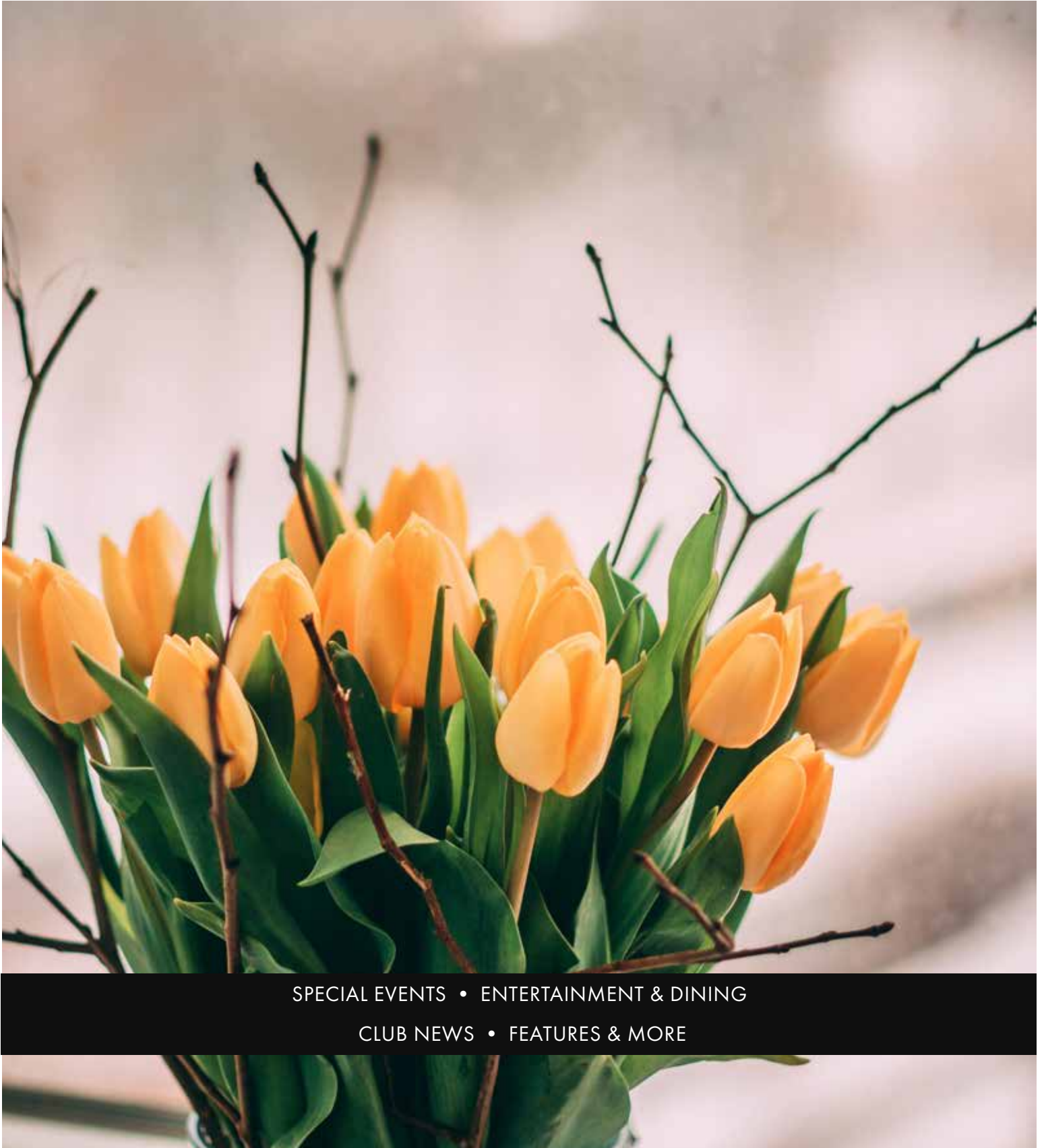


# TERMINAL CITY TIMES

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MAY 2021 • VOL. 28 NO. 5



SPECIAL EVENTS • ENTERTAINMENT & DINING

CLUB NEWS • FEATURES & MORE



837 West Hastings Street  
Vancouver, BC  
V6C 1B6  
Canada

Call : 604 681 4121  
Text : 604 200 2279  
tcclub.com

terminalcityclub  
 @tcclub  
 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. – 10:15 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

**As per the current Public Health Order, indoor dining has been suspended until further notice.**

**The Grill Patio will be open daily 9 a.m. – 9\* p.m.**  
**\*Weather dependent**

## MEMBERS' LOUNGE

**Closed until further notice.**

CUVÉE & 1892  
**Temporarily closed**

LIONS PUB  
**Monday – Wednesday : 11 a.m. – 8 p.m.**  
**Thursday – Friday : 11 a.m. – 10 p.m.**  
**Saturday & Sunday : closed**

## HOLIDAY CLOSURE

Please note that all areas of the Club, including Lions Pub, will be closed on Monday, May 24 for Victoria Day.

## NEW! HEIGHTS COFFEE @ TCC2GO.COM!



Heights Coffee roasts their high-quality green beans in small batches using an air roasting machine instead of the more typical drum roaster. Air roasting ensures that each and every bean is enveloped in consistent, clean, dry heat until it reaches its optimal temperature while the smoke by-product from roasting is whisked away. Since the precious essential coffee oils stay inside the bean rather than being left on the surface of a hot metal drum, Heights Coffee produces pure, flavourful, and consistent results.

IT'S NOT  
TOO MUCH  
TO MASK



## NEW MEMBERS

*Welcome to our new members!*

Thomas Chau	Fareed Pirani
Michelle Clarkson	Richard Pass
Suzanne Gill	Andrew Sidhu
Nicholas Jang	Jonathan
Calvin Kam	Tarnowski
Hyunok Lee	Jordan Thomas
Ann McDow	Grant Grinnell
Agneszka Pirani	Jessica Venturi

## ZAJAC NIGHTS

**Thursday, May 13**

Tickets: \$75

The seventh annual Zajac Nights will be held virtually this year. Proceeds will help children with lifelong disabilities enjoy a fully medically equipped summer camp. Hear inspiring stories, bid on silent auction items, and enjoy cocktails, wine, and a decadent three-course meal delivered right to your door. Visit [zajacnights.com](http://zajacnights.com) to learn more, or to buy tickets. We hope to see this important charity gala back in the Club next year!



*Thank you*

**for two sold out  
Gourmet Dinners  
last month!**

We look forward to bringing your favourite dining event back as soon as indoor dining is permitted. In the meantime, consider booking an exclusive private dining experience. Turn to page 9 for more details.



# PRESIDENT'S LETTER

DEAR FELLOW MEMBERS,

May is the month of Mother's Day, and while current circumstances are still pretty tough, a celebration of Mothers brings with it a feeling of hope and healing. I recall one of the first times my family raised a toast to my own Mom at TCC Mother's Day Brunch. I was only about 13 years old, but I remember the feeling of luxurious abundance I got from all the beautiful food laid out, the carefully set tables, the sparkling chandeliers, the gathering together of families. I would love nothing more than to bring Mom for a lunch like that again this year.

However, with B.C.'s COVID-19 Circuit-Breaker regulations to remain in place until May 25, we're all going to have to be a little more flexible and resourceful with our celebrations this season. Thankfully, TCC has several great patios on four levels that are open for your enjoyment (but space is limited, so reservations are definitely recommended). Even if the weather doesn't hold up, or if you'd just prefer to be at home, you can enjoy some of your favourite TCC meals whenever you like by ordering ahead at [tcc2go.com](http://tcc2go.com). (Hint: Moms love NOT having to cook.)

There's no question that the prohibition of indoor dining and gathering presents very difficult circumstances for every hospitality-based business, including TCC. But, while it may seem on the surface like everything at the Club is "on

hold," I'm happy to report that in fact our members have shown an incredible level of engagement through TCC's online opportunities.

From virtual fitness classes, book club meetings, and discussion groups, Wine:30 and spirit education classes to Ask Me Anything Speakers we are still managing to connect with one another and stay happy and healthy.

Curiously, our dinner crowd the last year exceeds lunchtime diners, exactly the opposite of a few years ago when you could shoot a canon through the lobby without anyone noticing in the evening. This is probably a function of more people working from home, although the popularity of the Members' Lounge has changed members' patterns as the Lounge has become more of a destination. Another noticeable change is the number of families working out, swimming, dining, rather than a lonely businessperson squeezing in a workout after 5 p.m. and on weekends.

Behind the scenes, our Board of Directors and executive team are also committed to using these unusual circumstances as an opportunity. We have had many discussions about the impacts on member usage in a post-pandemic world, whenever that is. Will people return to their office, go to restaurants, bars and gyms without time limits?

The consensus seems to be a hybrid office/home-work routine is likely. The Board has struck several sub-committees as effective working groups to help us stay connected and bring recommendations back to the wider Board and staff group. Together, we intend to re-group, plan, research, and be ready to launch our full re-opening (whenever that comes) at a running stride.

For now, we recognize that we are fortunate to be able to keep our Fitness Centre open, with all of the public health measures in place to keep members and staff safe. On behalf of our Board and staff, I would like to once again extend our thanks to all of the members who have helped us remain open by following all the protocols. Your actions go a long way towards keeping everyone healthy.

I hope that the next month finds you and your family healthy, and looking forward to even brighter days coming soon.

Sincerely,

Stewart Marshall  
Terminal City Club President





# WHAT'S ON AT THE CLUB

MAY //

- WEDNESDAY, MAY 5  Beer O'Clock - Lager Learning
- THURSDAY, MAY 6  Meditation
- SUNDAY, MAY 9 Mother's Day
- TUESDAY, MAY 11  Ask Me Anything: Peter Armstrong
-  Book Club: *A Woman Makes A Plan* by Maye Musk
- WEDNESDAY, MAY 12  Rum Roundup
- THURSDAY, MAY 13  Meditation
- FRIDAY, MAY 14  Bearface Whisky Tasting and Cocktail Class
- WEDNESDAY, MAY 19  Wine:30 - The Art of the Blend
- THURSDAY, MAY 20  Meditation
- MONDAY, MAY 24 Club Closed - Victoria Day
- TUESDAY, MAY 25  Discussion Group
- WEDNESDAY, MAY 26  Tiki Bar Techniques & Tricks
- THURSDAY, MAY 27  Meditation

## TO REGISTER


For more information, contact us!

ONLINE: at Member Central

EMAIL: [concierge@tcclub.com](mailto:concierge@tcclub.com)

CALL: 604 681 4121

TEXT: 604 200 2279

 Virtual event - Live on Zoom

## LIVE MUSIC



GRILL PATIO

WEATHER  
DEPENDENT

5:30 – 8:30 P.M.  
THURSDAYS  
FRIDAYS  
SATURDAYS

## drink features

### FEATURE BEERS

\$5 FOR 330ML

Kona Big Wave Golden Ale  
White Claw (Mango, Lime, Grapefruit, Cherry)

### FEATURE WINES

\$6 FOR 6 OZ. / \$9 FOR 9 OZ.

**White:** TCC Private Label Sauvignon Blanc, France

**Rosé of the Day:** Ask your server/bartender

**Red:** Mission Hill Pinot Noir, Okanagan

### FEATURE TEQUILA COCKTAILS (2 oz.)

Classic Lime Margarita – Don Julio Blanco – \$14

Cadillac Margarita – Don Julio Reposado – \$16

Tequila Martinez – Don Julio Anejo – \$18

Straight up or on the rocks – Don Julio 1942 – \$25



HELLO

## PATIO SEASON

Limited seating is available. Please make a reservation with Member Services or by using our **private OpenTable link** via the QR code to secure your spot outside.



Don't forget: the Lions Pub patio and extended street side patio is also open!



## MOTHER'S DAY MEAL KIT | 150

serves four

Sea Salt Potato Crisps, Caviar, Caramelized Onion Dip

### Kabbouleh Salad

*kale, crispy rice, cucumber, mint, roasted cauliflower, sumac, aleppo pepper, currants, extra virgin olive oil*

### BC Ling Cod & Prawns

*"broken" cipollini buttermilk dressing*

### Asparagus, Charred Tomatoes & Olives

*lemon olive oil, herbs*

### Wild Mushroom Risotto

*arborio rice, soffritto, porcini stock, gorgonzola cheese*

### Pavlova

*macerated berries, vanilla cream*



**Suggested wine pairing:**  
TCC Bub Brut 2017 | 53

**Visit [tcc2go.com](http://tcc2go.com) to order.**

**Order Deadline:** May 4 // **Pick-up:** May 6, 7, and 8

## Mother's Day

### Grill Fresh Sheet - May 7 - 9

Chips & Dip | 13  
Red Ace Beet Salad | 16  
Crab & Pea Toast | 16

Vegetable Primavera | 26  
with Garlic Butter Prawns & Scallop | 29  
with Butter Poached Lobster | 38

Roasted Duck Breast | 36

Wild Mushroom Risotto | 25

Pavlova | 11



## PATIO SEASON IS HERE!

Enjoy a cold beverage in the sunshine on one of our two patios!

## MEMBERS' FOOD DISCOUNT

Place charges to your member account and receive 10% off on food. Purchases will also go toward your quarterly minimum food spend.

## SPRING MENU & FRESH SHEET

Don't miss delicious new offerings, including **crispy fish tacos**, **BBQ duck spring rolls**, perfect **grilled salmon**, and a nourishing **power bowl**.



FROM LEFT TO RIGHT: **Lobster & Shrimp Rolls** with lemon dill aioli, avocado mousse, marinated tomato, pommes paille, grilled brioche toast; **Open-Faced Steak Sandwich** with chimichurri, arugula, garlic sourdough; **Power Bowl** with marinated sprouted organic grains, black beans, edamame, arugula, cashew cream, spiced sunflower seeds, berries, pickled grapes, avocado, poppy seed dressing.



## CALL AHEAD

Our Grill patio fills quickly on a sunny day. Call ahead or make a reservation on OpenTable to avoid disappointment.

Open daily: 9 a.m. – 9\* p.m.  
\*weather dependent




# May Events



## BEER O'CLOCK - LAGER LEARNING

Wednesday, May 5

5:30 – 6:30 p.m.

 *Complimentary event; tasting kit available for purchase*

Lagers are the most consumed beers in the world, despite being far younger than their ale counterparts. Lagers are bottom fermented, deploying a unique yeast strain, and are typically minimally hopped. Considered the champagnes of beer, Lager weather is coming and it's the right time to get to know the family: Helle, Vienna, Bock, Dunkel, Oktober and of course the OG, Pilsner.



## MEDITATION

Thursdays

May 6, 13, 20, 27

\*New time: 5 – 6 p.m.

 *Complimentary event*

Take time out of your day for an hour of relaxation and calm. After a series of relaxing, deep breathing exercises to help move into the present moment, enjoy the peace and tranquility of visualization techniques and a guided meditation led by fellow member Denise Levine. Enjoy from the comfort of your own home.



## ASK ME ANYTHING: PETER ARMSTRONG

Tuesday, May 11

10 – 11 a.m.

 *Complimentary event*


Peter Armstrong is CBC's Senior Business Correspondent. Former host of CBC's On the Money and World Report, Peter has also been a foreign correspondent and parliamentary reporter for the network. An award-winning journalist, he has covered three wars and reported in French and English from four continents.



## BOOK CLUB: A WOMAN MAKES A PLAN

Tuesday, May 11

5 – 7 p.m.

 *Complimentary event*


Maye Musk at 71 is a fashionable, charming, jet-setting supermodel. But things were not always so glamorous – she became a single mom at 31, struggled through poverty, dealt with weight issues as a plus-size model, overcame ageism in the modeling industry, and established a lifelong career as a respected dietitian. She made her way through it all with an indomitable spirit to become a global success at what she calls the “prime of her life.”



## RUM ROUNDUP

Wednesday, May 12

5:30 – 6:30 p.m.

 *Complimentary event; tasting kit available for purchase*

Defined as a liquor made by fermenting then distilling sugarcane molasses or sugarcane juice, this rambunctious spirit is also called Nelson's Blood, Kill Devil or Pirate's Drink. Rum has a fascinating story from its Caribbean origins to Colonial North America to naval staple. Join us for a global romp through the world of Rum. (Hint – this session will prime you for our Tiki escape on May 26).

 *Virtual event - live on Zoom*

# May Events



## BEARFACE WHISKY TASTING & COCKTAIL CLASS

Friday, May 14

7 – 8:30 p.m.

📺 \$45 plus tax & service charge (includes two samples and a cocktail kit)

*Optional appetizer kit available - details to be announced*

Taste the Bearface Triple Oak, aged seven years, and the limited edition Bearface Oaxaca blended whisky and mezcal, the first of its kind in the world. Plus, make your own cocktail with ingredients provided. See page 8 for more information.



## WINE:30 - THE ART OF THE BLEND

Wednesday, May 19

5:30 – 6:30 p.m.

📺 Complimentary event; tasting kit available for purchase

Many great wines of the world are artful blends of grapes, vintages, regions, vinifications and terroirs. Think Rosé, Bordeaux, Champagne, Châteauneuf-du-Pape, and Port for starters. Join Wine Director DJ Kearney to taste some summer-ready blends, learn how and why 'assemblage' matters, and decisions winemakers face. Of course, you will want to order our sample kit of smashing blends to sip along!



## DISCUSSION GROUP

Tuesday, May 25

7:15 p.m.

📺 Complimentary event

Join the TCC Discussion Group – for members, run by members – for an evening of dialogue and camaraderie. The group meets on the last Tuesday of each month; discussions are enlightening, thoughtful, and engaging. \*To join the email list, please contact TCC member and host John McCarter at [john@triadforestproducts.com](mailto:john@triadforestproducts.com).



## TIKI BAR TECHNIQUES & TRICKS

Wednesday, May 26

5:30 – 6:30 p.m.

📺 Complimentary event; cocktail kit available for purchase

Tiki culture is a motif of exotically decorated bars and restaurants catering to an escapist longing for travel to tropical regions of the South Pacific (remember Trader Vics?). Our own Executive Sous Chef Malcolm Gibb is Tiki-obsessed (who knew?) and will share his recipes for syrups – especially the essential Falernum – and you might even glimpse his Tiki Bar in our Zoom session! Chef and TCC bar ace Ray Yoon will collaborate on a cocktail kit to help perfect your escape to the tropics.

*To register for an event, contact Member Services at 604 681 4121 (call), 604 200 2279 (text), [concierge@tcclub.com](mailto:concierge@tcclub.com), or book online at [tcclub.com](http://tcclub.com).*

# LIQUID ASSETS

## New Wines

### ❶ Tantalus Rosé 2020

#### Okanagan Valley, BC

From the Kelowna winery so famous for Riesling, this fresh and dry rosé blends pinot noir and pinot meunier - pinot's lesser-known cousin who is better known in the Champagne region. The 1985 meunier vineyard brings intense cherry fruit and this rosé's pretty watermelon hue, and younger pinot noir vines add cranberry, raspberry and savoury herbs.



1

### ❷ G'aia Agiorgitiko 2016

#### Nemea, Greece

If you love merlot or malbec, this indigenous Greek grape is for you. The name will roll off the tongue if you practice enough: ah-your-YEE-tee-ko – just say it as if the 'g's' are silent, because they are. Moderate acid, soft tannins and a little muscle from spicy oak but entirely elegant and satisfying.



2

### ❸ Terminal City Club Bub Brut 2017 Okanagan Valley, BC

The Club Bub is a blend of organically farmed pinot noir (55%) and chardonnay (45%) and bottle-aged (just like fine Champagne) for 30 months. It's racy and vibrant with lemon and apple flavours, finishing with toasty complexity and creamy texture. The new-age crown cap is environmentally friendly, easy to open and perfectly seals in about 10 tiny million bubbles. This is a Brut style, meaning it is bone-dry, and our Club Bub has zero dosage, making giving it a bit of a steely, lean character, which **pairs very well with savoury salty snacks, and any salad or seafood.**



3

#### Did you know?

This 'beer-cap' style closure is actually what is used for Champagne during the resting period and is a brilliant way to seal in the bubbles and freshness. It's also much easier to remove than a standard sparkling wine cork and cage!

Mother's Day  
Gift Idea



## BEARFACE

CANADIAN WHISKY CANADIEN

### TASTING & COCKTAIL CLASS



Friday, May 14

7 – 8:30 p.m.

📺 Virtual event - live on Zoom

\$45 plus tax & service charge (includes two samples and a cocktail kit)

Optional appetizer kit available - details to be announced



Join a guided tasting of two Bearface whiskies, then craft a delicious cocktail from these unique spirits.

The **Triple Oak** is a single grain Canadian whisky matured for seven years in ex-bourbon American oak barrels, then aged in French oak red wine casks and air-dried virgin Hungarian oak.

The limited edition **One Eleven Oaxaca** is a first of its kind in the world: Canadian whisky meets Oaxacan mezcal.



# Bespoke Dining Experiences

This summer, celebrate any special occasion with your bubble of up to six on the Grill patio. Our experienced team will help you curate an evening to remember.

Start your evening off with designer craft cocktails by Lead Mixologist Ray Yoon or a vintage Champagne selected by Director of Wine, DJ Kearney. Then, settle in for a culinary journey created by Executive Chef Dan Creyke just for you; each course is complemented by premium wine or spirit pairings.

## Custom Menus

Whether you are craving sturgeon caviar, a vegan menu, or tomahawk steaks, Executive Chef Dan Creyke and his team will create a tailored menu addressing your desired theme and all your dining preferences.



## Perfect Pairings

Our Wine Director DJ Kearney will select premium wine or spirit pairings based on your budget to complement each course.



## Fine Dining

Our service team will organize an elevated set-up including custom printed menus – complete with wine tasting notes – as a keepsake. Need flowers? We can order those too.



## What members are saying

*I cannot thank [the TCC team] enough for the absolutely wonderful family celebration we enjoyed last night. We were so impressed with the private staging prepared for us. [Wine Director] DJ's wine recommendations and preparation ... paid off in the most spectacular pairings. The menu was an exceptional journey of twists and tastes that we totally enjoyed and were so impressed that Chef Dan accommodated both the carnivores and vegetarians in such a brilliant manner. [Assistant Restaurants Manager] Anna, you completely enhanced our experience and truly helped make our celebration an unforgettable event. I feel so privileged to have such warm and caring people provide us with an incredible level of service and personal care. This was a very monumental event for our family and you collectively made it magical! —Sam Devlin*

## Ready to get started?

For more details, or to start planning your bespoke experience, contact:  
Restaurants Manager Iain Fletcher at [ifletcher@tcclub.com](mailto:ifletcher@tcclub.com) or  
Assistant Restaurants Manager Anna Iuritsyna at [aiuritsyna@tcclub.com](mailto:aiuritsyna@tcclub.com).

# Meal Kits & More

tcc2go.com

Home cooking has never been easier.

## PATIO & PICNIC SNACKS

### PICNIC KIT | 48

organic baguette  
chicken liver pâté  
little qualicum brie  
cornichons, olives  
potato salad  
gin & basil watermelon, strawberries

### CHILLED SEAFOOD KIT | 125

*\*Don't forget to add a bottle of  
TCC white, rosé, or the Bub Brut!*

## READY TO GO

### ROAST CHICKEN MEAL KIT | 150

onion soup  
marinated whole chicken, chicken jus  
cooked potato, crème fraîche  
asparagus & carrots  
almond brown butter cake, vanilla  
rhubarb compote, nutmeg cream

### DUCK LEG CONFIT | 20

Two legs, fork tender, fully cooked,  
and ready to eat.

## FOR THE GRILL

### 1LB WHITE TIGER PRAWNS | 15

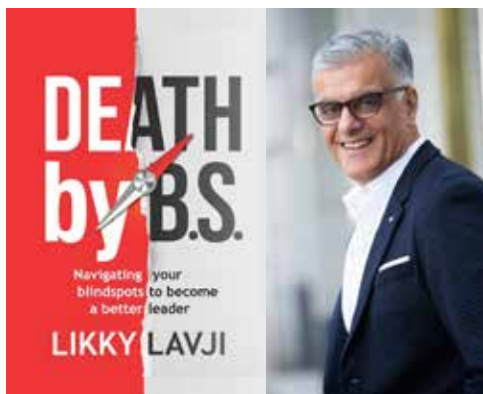
### 4 X HARISSA MARINATED CHICKEN BREASTS | 20

### 2 X 10 OZ. CAB RIB EYE STEAKS | 35

### 6 X 6 OZ. CAB BEEF BURGER PATTIES | 25

### CAESAR SALAD KIT | 30

## Have You Heard



**Likky Lavji** has become internationally-known for helping others to recognize – and navigate – their blind spots, or “BS.” In his brand new book, *Death by B.S.*, Likky shares his invaluable methods to help us become the leader (both professionally and personally) that we know we can be. Once you’re aware of your own BS, the world will open up to you in a whole new way. If you’re ready to move beyond the limiting narrative of your own BS and would like to navigate through to a better life and more fulfilled relationships, this book is for you!

Congratulations to **David Bell** for winning the Jim Pattison Lease President’s Circle Award for 2020! The award recognizes the company’s top performers among the 70 plus Account Executives in Canada. David is in the Fleet Management Industry and manages over 100 fleets Nationally he is also charged with new business development for the BC region. Outside of work, David is a staunch Liverpool FC Fan, an avid cyclist, and enjoys cooking Irish staples and kitchen dance parties with his family.



**William & Laura Donnellan** are delighted to be opening Smith’s Pub & Restaurant in Gastown – taking over the space formerly occupied by the Irish Heather – in early summer. Smith’s is the IRL Group’s third pub in Vancouver, alongside sister concepts Donnellan’s Irish Pub on Granville Street and Shamrock Bar & Grill in the West End. The name is a nod to William’s family in Ireland who were publicans, and prior to that, blacksmiths. The Forge, a new and very unique whiskey house, will be covertly located behind the bar and lounge at Smith’s.





# Nicole Mann

Nicole Mann grew up in Boston. After high school, she graduated from the prestigious Wellesley College, then moved to Oaxaca, Mexico, where she spent three years working to improve health conditions within indigenous communities.

“I also spent some time with the Zapatistas – a political movement of rural farmers,” she recalls. “As a political science graduate, I was fascinated by what they were doing. It was incredible. Another great benefit of the experience was that it gave me the opportunity to learn Spanish, which I can now speak fluently.”

Nicole left Mexico and moved to the UK in 2000, where she attended the London School of Economics. Upon graduation in 2003, she began consulting work for Oxford University as an immigration researcher. In 2005, by every measure of fabulous, it seemed her life was just that – great career in one of the world’s great cities. Yet, this is a woman with happy feet.

“I had to consider, do I stay and become a permanent resident of the UK, or do I move back to the United States?” It was such an important decision at the time – a decision that would have a transformative impact on the rest of her life.

She chose to come home. She moved to Washington, D.C. In Washington, she met Avery.

Like Nicole, Avery has a fascinating backstory. He worked for years doing public relations for the popular reality crime show *America’s Most Wanted*, a program dedicated to victims’ rights, in particular, the rights of families with



missing children and crimes against children. “Avery made that show a household name,” she says.

Nicole and Avery are now married and have two children – a boy, 8, and a girl, 5. The family moved to Vancouver in April of 2017. Vancouver is Avery’s hometown.

A little more than a year after arriving here, the couple combined their considerable strengths and experiences to launch SOS ThreeSixty, a company that provides safety solutions for organizations that work with children, such as schools, camps or sports leagues.

“I am a consultant and a trainer. I know how to build programs for clients. I’m also personally connected to the issue. Avery is a criminologist. So, this company of ours, which protects children and creates safe environments, is based largely on our personal and professional experiences. The work we do is niche, but it’s vital.

“Most schools and youth organizations have to do some semblance of training

around misconduct prevention, but the way we do the training is deeply immersive and quite unique. We’ve received so much valuable and positive feedback from our clients on our approach to such a tough topic.”

SOS ThreeSixty works with adults and is designed for teachers, custodians, volunteers, coaches, bus drivers, executives and everyone else vested in the well-being of children.

SOS ThreeSixty’s client base is across the US and Canada. Until COVID-19 hit, travel was commonplace. Since the pandemic, the company has pivoted to a Zoom model and has just launched its Boundary Training on-line course.

Nicole and Avery have been members at Terminal City Club for four years. “Before moving here, we visited with friends who were members and we really loved it. Joining was a great decision. It’s such a great place to go, chat about work, make friends. And it is such a beautiful space.”

Aside from being a regular at the gym, Nicole has a deep appreciation and fondness for the dining facilities and theme nights.

“Here’s a lovely story,” she says. “We are Jewish. This one Friday night we are having dinner at the Club and my mother-in-law says to my husband, ‘It would be great if they had Challah. (Challah is a braided bread typically eaten on ceremonial occasions.) Avery must have mentioned this to someone at the Club at some time in the past, because we are sitting around talking when all of a sudden, out comes the Challah. It was amazing.”



# TELUS HEALTH CARE COLUMN

## MINDFULNESS FOR COPING: 3 NEW PRACTICES TO TRY

Canadians have been forced to develop new coping strategies to combat prolonged stress, isolation and anxiety triggered by an unprecedented period in our history.

As a result, mindfulness practices have soared in popularity.

If you're new to mindfulness, fear not: it's a simple practice that takes a non-judgmental approach to paying attention to the present moment and can be integrated into your daily routine in many ways.

In the spirit of building upon the positive shifts you've made during a truly difficult year, here are three new practices to try:

### 1. Get outdoors for a mindful walk:

The next time you head out for a

walk, try making it a mindful one. Try observing the physical body in motion — notice the way each leg lifts and how the heel and ball of each foot come in contact with the ground. Also notice the small details such as sounds, smells, the breeze on your skin, or a flower just beginning to bud.

### 2. Practice mindful communication on your next phone call:

During conversation, we have a tendency to conjure up our next sentence without fully listening and absorbing what the other person is saying. Enjoy a deeper feeling of connection by simply listening.

### 3. Mindfully send yourself well wishes:

Help cultivate a sense of kindness and compassion toward yourself by taking a few moments

to repeat meaningful well wishes to yourself while you are relaxing — perhaps in a warm bath, while lying down on the couch or while enjoying your morning coffee or tea. Try repeating the phrases, “May I be healthy”, “May I be happy”, and “May I live with ease”.

Learn more about mindfulness and our integrated, holistic approach to mental health.

—Heather Feldmann, mindfulness instructor, TELUS Health Care Centres



To learn more about virtual care at TELUS Health Care Centres, visit [telushealth.com/carecentres](https://telushealth.com/carecentres)

## 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](mailto:joinus@tcclub.com)

## Welcome to FITNESS CENTRE BOOKINGS ON MEMBER CENTRAL

### For pool and gym (exercise room) only.

To make a squash court booking, please contact Member Services.

Log on to your Member Central account from [tcclub.com](https://tcclub.com) to access Fitness Centre Bookings. (If you do not have a login or if you have forgotten your username or password, please contact Member Services at [concierge@tcclub.com](mailto:concierge@tcclub.com).)

Fitness Centre Bookings

Class Scheduling | My Bookings | Manage Facilities and Groups | Help

Q Search Class Name FILTER Legend: Registered Visit List Class Full

SELECT MONTH/YEAR

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Swim Lane 1 (0-1) Swim Lane 2 (0-1) Swim Lane 3 (0-1) +136 more	2 Swim Lane 1 (0-1) Swim Lane 2 (0-1) Swim Lane 3 (0-1) +136 more	3 Swim Lane 1 (0-1) Swim Lane 2 (0-1) Swim Lane 3 (0-1) +136 more	4 Swim Lane 1 (0-1) Swim Lane 2 (0-1) Swim Lane 3 (0-1) +136 more	5 Swim Lane 1 (0-1) Swim Lane 2 (0-1) Swim Lane 3 (0-1) +136 more	6 Swim Lane 1 (0-1) Swim Lane 2 (0-1) Swim Lane 3 (0-1) +97 more	7 Swim Lane 1 (0-1) Swim Lane 2 (0-1) Swim Lane 3 (0-1) +97 more
8 Swim Lane 1 (0-1) Swim Lane 2 (0-1) Swim Lane 3 (0-1) +136 more	9 Swim Lane 1 (0-1) Swim Lane 2 (0-1) Swim Lane 3 (0-1) +136 more	10 Swim Lane 1 (0-1) Swim Lane 2 (0-1) Swim Lane 3 (0-1) +136 more	11 Swim Lane 1 (0-1) Swim Lane 2 (0-1) Swim Lane 3 (0-1) +136 more	12 Swim Lane 1 (0-1) Swim Lane 2 (0-1) Swim Lane 3 (0-1) +136 more	13 Swim Lane 1 (0-1) Swim Lane 2 (0-1) Swim Lane 3 (0-1) +97 more	14 Swim Lane 1 (0-1) Swim Lane 2 (0-1) Swim Lane 3 (0-1) +97 more



Instructions Guide





# FOCUS ON FITNESS

**WEEKDAYS: 5 AM – 11 PM; WEEKENDS: 7 AM – 8 PM**  
**HOLIDAY CLOSURE: MONDAY, MAY 24 FOR VICTORIA DAY**

## POLICIES

### COVID-19 SPECIAL RESTRICTIONS

At this time, a **reservation is required** to use the Fitness Centre (gym, pool, squash). Reservations are not required to use the Auxiliary Cardio Room, and there is no time limit for the space; however there is no access to the Fitness Centre locker room and showers. See page 15 for details.

**Members may reserve up to three time slots a week;** duration will vary depending on peak or off-peak times.

Each booking is inclusive of changing, exercising, and showering, so please plan your time accordingly.

### NEW! ONLINE BOOKINGS

**Online bookings are now available for the pool and gym (exercise room).** See page 12 for more information.

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

### GUEST POLICY

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.

### EXERCISE ROOM POLICY

A maximum of 12 people are permitted in the gym at a time.

### 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.

### SWIMMING POOL & HOT TUB POLICY

Full body showers are mandatory before entering the swimming pool and hot tub. 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. A maximum of 6 people are permitted in the pool at any given time. Only one person may use the hot tub at a time unless the member is joined by a second person from the same household.

### 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). Members must inform the Fitness Centre staff prior to using either room (to ensure the room is sanitized before next use).

## MASKS ARE MANDATORY IN THE FITNESS CENTRE

**Locker-room :** Masks are mandatory unless showering, using the sauna or steam-room.

**Swimming Pool Area :** Masks are mandatory unless entering the swimming pool or hot tub.

**Squash Courts :** Masks are mandatory until players enter the court and the door is closed.

**Exercise Room :** Masks are mandatory when moving around the exercise floor; members may only remove their mask when performing strenuous exercises on a cardio machine or on a selectorized/free weight area. Masks must be worn when moving from one equipment to another or on a stretch mat.





# FOCUS ON FITNESS

**WEEKDAYS: 5 AM – 11 PM; WEEKENDS: 7 AM – 8 PM**  
**HOLIDAY CLOSURE: MONDAY, MAY 24 FOR VICTORIA DAY**

## FITNESS

### VIRTUAL 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.

#### VINYASA YOGA WITH CLARE

**Tuesdays, 7 – 8 a.m.**

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, 12 noon – 1 p.m.**

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, 7 – 8 a.m.**

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.*

#### CARDIO KICKBOXING WITH LEILA

**Wednesdays, 12 noon – 1 p.m.**

Kick off the new year 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, strength, flexibility, and balance, all at once. Get ready to sweat!

#### SCULPT & STRETCH WITH LEILA

**Thursdays, 12 noon – 1 p.m.**

This low-intensity class utilizes controlled, non-impact body weight movements focusing on posture, alignment, flexibility, and mobility. Sculpt & Stretch 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.**

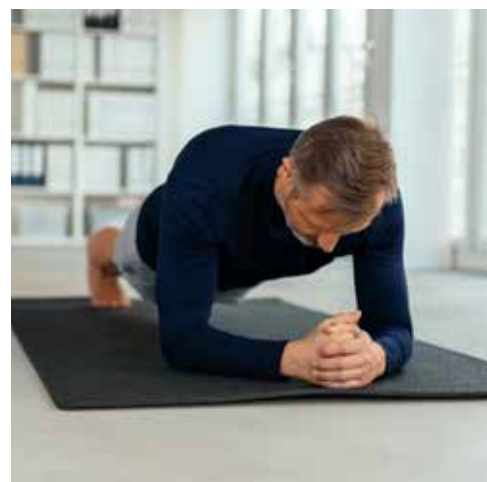
Start your weekend right with this high energy full-body intensity training (F.I.T.) class. Increase strength, improve endurance and burn calories. You will be able to incorporate added resistance to any of the exercises or simply use your own body weight

**Register for virtual fitness classes  
online at Member Central.**



#### Can't make a class?

TCC's Fitness Classes are recorded and uploaded to Member Central the following day, and will remain available for one week.





# FITNESS

## AUXILIARY CARDIO ROOM

The Auxiliary Cardio Room (ACR) in the Walker/Ceperley rooms holds treadmills, bikes, and elliptical trainers spaced to allow generous physical distancing. Hand towels, water, and limited fitness equipment (mats, exercise balls) will also be available.

**Access :** drop-in (no reservations required)

**Time limit :** none

**Capacity :** 7 people

**\*Members using the ACR will not have access to the Fitness Centre – including lockers or change rooms – as this area remains reservation only.**

The ACR is a temporary set-up designed to relieve some of the pressure on the Fitness Centre and allow more members to access a safe indoor space for exercise. When public health regulations allow and a return to regular business is possible, the ACR will be discontinued and the equipment will be offered for sale.



## PERSONAL TRAINING

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](mailto:milwina@milfit.com).

# 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.

## KIDS SWIM

Kids group swim lessons will resume when it is safe. In the meantime, consider booking private lessons over the weekend. Availability is limited. To learn more, contact the Fitness Centre front desk at 604 488 8622 or email Sergio Hsia at [shsia@tcclub.com](mailto:shsia@tcclub.com).



## FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 a.m.		Vinyasa	Mat Pilates	Power Flow		
7:15 a.m.		Yoga with Clare	with Zorica	Yoga with Rachel		
7:30 a.m.						
8 a.m.						
9 a.m.						F.I.T. Strength with Leila
9:15 a.m.						
9:30 a.m.						
10 a.m.						
12 p.m.	F.I.T. with Rachel	Cardio & Core with Leila	Cardio Kickboxing with Leila	Sculpt & Stretch with Leila	Pure Core with Leila	
12:15 p.m.						
12:30 p.m.						
1 p.m.						

### Did you know?

Pre-recorded complimentary fitness classes are also available on TCC's private YouTube channel. See page 10 for more information.

# SQUASH

## RACQUET STRINGING AVAILABLE

Have you had a racquet restring in the past year? If not, your game may be affected. Strings tend to lose tension over a period of six to eight months; and with a new restring, your shots will have more control and spring in them. Please see the Fitness Centre front desk for more information.



# Membership for your family household bubble.

## **Spousal Membership**

Subscription (one-time): \$950

Annual dues: \$585 + 5% tax

Quarterly minimum food spend: Nil

## **Intermediate Membership**

Available to children between the ages of 19-24 of TCC members.

Subscription: Nil

Monthly dues: \$143.50

Quarterly Minimum Food Spend: Nil

## **Immediate Family Offer**

A discounted subscription is available to children 25 and over of TCC members.



**To learn more, contact your membership team:**

**Jennifer Silver & Amanda Jun**

**[joinus@tcclub.com](mailto:joinus@tcclub.com)**

**604 488 8647**