICES.CA)

### “Open House” at Parkgate

**Mayor Richard Walton**

**Tuesday  
January 24**

**9:30-11:00am  
Meeting Room C04**



### “Join Jane” at Parkgate

**MLA Jane Thornthwaite**

**Tuesday  
January 17**

**9:30 am –11:00 am  
Meeting Room C04**



**VISUAL ART**



**Oil Painting – All Levels**

Come and discover your inner artist, suitable for beginners and beyond. Basic theory of colour mixing and basic brush and knife techniques covered. Students will learn about flower basics and how to create beautiful landscapes using simple elements of clouds, mountains trees and water - a different topic covered each class. (Maria V.)

272118 Th Jan 12-Feb 9 10:00-1:00pm  
 \$104.85/\$78.65 adult 55+  
 272119 Th Feb 16-Mar 8 10:00-1:00pm  
 \$83.88/\$62.92 adult 55+

**Painting with Acrylics - All Levels**

Come and discover the flexibility and creativity of the medium of acrylics with Maureen Coles. A studio concept, where you work at your own pace on a project of your choice, and Maureen is there to support and guide you through your painting project.

272111 M Jan 9-Feb 6 10:00-1:00pm  
 272112 M Jan 9-Feb 6 1:30-4:30pm  
 \$104.85/\$78.65 adult 55+  
 272110 M Feb 13-Mar 5 10:00-1:00pm  
 272113 M Feb 13-Mar 5 1:30-4:30pm  
 \$83.88/\$62.92 adult 55+

**Open Art Studio Drop-in**

Our art studio is open for artists of all levels to drop-in and use the space. Please bring all your own equipment and supplies.

F Jan 6-Mar 9 9:00-8:00pm  
 \$5 drop-in

**SINGING**

**Parkgate Singers**

Calling all men and women who love to sing; We are young at heart, slightly older in other places. Ruth T instructor.

Th Jan 5-Mar 29 11:00-12:00pm  
 #275419

**Sr MPR and lounge**

\$52/\$58.50 for non-member

**Sing-a-long Singing in the Rain**

Join the merriest group of Parkgate seniors and friends for an afternoon of movies and singing. Come dressed up or just as you are!

Fri Feb 24 1:00-3:30pm

**Sr 1/2 MPR and Lounge**

No registration required.



**Parkgate Community Services Society gratefully acknowledges the District of North Vancouver Community Grants program for providing funding that supports programs and services offered through the Seniors' Centre and Kitchen.**



Good programs get cancelled if everyone waits until the last minute.  
 Don't let your favourite class disappear and register early!

***Marsia Hunter—May 1, 1959-December 3, 2011***

In memory of Marsia a total of \$2,175 has been generously donated to Parkgate Community Services Society's - **Seniors' Kitchen.**



NEED AN EXTRA PAIR OF HANDS?

**HANDY  
GRANDDAUGHTER  
HERE TO HELP**

Minor Repairs  
Home Upkeep  
Errands

Appointments  
Paperwork  
Computer Help

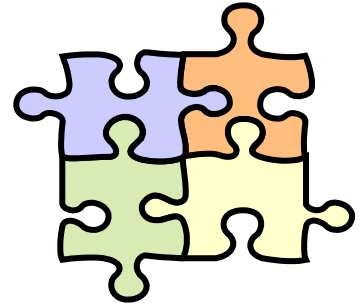
Shopping  
Seasonal Help  
Odds 'n Sods

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Free Consultation  
Laurie McLean  
604-839-6084

Granddaughter for 44 years  
[www.handygranddaughter.ca](http://www.handygranddaughter.ca)  
[laurie@handygranddaughter.ca](mailto:laurie@handygranddaughter.ca)

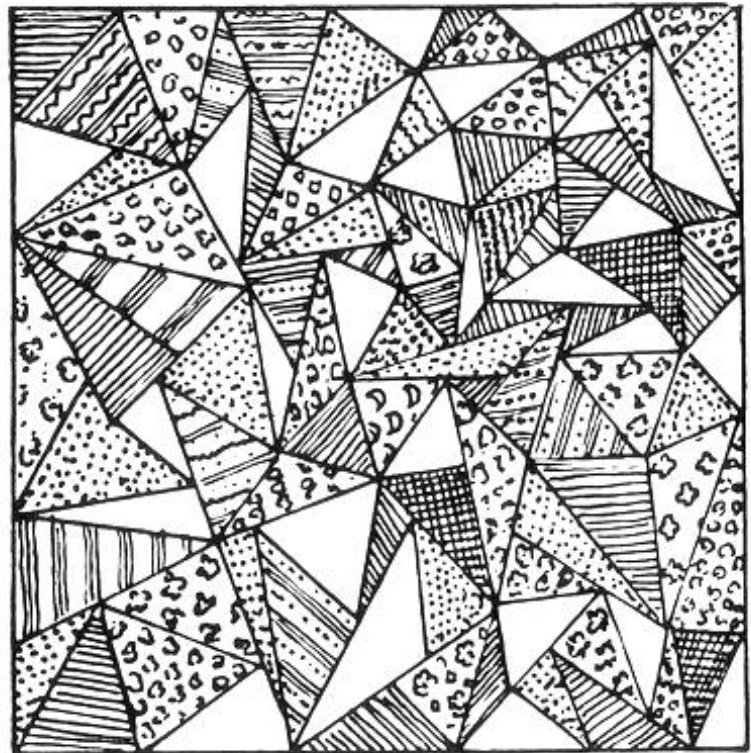
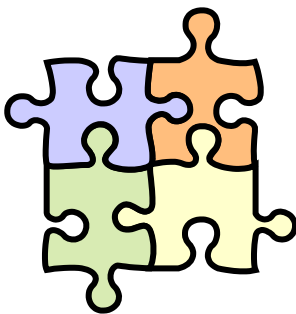
4		7	1	6			9	
	2			5				
		9				3	1	
6	8	4			1			
		5	3		4			2
				7				
	4		7		2	1		3
2			6		9			
7							2	9



# Sudoku

objective is to fill a 9×9 grid with digits so that each column, each row, and each of the nine 3×3 sub-grids that compose the grid (also called "boxes", "blocks", "regions", or "sub-squares") contains all of the digits from 1 to 9

Can you find the perfectly symmetrical star hidden within this picture?



Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30	Cardiac Rehab*		Cardiac Rehab*		Cardiac Rehab*
8:30		Circuit Training		Circuit Training	
9:00	Fit and 50	Keep Well (9:30)	Fit and 50		Fit and 50 (9:00)
10:00	Scrabble Stretch Sing-a-long		Scrabble Stretch Quilting		Stretch Chair Yoga* Sr Badminton
10:30	Osteo/Arthritis Fit and 60	Sr Badminton	Osteo Arthritis Fit and 60		Fit and 60
11:00		Supervised Rehab		Supervised Rehab Parkgate Singers	Access Bus
11:30					
12:00					
1:00	Cribbage Chess Heart and Stroke Walkers (Janet K)	Crafts	Mah Jong Chess Bridge (4's) Pickleball	Cribbage Bridge Lessons* Heart and Stroke* Walkers (Janet K)	Movie and Popcorn Bridge (singles)
5:00		Diner's Club* V.C.H.			
6:30-9:00	Pickleball (5:45)Bridge (singles)		Fit and 50 (7:00)		

2011 at Parkgate





### Sunshine Cards:

If you know of a Parkgate Member who is ill or has lost a loved one, please let us know so that we can send a card.

### FREE PROGRAMS IN THE SENIORS CENTRE

Sing-a-long

Mon 10:00-11:00

[North Wing MPR](#)

Craft Circle

Tu 1:00-3:00pm

[Sr MPR](#)

Friday Movies

Fri 1:00-3:00pm

[Sr Lounge](#)

Sing-a-long Singing in the Rain

Fri Feb 24 1:00-3:30

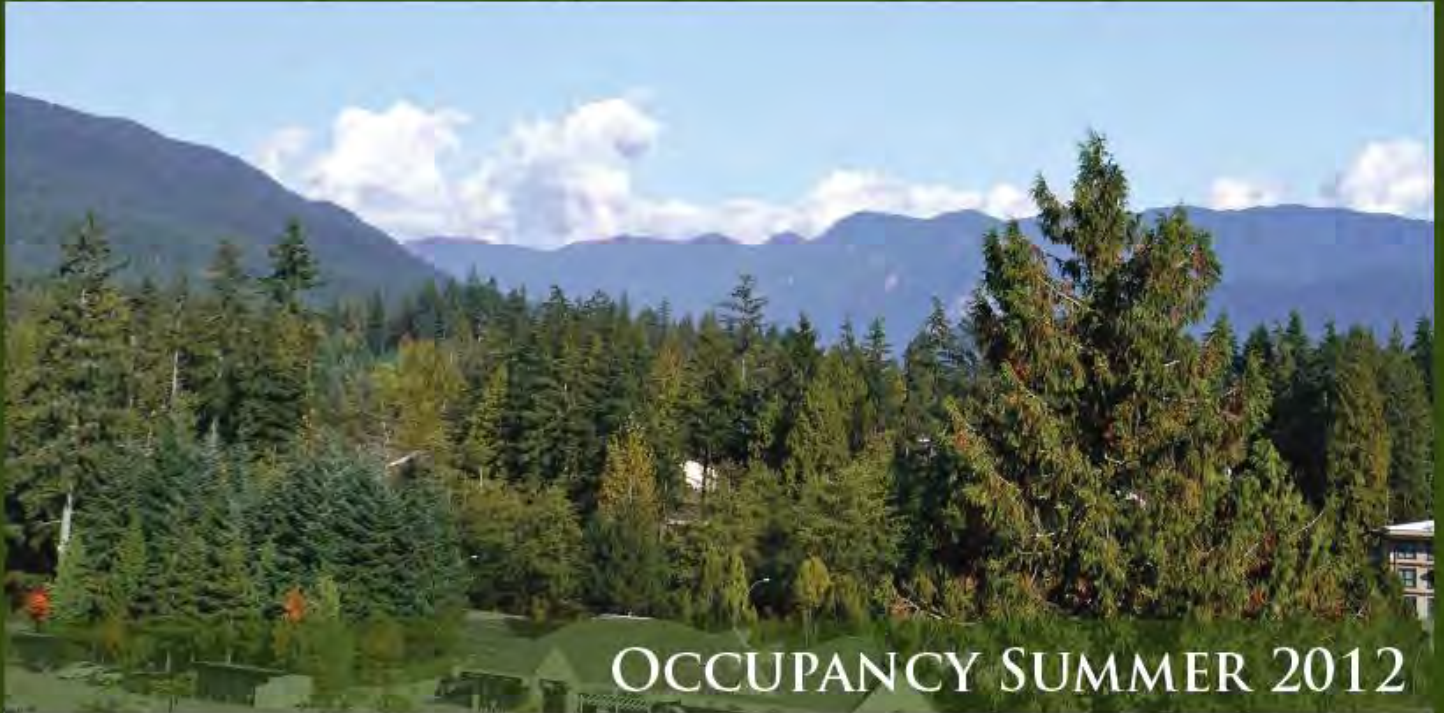
[Sr Lounge](#)

**Free**

### Financial Assistance

Financial assistance is available for any North Vancouver resident who is unable to afford the full fees for a program. If you are experiencing financial hardship which prevents you from taking part in programs at Parkgate please contact our Front Desk at 604.983-6350 to book an ACCESS appointment.

# SELECT YOUR SUITE TODAY



## OCCUPANCY SUMMER 2012

Located right in the heart of the Seymour neighbourhood, Cedar Springs is a seniors' community just steps away from shops, churches, Parkgate Library and Community Centre. Our monthly fees include 24-hour security, chef-prepared meals, weekly housekeeping, transportation, and social and recreational programs. All in the area you already know and love.



Presentation Centre

118 - 1151 Mt Seymour Road

Parkgate Village Shopping Centre

(close to Bean Around the World)

604.986.3633 | [cedarspringsresidence.ca](http://cedarspringsresidence.ca)



604.986.3633 | [pacificarbour.ca](http://pacificarbour.ca)

## A NATURAL FIT

## Recreation Programs

- Daycamps
- Fitness Centre Supervision
- Child and Adult Programs
- Sport and Art programs

## Special Events

- Seniors Events
- Community Celebrations

## Community Services

- Board of Directors at PCSS

## Seniors Programs

- Tea Service
- Seniors Lunch
- Bus Trips

## Family Programs & Childcare

- Family Drop-in programs
- Daycare/After School Programs

## Youth Services

- Drop-In programs
- Out trips
- Pre-teen dances

For more information please contact **Jamie Turner**, Volunteer Services Coordinator

Phone: 604-983-6385 or by email at [jturner@myparkgate.com](mailto:jturner@myparkgate.com)

## PARKGATE SUPERVISORY AND MANAGEMENT STAFF LIST

Name	Title	Phone Number
Beth Ostlund	Office Manager	604-983-6360
Erin Smith	Seniors' Services Supervisor	604-983-6376
Renee Matthee	Seniors' Services Assistant	604-983-6373
Jodi Weiderick Sue Bowering	Community Recreation Programmers	604-983-6361
Lisa Reinders	Executive Director/Coordinator	604-983-6375
Marc Keith	Youth Services Supervisor	W:604-983-6379 C: 604-783-8053
Michaela Jamieson	Fitness Centre Supervisor	604-983-6355
Rita Brown	Supervisor, School Age Care & Daycamp Coordinator	604-983-6381
Shauna Mokolki	Community Recreation Programmer	604-983-6362
Tamara Piekaar	Child Care and Family Programs Manager	604-983-6365
Tanya Rankin	Community Recreation Programmer	604-983-6370