



TERMINAL CITY TIMES

NOVEMBER 2020 • VOL. 27 NO. 8

SPECIAL EVENTS • ENTERTAINMENT & DINING
CLUB NEWS • FEATURES & MORE



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 Terminal City Club

CONTACT US

Billing : 604 488 8607
Catering : 604 488 8640
Weddings : 604 488 8605
Lions Pub : 604 488 8602
Fitness Centre : 604 488 8622
Member Services : 604 681 4121
Membership Sales : 604 488 8647

CLUB HOURS

MEMBER SERVICES (FRONT DESK)
Monday – Friday : 5 a.m. – 11 p.m.
Saturday & Sunday : 7 a.m. – 8 p.m.

FITNESS CENTRE
Monday – Friday : 5 a.m. – 11 p.m.
Saturday & Sunday : 7 a.m. – 8 p.m.

THE GRILL
Monday – Friday :
7 a.m. – 10:30 a.m. breakfast
11:30 a.m. – 9:30 p.m. lunch & dinner
Saturday & Sunday :
8 a.m. – 9 p.m. coffee
9 a.m. – 2 p.m. brunch
3 p.m. – 9 p.m. dinner

MEMBERS' LOUNGE
Monday – Friday : 7 a.m. – 11 p.m.
Saturday & Sunday : 8 a.m. – 10 p.m.

CUVÉE & 1892
Temporarily closed

LIONS PUB
Monday – Saturday : 11 a.m. – 10 p.m.
Full Menu : available until until 8:30 p.m.
Evening Happy Hour Menu : starts at 8 p.m.
Sunday : closed

HOLIDAY CLOSURE: REMEMBRANCE DAY

All areas of the Club, including Lions Pub, will be closed on **Wednesday, November 11** for Remembrance Day.

NEW MEMBERS

Welcome to our new members!

Howard Blank
Nathalie Chan King Choy
Red Conger IV
Robert Beattie
Howard Blank
Ricky Brar
Ryan King
Bo Meng
Sissy Sailors

EMPLOYEE OF THE QUARTER

Congratulations to **Renée Armitage**, Outlets Server, for winning Employee of the Quarter! Renée takes great care of members and their guests in the Members' Lounge, providing professional and personalized service. She is efficient and consistent in her work and is always a team player, helping out her colleagues. Renée is happy to lend a helping hand to whomever needs it; we are very fortunate to have Renée on our team!

DAYLIGHT SAVINGS

Don't forget to "fall back" on **Sunday, November 1**.

NOTICE OF AGM

The Annual General Meeting will be held virtually via Zoom on **Monday, December 14 at 10 a.m.** Formal notification will be forwarded by e-mail to those members/shareholders who are eligible to attend. If you have any questions you'd like to have answered during our AGM, please forward all inquiries to **gm@tcclub.com**.



NEW! EV CHARGING STATIONS

Plug in at TCC! Four freshly installed EV charging stations are now in our Impark parkade, P3, stalls 226-229. Simply use your member fob to access the parkade.



HEPA FILTERS

At Terminal City Club, we have always stayed ahead of the curve by providing clean purified air using True High Efficiency Particulate Air (True HEPA) filters. Since the beginning of this pandemic, our filters have been replaced every three months, instead of the manufacturer's recommended six months. We have enhanced our already high safety standards to ensure the well-being of our members, guests and team.

—*Newton Rajapakse, Director of Engineering*



PRESIDENT'S LETTER

DEAR FELLOW MEMBERS,

As we draw nearer to the end of 2020, I believe I can say with confidence that it has been a long time since TCC has operated in a year like this. Some may argue that this year has been absolutely unique. In any case, I can also say with confidence that our staff and you – our Members – have risen to the challenges with prudence, patience, calm, and respect. That approach allowed us to re-open TCC in mid-May, and remain safely open since. On behalf of our Board, I thank you for this.

Moving into our new fiscal year, the Club is in a position that many businesses today would envy. We are fortunate that our COVID-19 closure was relatively brief, and our resources lent themselves to a quick pivot of our business model. Of course, we cannot escape the significant impact of losses to our catering and events business, and the reduction of many other aspects of our business. We would certainly prefer to go back to “business as usual!” Nonetheless, the flexibility of our staff and Members, plus access to government support has helped us through these difficult times.

Over the next few months, TCC is holding course on a variety of upgrades that had already been planned. We know there will be a light at the end of this tunnel, and we

will make use of this time with relatively low traffic in the Club to complete work with minimal inconvenience to Members.

Along these lines, some things to look forward to are:

- A large portion of our new LifeFitness® cardio equipment will be coming to the Fitness Centre before the end of the year. (In order to maintain space for physical distancing, we have delayed the purchase of a few pieces – delivery will follow when appropriate.)
- The new electric vehicle charging stations in the TCC parkade are officially ready to go on P3!
- Renovations – particularly kitchen upgrades – to the Grill. As our business and food quality has increased over the past several years, it has made it necessary to step up capacity in the Grill kitchen. The dining area of the Grill will also be refreshed, in keeping with other areas of the Club. We plan to start this project in early 2021, (see Grill concept vibe on page 12).

Also coming up soon is TCC's Annual General Meeting, on Monday, December 14 at 10 a.m. The AGM will be hosted

virtually, and reservations are required (through Member Services). I encourage all available shareholding Members to participate in the AGM, as it is your best opportunity to ask questions and gain an understanding of the Club's financial picture. In order to best manage this new online format, we ask that you please email your questions, in advance if possible, to gm@tclub.com. I hope to see you there.

In closing, I would like to thank you again for supporting our staff and observing all COVID-19 health policies while in the Club – your compliance is what helps us keep the Club open for your enjoyment. I look forward to waving hello soon.

Respectfully,

Joe Corea
Terminal City Club President



What's on at the Club

Upcoming Events

TUESDAY, NOVEMBER 3
TCC Salon: Downtown Vancouver

WEDNESDAY, NOVEMBER 4
Whisk(e)y 201: Savour Scotland's Singles

THURSDAY, NOVEMBER 5
Whisk(e)y 201: Savour Scotland's Singles

TUESDAY, NOVEMBER 10
TCC Book Club: *Catch-22*

WEDNESDAY, NOVEMBER 11
Remembrance Day: Club Closed

THURSDAY, NOVEMBER 12
Meditation Class

MONDAY, NOVEMBER 16
TCC Salon: Mindfulness &
Cognitive Behavior Therapy

TUESDAY NOVEMBER 17
TCC Building Vancouver: Mike McDonough

WEDNESDAY, NOVEMBER 18
Pinot Noir World Tour

THURSDAY, NOVEMBER 19
Meditation Class

THURSDAY, NOVEMBER 19
Members' Networking Lunch

FRIDAY NOVEMBER 20
TCC Lunch Exchange: Big Data

TUESDAY, NOVEMBER 24
TCC Discussion Group
Holiday Scotch Tasting

WEDNESDAY, NOVEMBER 25
Tuscan Titans
TCC Salon: Rejuvenating Howe Sound

THURSDAY, NOVEMBER 26
Meditation Class

FRIDAY, NOVEMBER 27
Whisky Dinner: The Macallan

SUNDAY, DECEMBER 6
Festive Family Brunch
Festive Family Dinner

TUESDAY, DECEMBER 8
Book Club: *American Dirt*
TCC Salon: Pilgrimage & Sacred Places

WEDNESDAY, DECEMBER 9
Holiday 3-Course Lunch
Holiday 4-Course Dinner

FRIDAY, DECEMBER 11
Holiday 3-Course Lunch
Festive Gourmet Dinner

SUNDAY, DECEMBER 13
Festive Family Brunch
Festive Family Dinner

TUESDAY, DECEMBER 15
TCC Building Vancouver

THURSDAY, DECEMBER 17
Festive Family-Style Luncheon
Festive Family-Style Feast

FRIDAY, DECEMBER 18
Festive Family-Style Luncheon
Festive Family-Style Feast

SUNDAY, DECEMBER 20
Festive Family Brunch
Festive Family Dinner

LIVE MUSIC

5:30 – 8:30 P.M.

**THURSDAYS
FRIDAYS
SATURDAYS**

NOV
05



Neal
Ryan

NOV
06



Melanie
Dekker

NOV
07



Rob
Eller

NOV
12



Dave
Martone

NOV
13



Cassandra
Bangel

NOV
14



Adam
Thomas

NOV
19



Rob
Eller

NOV
20



Neal
Ryan

NOV
21



David
Capper

NOV
26



Dave
Martone

NOV
27



Paul
Filek

NOV
28



Cassandra
Bangel

drink features

NOVEMBER 2 – 6: TEQUILA & MEZCAL

Cenote Anejo
Casamigos Mezcal

NOVEMBER 9 – 13: CANADIAN REDS

2017 Burrowing Owl Syrah, BC
2016 Tawse Laundry Vineyard Cabernet Franc,
Ontario

NOVEMBER 16 – 20: CORAVIN TASTERS

2010 Chateau Gloria, Bordeaux, France
2016 Hamilton Russell Pinot Noir, South Africa

NOVEMBER 23 – 27: WINTER WARMERS

Irish Coffee
Bailey's Coffee

LIONS PUB Specials



UEFA CHAMPIONS LEAGUE

Come down to the Pub and cheer on Chef Dan's favourite team, Manchester United!

NFL BURGER/BEER SPECIAL

Our NFL Burger/Beer special on **Monday and Thursday** nights features our Smashed Bacon Cheeseburger – a must try. Choose any beer we have on tap and enjoy with a delicious burger for only \$20.

WEEKLY FRESH SHEET

Our weekly Fresh Sheet continues to be a huge success. What will our talented Kitchen team come up with next?

FALL CRAFT BEERS

London Pride is back on tap! We've also added a delicious "cold brewed" Coffee Lager on Nitro from Deschutes Brewery in Oregon. And, don't forget to check out our Rotating Local Craft Sour and Stout selections. FYI, the Blackberry "Dinosaur" from Phillips is crazy good!

NOVEMBER 10 EVENTS

03 TCC SALON: DOWNTOWN VANCOUVER

Tuesday, November 3

6 – 9 p.m.

Complimentary event with the purchase of dinner
COVID-19 has turned the way we live, work, and play upside down. We've all had to adapt to doing things differently. TCC member Charles Gauthier is the long-running president and CEO of the Downtown Vancouver Business Improvement Association. He will lead a discussion exploring which of the changes we've made will likely continue, and how downtown could reinvent itself after COVID-19.

04 WHISK(E)Y 201: SAVOUR SCOTLAND'S SINGLES

Wednesday, November 4

5:30 – 6:30 p.m.

Full experience at the Club: \$50 plus tax & service charge
Live on Zoom: complimentary (no tasting component)

***Sold out! Wait list only**

Come and taste through Scotland's famed whisky zones: Highlands, Speyside, Lowlands and Islay. See page 9 for full details.

05 WHISK(E)Y 201: SAVOUR SCOTLAND'S SINGLES

Thursday November 5

5:30 – 6:30 p.m.

Full experience at the Club: \$50 plus tax & service charge
Live on Zoom: complimentary (no tasting component)

Sold out! Wait list only

Come and taste through Scotland's famed whisky zones: Highlands, Speyside, Lowlands and Islay. See page 9 for full details.

TCC BOOK CLUB: CATCH-22

Tuesday November 10

5 – 7 p.m.

Complimentary event

Often cited as one of the most significant novels of the 20th century, *Catch-22* is a satirical war novel by Joseph Heller. Set during WWII, *Catch-22* examines the absurdity of war and military life through the experiences of antihero Captain John Yossarian – US Army Air Forces B-25 bombardier – and his cohorts, who attempt to maintain their sanity while fulfilling service requirements so that they may return home.

*Get a head start on the December 8 selection: *American Dirt* by Jeanine Cummins.

12 MEDITATION CLASS

Thursday, November 12

5:30 – 6:30 p.m.

Complimentary event - registration is mandatory
Meditation can reduce stress and instill peace and calm, especially in times like these. These individual classes will equip you with a few easy and effective meditation techniques.

**Please dress comfortably and bring a yoga mat and/or cushion.*

16 TCC SALON: MINDFULNESS & COGNITIVE BEHAVIOR THERAPY

Monday, November 16

6 – 9 p.m.

Complimentary event with the purchase of dinner
How can changing the way we pay attention to our experience improve our immune system and modify the way that the brain regulates itself? With a focus on the treatment of mood, anxiety, and other mental health symptoms, Dr. Andrea Grabovac will lead a discussion exploring the Buddhist psychological frameworks that underpin mindfulness meditation practices. Dr. Grabovac is a Clinical Associate Professor (Psychiatry) at UBC and a co-founder of the North American Chapter of the Mindfulness Integrated Cognitive Therapy Institute. She has been researching the mechanisms of mindfulness and training mental health clinicians for 15 years.

To ensure physical distancing is possible, registration is currently required for all Club events. As capacity is limited, please cancel if you are unable to attend. Refunds, if applicable, will only be processed for cancellations made 72 hours prior to the event's start date/time.

17 TCC BUILDING VANCOUVER: MIKE MCDONOUGH

Tuesday November 17

6 – 8 p.m.

Complimentary event with purchase of dinner

Hosted by TCC members the Donnellan brothers, this members-only discussion and physically distanced networking event is designed for members in the real estate industry and related fields. TCC member Mike McDonough, COO at Axiom Builders Inc., has more than 20 years of experience in the construction industry. With impeccable leadership skills, Mike has been an agent in expanding Axiom's network of business nationally and securing some of Canada's most coveted projects. To date, Mike has been involved in over 100 residential high-rise towers. As COO, Mike brings a practical and detail driven approach to construction.

18 PINOT NOIR WORLD TOUR

Wednesday, November 18

5:30 – 6:30 p.m.

Full experience at the Club: \$50 plus tax & service charge

Live on Zoom: complimentary (no tasting component)

Often called the "heartbreak grape," Pinot Noir is one of the most challenging vines to grow. See page 9 for full details.

19 MEDITATION CLASS

Thursday, November 19

6 – 9 p.m.

Complimentary event - registration is mandatory

See November 12 description.

19 MEMBERS' NETWORKING LUNCH

Thursday, November 19

Noon – 1:30 p.m.

Complimentary event with the purchase of lunch from the Grill

Join the city's entrepreneurs, executives, and business and community leaders over a power lunch every third Thursday.

20 TCC LUNCH EXCHANGE: BIG DATA

Friday November 20

12 noon – 1:30 p.m.

Complimentary event at the Club (food & beverage available through The Grill) or live on Zoom

Some of us have heard of or even watched the Netflix documentary *The Social Dilemma*. One of the most intriguing and contentious topics in technology is big data and how it is being exploited. TCC member Ruben Ugarte (Practico Analysis) will facilitate our discussion along with host and fellow member Jonathan Chan.

24 TCC DISCUSSION GROUP

Tuesday, November 24

7:15 – 10:30 p.m.

Complimentary event via Zoom

The TCC Discussion Group – for members, run by members – is an evening of dialogue and camaraderie.

24 HOLIDAY SCOTCH TASTING

Tuesday, November 24

5:30 – 7 p.m.

\$50; maximum 2 guests per member

This year, in place of our traditional Holiday Social, we'll kick off the season sampling some high-caliber scotches and whiskeys/whiskies during an engaging tasting experience. The event will be seated, with physical distancing in place. Proceeds will go toward the Terminal City Club Foundation.

25 TCC SALON: REJUVENATING HOWE SOUND

Wednesday, November 25

6 – 9 p.m.

Complimentary event with the purchase of dinner

In early September this year, Dr. Patricia Plackett submitted a nearly 400-page dossier to UNESCO in support of designating Atl'ka7tsem/Howe Sound as a UNESCO Biosphere Region to preserve its fragile recovery after years of devastation. Dr. Plackett - a professor at the Beedie School of Business - started this journey four years earlier; she'll share the many twists and turns, and her learnings about the inestimable power of perseverance.

To ensure physical distancing is possible, registration is currently required for all Club events. As capacity is limited, please cancel if you are unable to attend. Refunds, if applicable, will only be processed for cancellations made 72 hours prior to the event's start date/time.

NOVEMBER EVENTS

25 **TUSCAN TITANS**
Wednesday, November 25
5:30pm - 6:30pm
Full experience at the Club: \$50 plus tax & service charge
Live on Zoom: complimentary (no tasting component)
No other region in Italy excites wine lovers like Tuscany! See page 9 for full details.

26 **MEDITATION CLASS**
Thursday, November 26
5:30 – 6:30 p.m.
Complimentary event - registration is mandatory
See November 12 description.

27 **WHISKY DINNER: THE MACALLAN**
Friday, November 27
Reception at 6 p.m.; dinner at 6:30 p.m.
\$150 plus tax & service charges
**Only 30 seats available*
See page 9 for full details.

08 **TCC BOOK CLUB: AMERICAN DIRT**
Tuesday, December 8
5 – 7 p.m.
Complimentary event
American Dirt by Jeanine Cummins, is about the ordeal of a Mexican woman who is forced to leave behind her life and escape as an undocumented immigrant to the United States with her son.

08 **TCC SALON: THE IMPORTANCE OF PILGRIMAGE**
Tuesday, December 8
5 – 7 p.m.
Complimentary event
Dr. David Geary – Associate Professor (Anthropology) at UBC – will lead a Salon discussion about sacred places and the importance of pilgrimage.



Host your holiday party safely at TCC

- *Creative “physical distancing” floor plans for 2 to 50 guests, tailored to fit your event*
- *Festive plated options designed with your safety in mind*
- *Rigorous cleaning protocols and sanitization procedures to ensure a safe environment for your loved ones*
- *Flexible minimum spend to waive room rentals for members*

For more information contact: catering@tclub.com | 604 488 8629



LIQUID ASSETS

WHISK(E)Y 201: SAVOUR SCOTLAND'S SINGLES

Wednesday, November 4 - sold out - wait list only

Thursday, November 5 - sold out - wait list only

5:30 – 6:30 p.m.

Full experience at the Club: \$50 plus tax & service charge

Live on Zoom: complimentary (no tasting component)

Come and taste through Scotland's famed whisky zones: Highlands, Speyside, Lowlands and Islay. We'll taste four highly individual premium single malts and learn what makes them unique, focusing on pot still shape and barrel ageing. You'll love the whisky pairing tips DJ has planned.

PINOT NOIR WORLD TOUR

Wednesday, November 18

5:30 – 6:30 p.m.

Full experience at the Club: \$50 plus tax & service charge

Live on Zoom: complimentary (no tasting component)

Often called the "heartbreak grape," Pinot Noir is one of the most challenging vines to grow, and winemakers often spend a lifetime perfecting their wines in the cellar. Join DJ for a comprehensive look at Burgundy's noble son and a tasting of four stellar wines from regions that Pinot prefers. We'll discuss how to pair with dinner, whether to decant, and other tips that will satisfy the most exacting of Pinot-philes.

HOLIDAY SCOTCH TASTING

Tuesday, November 24

5:30 – 7 p.m.

\$50; maximum 2 guests per member

This year, in place of our traditional Holiday Social, we'll kick off the season sampling some high-caliber scotches and whiskeys/whiskies during an engaging tasting experience. The event will be seated, with physical distancing in place. Proceeds from our the Holiday Tasting will go toward the Terminal City Club Foundation.

TUSCAN TITANS

Wednesday, November 25

5:30pm - 6:30pm

Full experience at the Club: \$50 plus tax & service charge

Live on Zoom: complimentary (no tasting component)

No other region in Italy excites wine lovers like Tuscany. Renowned for big reds made from the Sangiovese grape, Tuscany's rolling hills are thickly carpeted with vines rooted in ancient seabed soils. In addition to the most famous wine called Chianti Classico, we will taste regional stars like Brunello di Montalcino, Carmignano and a head-turning Super Tuscan. Italian cheese and charcuterie to pair, *naturalmente*.

WHISKY DINNER: THE MACALLAN

Friday, November 27

Reception at 6 p.m.; dinner at 6:30 p.m.

\$150 plus tax & service charge

**Only 30 seats available*

This exclusive four-course dining event has been designed to highlight selections of The Macallan – expressions ranging from 12 to 18 year old, plus a couple of rare and special treats; don't miss this culinary experience – limited seating is available so save your spot today!

FROM THE CELLAR

It's no secret that the events and catering business came to a virtual stand-still over the Spring and Summer. As a result, there is a larger-than-usual surplus of beautiful TCC wine in our cellars from the Loire Valley in France that was ordered in the fall of 2018.

Priced at *\$39 a bottle (\$468 per case)*, for a limited time the corkage fee will be waived so Members can purchase mixed cases of 12 for just *\$300 plus tax*. Now that's a great deal! We only have 28 cases available. If you are interested, please email wine@tclub.com to arrange pickup.

TCC Private Label Sauvignon Blanc, France 2017

TCC Private Label Pinot Noir, France 2016

TCC Private Label Rose, France 2017



Christmas at the Club

The holidays look a little different this year. Still, we have everything you need to brighten the season. Menus will be posted on Member Central when available.

HOLIDAY SCOTCH TASTING

Tuesday, November 24

5:30 – 7 p.m.

\$50; maximum 2 guests per member

This year, in place of our traditional Holiday Social, we'll kick off the season sampling some high-caliber scotches and whiskeys/whiskies during an engaging tasting experience. The event will be seated, with physical distancing in place. Proceeds from the Holiday Tasting will go toward the Terminal City Club Foundation.

FESTIVE FAMILY BRUNCH

December 6, 13, & 20

10:30 a.m., 11 a.m. & 11:45 a.m.

\$75 plus tax & service charge

\$38 for children ages 4 – 12

Brunch is a family tradition at TCC. Dig in to this year's festive brunch, served **family-style**, featuring both savory and sweet options.

FESTIVE FAMILY DINNER

December 6, 13, & 20

5:30 p.m., 6 p.m. & 6:30 p.m.

\$95 plus tax & service charge

\$48 for children ages 4 – 12

Come hungry; we've taken care of the rest. Enjoy a delicious three-course dinner served **family-style**.

HOLIDAY 3-COURSE LUNCH

December 9 & 11

11:45 a.m., 12 noon & 12:30 p.m.

\$65 plus tax & service charge

Our culinary team has designed a special **three-course choice menu** for the occasion.

HOLIDAY 4-COURSE DINNER

Wednesday, December 9

6 p.m., 6:30 p.m. & 7 p.m.

\$80 plus tax & service charge

Savour a **four-course choice menu** to celebrate the season.

FESTIVE GOURMET DINNER

Friday, December 11

6 p.m.

\$90 plus tax & service charge

This special holiday edition of our Gourmet Dinner Series features a festive four-course dinner. With just 30 seats, this will be sure to sell out - register early!

FESTIVE FAMILY-STYLE LUNCHEON

December 17 & 18

11:45 a.m., 12 noon & 12:30 p.m.

\$80 plus tax & service charge

Take a long lunch! Treat your team to a three-course luncheon served **family-style**.

FESTIVE FAMILY-STYLE FEAST

December 17 & 18

6 p.m., 6:30 p.m. & 7 p.m.

\$100 plus tax & service charge

Celebrate the holidays with your nearest and dearest; come together over this four-course dinner served **family-style**.

PRIVATE HOLIDAY PARTIES

There are still dates available for your company or family holiday party. Please contact catering@tcclub.com, to discuss your event.

*Registration opens on Sunday, November 1 at 8 a.m.
Book online at Member Central, or by contacting
Member Services: concierge@tcclub.com / 604-681-4121 (call) /
604-200-2279 (text).*

COPEMAN CORNER

UNDERSTANDING ANXIETY: WHAT IS ANXIETY AND HOW CAN WE MANAGE IT?

Dr. Mary Ross and Kendall Blenkarn

We hear a lot about anxiety these days, and Mental Health Research Canada has reported that throughout the COVID-19 pandemic, Canadians' anxiety levels have quadrupled.

COVID-19 aside, most of us experience anxiety on a daily basis. Anxiety can motivate us, enhance our performance, and it helps to keep us safe. But when does anxiety become an issue?

What is anxiety?

Anxiety is a natural reaction to events and situations in our lives and serves as our internal warning system alerting us to danger – switching our parasympathetic nervous system into fight or flight mode. While our ancestors used fight or flight mode to respond to real, physical danger, many of us are triggered by a rogue e-mail, or a headline in the news.

A manageable amount of anxiety can help motivate us to meet a deadline, however, anxiety becomes a problem when it feels overwhelming and unmanageable. When anxiety begins to affect daily function, and impacts one's relationships, work and life, it may be an anxiety disorder.

How can I manage my anxiety?

There are many ways to self-manage anxiety, including meditation and mindfulness techniques, and ensuring proper sleep, nutrition and exercise. Anxiety can also be managed with the assistance of mental health professionals using a combination of therapy and medication.

Many people benefit from the objective eye of a counsellor or psychologist. Most experts agree that the most effective form of treatment for anxiety disorders is Cognitive Behavioural Therapy (CBT), where participants learn to identify, question, and change the thoughts and

beliefs that cause difficult emotional and behavioural reactions.

If you're feeling anxious, you're not alone! If your anxiety is verging into problematic territory, it is crucial that you get the help you need so you can improve your quality of life.



For more information about Copeman Healthcare please visit copemanhealthcare.com or contact Tia Young at 604 889 8343 or tyoung@copemanhealthcare.com.

KIDS CLUB

Sign-up for Kids Club today!

MEMBERSHIP INCLUDES:

- personalized membership card
- stamp card
- exclusive Kids Club events

Every time you visit the Club, visit Member Services for a Stamp!

Collect: **10 stamps**
and get any dessert from
The Grill for **FREE!**

**FOR MORE INFORMATION
OR TO SIGN UP, CONTACT:**

KIDS CLUB CAPTAIN
604 681 4121
joinus@tcclub.com



Local ghouls and goblins descended upon TCC one Sunday for an evening of (physically distanced) pumpkin carving, spooky treats, and plated dinner!



Have You Heard

Matthew Greenwood, launched Up in Smoke Cannabis Retail Store at 258 West Broadway this past summer. The shop offers a curated menu of more than 55 varieties of flower, pre-rolls, vape carts, concentrates, topicals, edibles, and oil products. Matthew is working in the shop personally three to four days a week and would be glad to walk you through some of his favourite products.



The 7 p.m. Cheer in Vancouver and the Lower Mainland has celebrated the tireless efforts of healthcare workers since the temporary lockdown this past March. Jon Benjamin, inspired to do something creative and meaningful about this show of support, recently finished a coffee table book, *7 p.m. Cheer*. 100% of the proceeds are being shared with the Vancouver Food Bank and the BC Women's Health Foundation COVID-19 Fund. Visit jonbenjamin.ca/7pm-cheer/.



Congratulations to **Diana Chang**, who, after five years as an independent education consultant, decided to join ApplyBoard; last year, ApplyBoard was named the fastest-growing technology company in Canada by Deloitte, ranking #1 on the Technology Fast 50™ list. In 2020, ApplyBoard was valued at \$2 billion and ranked #3 on LinkedIn's Top Startups List in Canada. Coined the 'pandemic unicorn,' ApplyBoard's mission is to ensure that students all over the world have access to educational opportunities abroad. Leveraging AI and tech, ApplyBoard eases the application process for their recruitment partners, students, and families around the globe. As Partner Relations Manager, Diana cultivates and build relationships with higher education institutions in Western Canada and secondary schools across the country.



Congratulation to **Chris Pereira**, who recently joined the Canadian Ecosystem Institute as President & CEO. The Canadian Ecosystem Institute is the hub for companies to find specific talent and resources to solve business challenges, offering corporate content and media services, event support, and research insights. Fluent in Mandarin, Chris is an experienced strategy and communications professional with 15 years of experience in China; he is also co-founder of one of the city's preeminent networking and events organization, West Coast Opportunity Accelerator, inspiring positive action through local opportunities in tech and business. Chris is also a passionate badminton player and chess player.



UPCOMING GRILL RENOVATION

As some of you may know, The Grill will be undergoing an extensive transformation in the new year. Our designers are hard at work to give you an eye-catching, functional space to enjoy family dinners, catch up with friends, or meet clients over lunch. You'll see some big changes. Here's a preview of the inspiration for the renovation so far. We'll keep you informed of any progress updates and construction notices along the way.



THE FITNESS CENTRE WILL BE CLOSED FOR REMEMBRANCE DAY – WEDNESDAY, NOVEMBER 11

FITNESS CENTRE UPDATE

Dear Members,

As Fitness Centre’s around the province face partial or total closures with ever-changing protocols; I’m grateful for the work we’ve done to ensure our Members are staying safe, active, and healthy during these challenging times. I can’t stress enough the positive attributes of regular exercises, especially now. Exercising is good for the immune system, metabolic health, and can lower stress at a time when many are experiencing higher than normal levels of stress, isolation, and anxiety. It can also provide a much-needed dose of social support and camaraderie (from a safe distance).

This is a friendly reminder to all our users that we must continue to do our part to practice physical distancing, hand washing frequently, and making sure we sanitize the

equipment before and after each use. Please ensure that you are maintaining proper hygiene in the pool and change rooms, as well. As usage increases, we ask that you adhere to our booking policies. We are still limited to three sessions weekly. If you are unable to attend your booking, we ask that you call Members Services to cancel, as soon as possible. This will free up more time for Member looking to reserve a timeslot. It’s been great seeing so many of you abiding by the protocols we’ve put in place. Keep up the good work, but as we know in the gym, the work never stops! Sincerely,

Sergio Hsia
Fitness Centre Manager

POLICIES

COVID-19 SPECIAL RESTRICTIONS

At this time, a **reservation is required** to use the Fitness Centre (gym, pool, squash). Please contact Member Services to make your bookings.

Members may book up to three time slots a week; time slots are one-hour during peak hours and 90-minutes during off-peak hours.

SAUNA & STEAM ROOM POLICY

Mandatory full body showers are required before entering the sauna and the steam-room. There may only be one person at a time unless joined by a second person from the same household (maximum of 2 people in the steam-room or sauna at a time). Member must inform the Fitness Centre staff prior to using either room (to ensure the room is sanitized before next use).

EXERCISE ROOM POLICY

There is a maximum of 12 people in the gym at one time. Each reservation will be 60 or 90 minutes (inclusive of changing, exercising and showering).

AS A COURTESY TO OTHER MEMBERS, IF YOU ARE UNABLE TO MAKE YOUR BOOKING, PLEASE REMEMBER TO CANCEL.

The guest policy has also been amended temporarily; members may only bring their spouse and children under 19 (i.e. same household) to use the Fitness Centre with them. Please do not bring food or drinks other than water to the gym.

SQUASH COURT POLICY

Sanitize the door handles before entering and after completing play. Please play solo unless joined by a second person from the same household or within their chosen POD of 5 players.

SWIMMING POOL & HOT TUB POLICY

Full body showers are mandatory before entering the swimming pool and hot tub. Only one person may use the hot tub at a time unless the member is joined by a second person from the same household. Only one person per lane unless the member is joined by a second person from same household (maximum of 2 people per lane at a time). Only two lanes can be shared. There should be a maximum of 6 people in the pool at one time. Members may book one lane for 60 or 90 minutes slot.





THE FITNESS CENTRE WILL BE CLOSED FOR REMEMBRANCE DAY – WEDNESDAY, NOVEMBER 11

FITNESS

ZOOM CLASSES

F.I.T. WITH RACHEL

Mondays, 12 noon – 1 p.m.

This functional circuit training class utilizes your own body weight to increase muscular strength, improve cardiovascular endurance and burn calories.

CARDIO KICKBOXING WITH LEILA

Wednesdays, 12 noon – 1 p.m.

Kick off fall with this fun, non-contact workout engaging every muscle group in your body. This high-energy class combines boxing skills and drills; increase your cardiovascular endurance, power and stamina. You'll feel it the next day!

POWER FLOW YOGA WITH RACHEL

Thursdays, 7 – 8 a.m.

Power Flow is a vigorous, athletic approach to yoga and an excellent complement to any sport. Improve muscle tone, flexibility, and balance, all at once!

SCULPT & STRETCH WITH LEILA

Thursdays, 12 noon – 1 p.m.

This low-intensity class utilizes non-impact body weight movements. This class is perfect if you are nursing an injury, tight from your sport, or just sore from being active.

PURE CORE WITH LEILA

Fridays, 12 noon – 1 p.m.

Strengthen and tone your entire midsection. Pure Core exercises focus on improving back strength, spine stability, enhancing abdominal definition, and leaning your waistline.

F.I.T. WITH STRENGTH WITH LEILA

Saturdays, 9 – 10 a.m.

Start your weekend right with this high energy full-body intensity training class. Increase strength, improve endurance and burn calories. You will be able to incorporate added resistance to any of the exercises or simply use your own body weight.

LIVE CLASSES

VINYASA YOGA WITH CLARE

Tuesdays, 7 – 8 a.m.

Location: 1892

Vinyasa Yoga is an active, flowing style of yoga proven to improve strength, balance, and flexibility. This is an all-levels class, with options provided to ensure all participants feel challenged and successful.

CARDIO & CORE WITH LEILA

Tuesdays, 1:15 – 2:15 p.m.

Location: Squash Courts

Stand straighter, walk taller, and move better when you commit to this class! Full-body cardio sculpting moves are followed by a variety of exercises that improve strength and stability.

MAT PILATES WITH ZORICA

Wednesdays, 6:30 – 7:30 a.m.

Location: 1892

Zorica Jovic is a BASI®-certified Pilates Instructor and an award-winning gymnast. Pilates hits both large and small muscle groups, giving added strength and improved mobility. *Private classes with Zorica are also available.*

POWER FLOW YOGA WITH RACHEL

Thursdays, 7 a.m. – 8 a.m.

Location: 1892

Power Flow is a vigorous, athletic approach to yoga and an excellent complement to any sport. Improve muscle tone, flexibility, and balance, all at once!



ATTENTION PARTICIPANTS

Maximum of 8 participants for Live Classes. Members are required to bring their own yoga mats.

Please book Live Classes online at Member Central.

CANCELLATION

If you have to cancel, please do so 24 hours before class starts, otherwise a \$25 cancellation fee will apply.



THE FITNESS CENTRE WILL BE CLOSED FOR REMEMBRANCE DAY – WEDNESDAY, NOVEMBER 11



SWIM

SWIM LESSONS

Private swim lessons with John Ryan are a structured but fun program that anyone can benefit from. Improve your technique, try new strokes, increase stamina, or just gain confidence being in the water. Inquire at the Fitness Centre front desk.



TRAINING

PERSONAL TRAINING WITH MILFIT

MilFit personal training is a private one-on-one session designed to focus attention entirely on your needs to make sure you reach your health and fitness goals safely and effectively. Whether you are new to fitness or an athlete, our team of professional and experienced Certified Personal Trainers will customize on-going personalized exercise programs that will be specific towards achieving your best possible health, fitness and well-being.

Contact Milwina Guzman for more information at milwina@milfit.com.

FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 a.m.			Mat Pilates with Zorica			
7 a.m.		Vinyasa Yoga with Clare		Power Flow Yoga with Rachel		
7:15 a.m.						
7:30 a.m.						
8 a.m.						
9 a.m.						F.I.T Strength with Leila
9:15 a.m.						
9:30 a.m.						
12 p.m.	F.I.T. with Rachel		Cardio Kickboxing with Leila	Sculpt & Stretch with Leila	Pure Core with Leila	
12:15 p.m.						
12:30 p.m.						
1 p.m.						Fall Junior Squash (6 – 8 yrs.)
1:15 p.m.		Cardio & Core with Leila				
1:30 p.m.						
1:45 p.m.						Fall Junior Squash (9 – 12 yrs.)
2 p.m.						
2:15 p.m.						
2:30 p.m.						Fall Junior Squash (13 – 16 yrs)
2:45 p.m.						
3 p.m.						
3:15 p.m.						

SQUASH

PRIVATE OR PARTNER SQUASH LESSONS

Private or partner lessons: Wednesdays 11 a.m. – 7 p.m.; Thursdays 11 a.m. – 5 p.m.; Saturdays 10:30 a.m. – 5 p.m. (other days upon request). Whether you want improved technique, better fitness, or smarter tactical choices, Barry will design the lesson for your particular needs.

Contact Barry for more information at 604 219 8233 or at squash@tcclub.com.

FALL JUNIOR SQUASH

Saturdays, September 12 – December 12
\$204 - 12 sessions (no class on November 14)

Registration deadline: September 9

- 1 – 1:45 p.m. (6 – 8 yrs.)
- 1:45 – 2:30 p.m. (9 – 12 yrs.)
- 2:30 - 3:15 p.m. (13 – 16 yrs)

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