

## HAPPY NEW YEAR

I watched a lot of television over the holidays as I had a bout of flu that wouldn't go away. TV is a wasteland these days. Give me the good old days of TV. The people they interviewed on talk shows were INTERESTING.

I was watching a talk show several years ago and Sir Peter Ustinov was the guest. Peter was an English actor, writer and dramatist. He was also renowned as a filmmaker, theatre and opera director, stage designer, and raconteur. At age 76 he had just been honored with a CBE. When asked what the best thing about aging was he looked straight at the host and simply replied, 'No peer pressure.' When asked what words of advice he would give he said "The greatest thing a man can learn is to love and be loved in return."

I instantly fell for him.

Are there anymore like him?

JANIS

## THE LUNCH CLUB

Membership fee for 1 year in The Lunch Club TLC membership is \$15.00 and renewal each year is \$10.00. Your membership is valid for one full year from date of purchase.

Funding: We began in 1998. with a grant from The VanDusen Fund and in conjunction with the Vancouver Health Authority. TLC proceeds are used to support the programs and full course lunches. West Point Grey United Church provides all additional funding.

A short fun exercise time begins at 10:45 a.m. and programs start at 11:00 a.m. Luncheon is served at 12 noon. Please give us a call on Wednesday if you are planning to come. It makes it easier to cater the full course luncheon. The cost is \$10:00 for program and luncheon.

We do not provide rides. Many of our members use and can recommend Taxi Savers and Handy Dart.

Volunteers: We thank the many volunteers from the community and Pacific Spirit Health Centre for their assistance in making this program possible.

Co-ordinator: Janis Terrien

# The Lunch Club

**is a community program  
for seniors 65 +  
that meets every  
Thursday  
10:30 a.m. - 1:30 p.m.  
A full course luncheon  
is served at noon  
The Hall  
4595 W. 8th Ave.  
at Tolmie  
Call Janis at  
604-224-4388**

**Programs for  
JANUARY  
FEBRUARY**



# JANUARY - FEBRUARY 2012

Easy "Keep Fit" chair exercises with Heather Anne for all ages begin at 10:45 a.m.  
Programs begin at 11:00 a.m. Luncheon is served at 12 noon

As we get older we confront unique challenges in trying to maintain a satisfying social life. Many older people find it difficult to make new friends when their circle of friends starts to dwindle.

TLC is designed to make it easy to maintain a satisfying social life and live fully in the present.

Come and see what TLC is all about.  
Bring a friend ... make a friend!  
We have programs to interest everyone.

*Our exercise program is an easy 15 minute program designed to help us maintain strength to prevent falls and help us keep fit. We are in good hands with Heather Anne McLagan. Heather Anne is currently a registered fitness leader with BCRPA*

**Jan. 12 - Potpourri!**  
Happy New Year and welcome back.

**JAN 19 CANCELLED - SNOW**

**Jan. 26-- What a Life!**  
Noreen Rudd and David Hoar certainly live life. Scuba divers, native cedar-bark weavers, cruisers on their boat *Pacific Voyageur*, and authors of *Cooking Afloat: Gourmet Cooking on the Move*. You will enjoy their stories.

**Feb. 2  
Lunar New Year!**  
Linda and Catherine are leading our program today. What better way to celebrate the Year of the Dragon with our two favourite girls from Beijing!

**Feb 9 - What happens if you are rushed to emergency?** Your neighbourhood pharmacist takes good care of his customers/friends and we have the best in the business right here. Safouh has some excellent health care tips for us.

**Feb 16 -** Jason and Miranda serenade us with a Happy Valentine's program.

**Feb 23 - Funny Bones.** Remember the expression "it tickled my funny bone"? Well today you are going to tickle funny bones. Everyone must bring a joke or short funny story to share.