

The Lunch Club

TLC offers a variety of fun and friendly activities that are entertaining and informative.

Programs begin at 11:00 a.m.

Lunch is a full course meal served at 12 noon

Come and see what TLC is all about.

Bring a friend ... make a friend!

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. Drop in fee without membership is \$10 per time.

Programs start at 11:00 a.m. and luncheon is served at 12 noon. Please make your luncheon reservation at least 24 hours prior to the Thursday Lunch Club. The cost is \$8:00 for program and luncheon.

A brochure is published every two months featuring coming events, a monthly program planner and items of interest.

Funding: We began in 1998 and start-up funding was provided by the Vandusen Fund. TLC proceeds are used to support the programs and full course lunches. West Point Grey United Church provides all additional funding.

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

Staff: Janis Terrien, Seniors Program Coordinator. Nicole Hagglund and Yu Lien Feng, asst. chefs.



The Lunch Club

**Is a community program for Seniors
We meet 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**

**JANUARY
FEBRUARY
MARCH
Programs
2011**

JANUARY, FEBRUARY and MARCH 2011

Programs begin at 11:00 a.m. Luncheon is served at 12 noon

**Jan. 20 - We're Back! We need to
cast sunny day spells now!**

**Jan 27 - An interesting
presentation from RAPS
with Wayne Hiroyama**

**Feb 3 - It's H day. Bring anything
from halibut to horses
to our TLC Show and Tell**

**Feb 10 - Everything that makes a
a happy Valentines Day -
chocolate, flowers and music**

**Feb 17 - Psalm 23 a visual
presentation with Philip
Harrison**

**Feb 24 - ESL Friends
join us for conversation and
lunch**

**March 3 "To be a person is to
have a story." *Isak Dinesen*
Colette will bring her love
of story telling to share
with us.**

**March 10 - Around the world in
90 Pancakes. We will
sample 3 pancakes from
other countries to celebrate
the beginning of Lent.**

**March 17 -The myth of the
Mother Ganges. A DVD
on India.**

**March 24 - Games Day
Tables, puzzle, and jigsaw**

**March 31 - The health benefits of
???**