

TERMINAL CITY TIMES

OCTOBER 2021 • VOL. 28 NO. 10



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
WEB TCCLUB.COM

CONTACT US

Member Services 604 681 4121
Membership Sales 604 488 8647
Billing 604 488 8607
Catering 604 488 8605
Weddings 604 488 8629
Lions Pub 604 488 8602
Fitness Centre 604 488 8622

CLUB HOURS

MEMBER SERVICES (FRONT DESK)

Monday – Friday 6 a.m. – 9 p.m.
Saturday & Sunday 7 a.m. – 7:30 p.m.

FITNESS CENTRE

Monday – Friday 5:45 a.m. – 10 p.m.
Saturday & Sunday 7 a.m. – 8 p.m.

THE GRILL

Monday – Friday
Coffee 7 a.m. – 8 a.m.
Breakfast 8 a.m. – 10:30 a.m.
All Day Menu 11 a.m. – 9 p.m.

Saturday & Sunday

Coffee 8 a.m. – 9 p.m.
Brunch 9 a.m. – 2:30 p.m.
Dinner 3 p.m. – 9 p.m.

MEMBERS' LOUNGE

Monday – Sunday 9 a.m. – 10 p.m.
(Limited Service)

CUVÉE

Open as temporary workspace only (no service)
Monday – Sunday 7 a.m. – 10 p.m.

1892

- Temporarily Closed -

LIONS PUB

Monday – Wednesday 11 a.m. – 8 p.m.
Thursday – Saturday 11 a.m. – 10 p.m.
Sunday CLOSED

f terminalcityclub
@ tcclub
in Terminal City Club

Mask Mandate & BC Vaccine Card

Thank you for your continued support of the Club. As per the current PHO order, masks must be worn in all indoor spaces by people 12 and older regardless of vaccination status.

The PHO order effective September 13, 2021, requires the Club – like many other non-essential businesses – to verify that all members and guests aged 12 and older who enter the facility are vaccinated against COVID-19. Partial vaccination (one dose) is accepted until October 24, when full vaccination (two doses) will be required for Club access. Proof of vaccination must be in the form of the BC Vaccine Card, accompanied by a piece of government-issued ID. (Guests under the age of 19 are exempt from presenting ID.) There are no medical exemptions to the Order at this time.

Thank you for helping keep each other safe.

Holiday Closure: Thanksgiving Day

A gentle reminder that the Club and Lions Pub will be closed for Thanksgiving on **Monday, October 11**. We look forward to welcoming everyone back from this long weekend with regular hours on Tuesday, October 12.

A Warm Welcome to our Newest Members

Angela Adler	Darryl Knight	Gary Rowan
Parsa Athari-Anaraki	Branden Kotyk	Joel Schluter
Kathryn Ayoubi	Cindy Krenn	Leyland Seto
Fornoush Azarnoush	Andrzej Kuras	Sanya Taralova
Kavi Bal	Halina Kuras	Julia Tchezganova
Pradeep Bowry	Pav Manchanda	Hanif Ukani
Patrick Dang	Annabel Makarewicz	Sophia Ukani
Thomas Deck	Brianne Metzger-Doran	Bill Vipond
Harbir Dhillon	Adam Mills	Sharon Vipond
Kelly Doll	Portia Olson	Nathan Wells
Michael Dha	Karm Panesar	Wade Wiggins
Carolyn Dowrey	Erynn Paton	Brent Wolfe
Parm Hari	Jonathan Price	Kan Zhang
Jessica Hu	Sukh Purewal	
Evelyn Jung	Nicholas Roberts	



In Memoriam

It is with great sadness that we announce the passing of **Ron Voyer**, a valued Club member for nearly 20 years. He was a family member, business partner, associate, leader, mentor – but most of all, a friend to many.

President's Letter

October 2021



DEAR FELLOW MEMBERS,

I want to acknowledge all of you (along with your guests) for being understanding and adaptive to the new public health order on proof of vaccination. We appreciate that views on vaccinations and passports are not universal; however, our policy is to comply with the PHO orders, believing their understanding of COVID-19 medical risks will allow us British Columbians to be safer. Our thanks to our Member Services team at the Front Desk, who have gracefully managed the task.

The Club is now into its new fiscal year for 2021/22. Management and the Board are ready to take on all the necessary challenges that may come up. If we've learned anything from the past fiscal year, it's that preparedness is key. Staff and the Board have approved a budget and 5-year plan that will reflect these challenges.

Our Club continues to perform well considering the current challenges; however, we are down significantly in most areas compared to pre-pandemic 2019. We are seeing a slow uptick in our important Banquets and Catering business, with regular meeting groups returning to the space, along with a few new faces. As you can guess, it will take some time before it's business as usual, as far as large-scale events or banquets are concerned.

Do you have a special family occasion coming up, or want to wow your clients with a personalized event? The Bespoke Dining Experience is a perfect opportunity to get creative with help from the experienced staff at TCC. Customize the menu, the drink pairings, the décor, or whatever else you desire with this special offering.

Our member-led discussion groups, including the Lunch Exchange, Discussion Group, and TCC Salons, are officially back in-house,

so keep an eye out for details online. Live music will continue indoors every Thursday to Saturday through October; check the schedule on page 3 to ensure you catch your favourite performer. Also, keep your eyes peeled for our new cocktail list, some of which were debuted at our Gourmet Dinner last month.

Sports season is in full swing in the Lions Pub. Be sure to catch NFL football games every Sunday, the return of our Vancouver Canucks, and hopefully some post-season baseball from the Toronto Blue Jays.

A quick word that our Annual General Meeting is coming up on Monday, December 13. Stay tuned for further details in the coming months.

With Thanksgiving (and Halloween) right around the corner, I hope everyone has the chance to connect with family and friends this month. Maybe this Thanksgiving will finally be the year that you decide to keep things simple. The TCC culinary team have done the heavy lifting for you – if you haven't already, put in an order for the Holiday Turkey Meal Kit from tcc2go.com. Our beverage experts can also assist you with selecting a couple bottles of wine to pair.

I'm thankful that our Club continues to be a safe space for our members and guests, and for the fantastic service our staff continues to provide, day in and day out. Take care and stay safe, everyone.

Sincerely,

Stewart Marshall
President, Terminal City Club

WHAT'S ON at the Club

OCT 11 | *monday*
THANKSGIVING
Club Closed

OCT 12 | *tuesday*
TCC BOOK CLUB 
The Fall of Giants by Ken Follett

OCT 15 | *friday*
TCC LUNCH EXCHANGE
Good Health vs. Privacy

OCT 15 | *friday*
MASTERCLASS
Japanese Whisky Masterclass

OCT 21 | *thursday*
**MEMBER'S
NETWORKING LUNCH**

OCT 21 | *thursday*
TCC SALON
Vancouver, Post-Pandemic

OCT 24 | *sunday*
WSET LEVEL 1
Part 1

OCT 26 | *tuesday*
**TCC DISCUSSION
GROUP**

OCT 29 | *friday*
TCC SALON
Optimizing Healthy Ageing

OCT 31 | *sunday*
WSET LEVEL 1
Part 2

Register

ONLINE
via Member Central

EMAIL
concierge@tccclub.com

CALL
604 681 4121

TEXT
604 200 2279



VIRTUAL EVENT

OCTOBER schedule

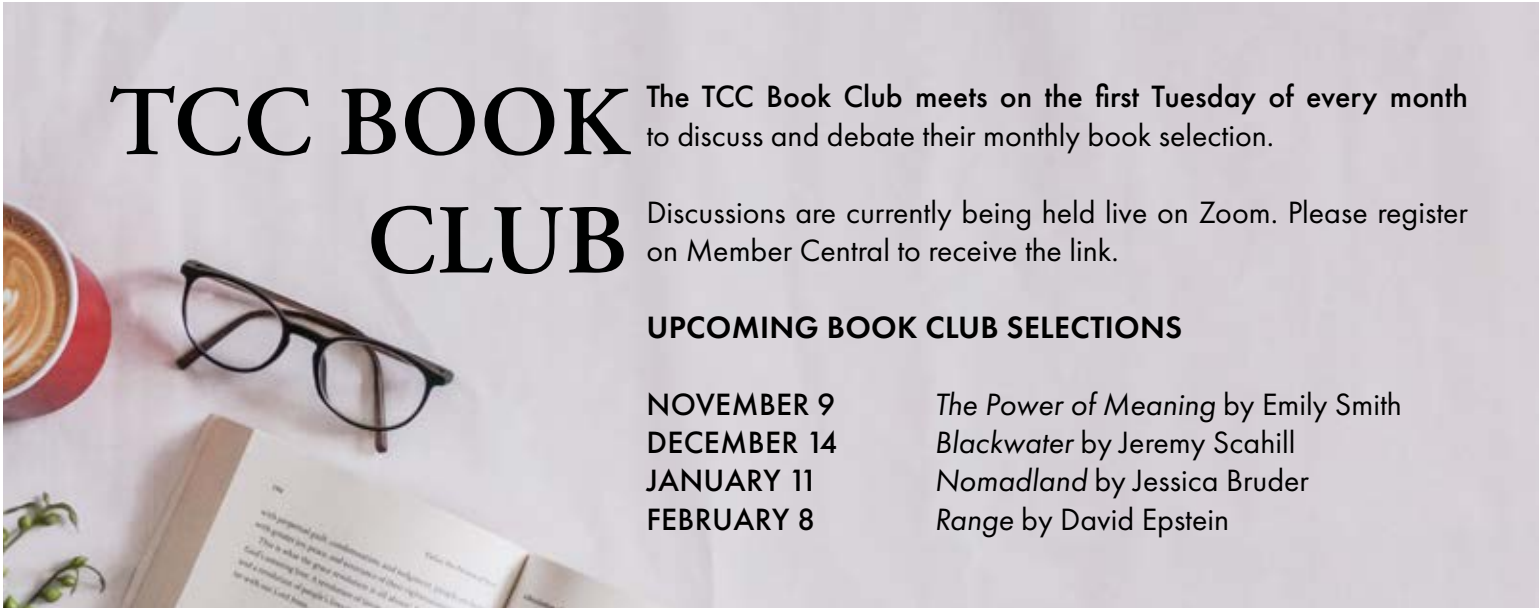
01 Melanie Dekker
02 Neal Ryan
07 Paul Filek
08 David Capper
09 Cassandra Maze
14 Dave Martone
15 Paul Filek
16 Rob Eller
21 Carmina Rae
22 David Capper
23 Neal Ryan
28 Dave Martone
29 Cassandra Maze
30 Rob Eller



LIVE MUSIC at the Grill

Every Thursday,
Friday & Saturday
6 – 9 p.m.

Pictured: Cassandra Maze



TCC BOOK CLUB

The TCC Book Club meets on the first Tuesday of every month to discuss and debate their monthly book selection.

Discussions are currently being held live on Zoom. Please register on Member Central to receive the link.

UPCOMING BOOK CLUB SELECTIONS

NOVEMBER 9
DECEMBER 14
JANUARY 11
FEBRUARY 8

The Power of Meaning by Emily Smith
Blackwater by Jeremy Scahill
Nomadland by Jessica Bruder
Range by David Epstein



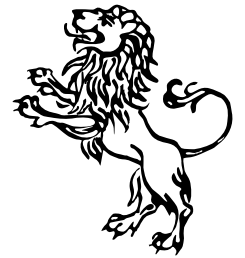
LIONS PUB

MEMBER'S FOOD DISCOUNT

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

HAPPY HOUR

Enjoy Happy Hour beverages for \$5.50 between 2–5 p.m. and 8–10 p.m. daily!



THE GRILL

GAME DAY SPECIAL: \$24 BURGER & BEER

The season's ramping up and that means finding a spot to catch the action (and probably a bite and a drink). Check in with our team to find out which game days this special will be touching down on.

SUNDAY PRIME RIB DINNER

Sundays • 5 – 9 p.m.

\$34 plus tax & service charge

slow-roasted prime rib, seasonal vegetables, creamy whipped potato, Yorkshire pudding, au jus

Our family dinner night has been a long-standing favourite. A kids' version is also available for ages 10 and under. Reservations strongly encouraged.

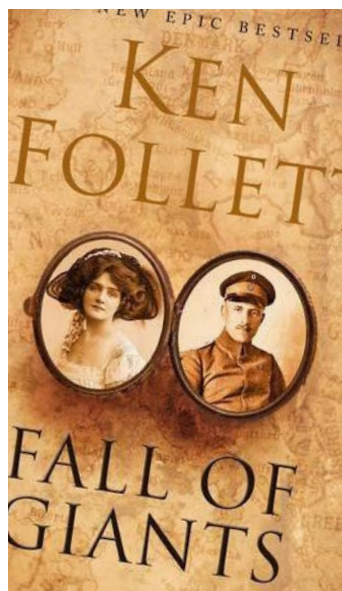
BRUNCH

Saturdays & Sundays • 9 a.m. – 2 p.m.

Come join us for weekend brunch and enjoy iconic dishes, like our Dungeness Crab Benny or Braised Short Rib & Eggs! With a broad selection of popular favourites, every appetite at the table is sure to be satisfied. Reservations are recommended.

OCTOBER

events



BOOK CLUB:

Fall of Giants
by Ken Follett

TUESDAY, OCTOBER 12
5 – 6 p.m.

*Complimentary event –
live on Zoom*

The first novel in *The Century Trilogy*, *Fall of Giants* follows the fates of five interrelated families – American, German, Russian, English, and Welsh – as they move through the world-shaking dramas of the First World War, the Russian Revolution, and the struggle for women’s suffrage. Enjoy a riveting discussion with other members on Zoom over this captivating novel.

See page 3 for upcoming Book Club selections.



TCC LUNCH EXCHANGE: Good Health vs. Privacy

FRIDAY, OCTOBER 15
12 noon – 1 p.m.

Complimentary event with the purchase of lunch à la carte from the Grill.

Health care is making new technological advances not only in medicine but also in detecting diseases early. However, these technologies require data, and some of the data may be too personal to divulge. How much privacy are we willing to compromise or sacrifice for the sake of good health?



JAPANESE WHISKY MASTERCLASS

FRIDAY, OCTOBER 15
5:30 – 7 p.m.

***Waitlist only**

Learn more about the unique intricacies behind Japanese Whisky and what distinguishes the work of Japanese distilleries from their international counterparts.

Featuring: Nikka from the Barrel, Kaiyo Un-Chill Filtered, Iwai Mars Nagano, Yamazakura Pure Malt, and Suntory Toki.



MEMBERS' NETWORKING LUNCH

THURSDAY, OCTOBER 21
12 noon – 1 p.m.

Complimentary event with the purchase of lunch à la carte from the Grill.

Join the city’s entrepreneurs, executives, and business and community leaders for conversation over a power lunch every third Thursday. This is a terrific opportunity to meet and mingle with other members representing diverse industries.

OCTOBER events



TCC SALON: Vancouver, Post-Pandemic

THURSDAY, OCTOBER 21
6 – 9 p.m.

Complimentary event with the purchase of dinner à la carte from the Grill.

In 2015, the Downtown Vancouver Business Improvement Association (DV BIA) with the support of SFU Public Square, formulated a 2040 vision for downtown that saw over 11,000 citizens contribute to the process. But then the pandemic struck. Now, downtown Vancouver is at a crossroads. There is a singular window of opportunity to think outside of the box, to create a happier, more vibrant city core. Charles Gauthier, the former president and CEO of DV BIA will lead a discussion about what downtown Vancouver could look like after COVID-19.



WSET LEVEL 1

SUNDAY, OCTOBER 24 &
SUNDAY, OCTOBER 31
10 a.m. – 3 p.m.

\$399 + GST (2 sessions)

***Registration Deadline:**

Friday, October 8

WSET Level 1 Award in Wines is perfect for the beginner and those with a basic knowledge of wine – you'll drink better and buy smarter after this course. This course is a special opportunity to engage directly with some liquid learning - something we've surely missed over the last year!

For full details, see page 9.



DISCUSSION GROUP

TUESDAY, OCTOBER 26
7:15 p.m.

Complimentary event.

Join the 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. The topic for the October meeting will be released when confirmed. Please contact John McCarter at john@triadforestproducts.com to join the email list.



TCC SALON: Optimizing Healthy Ageing

FRIDAY, OCTOBER 29
6 – 9 p.m.

Complimentary event with the purchase of dinner à la carte from the Grill.

The number of older adults is growing rapidly in many countries and the incidence of chronic disease rises swiftly with age. Dr. Eric Kim's research focuses on aspects of psychological well-being (e.g., a sense of purpose in life, optimism, resiliency) which have proven to help optimize healthy ageing. He will lead a discussion on how we might collectively foster more psychological well-being at the societal level (e.g. policy changes) and also at the individual level (e.g. interventions). The goal? To create conditions that allow us to live healthier lives as we age.

TCC2GO

HOLIDAY TURKEY MEAL KIT

Avoid the shopping lists and grocery store scramble this year and simplify your Thanksgiving with our Holiday Turkey Meal Kit. A multi-course meal, with all the prep already done, simply follow the included instructions so that you can spend more time focused on your loved ones, and less time at the cutting board.

Each kit serves 4 and includes:

- Butternut Squash Soup
- Oven Ready Marinated Raw Turkey Breast & Confit Turkey Leg
- Buttery Kale & Brioche Stuffing
- Rosemary Fingerling Potatoes
- Maple Butter Carrots & Charred Brussel Sprouts
- Turkey Gold Gravy
- Cranberry Orange Chutney
- 4 Individual Pecan Pies, Vanilla Chantilly

\$295 plus GST

Order: **TCC2GO.COM**
Deadline: October 6, 12 noon
Pick-up: October 8-10

There are a limited number of kits, and we recommend confirming your kit and pick-up date as soon as possible.

For specially curated wine pairings, consult with our beverage expert - email wine@tccclub.com.



MEMBER OF THE MONTH RHIAN ATKINS

RHIAN ATKINS IS AN UNABASHED ANIMAL-RIGHTS ADVOCATE.

“Animal well-being is 100 percent my passion and focus,” she says. “If I had the means to choose my work, I would start a farm sanctuary and rescue animals — specifically pigs, chickens and cows. All animals ought to be treated with the kindness we show cats and dogs.”

The affable 38-year-old grew up in Sydney Australia. After high school, she completed a B.A. in physical education, health, and personal development at the Australian College of Physical Education. Rhian then moved to Mill Bay on Vancouver Island for a two-month internship at Brentwood College. After her practicum, the plan was to move to the U.K. and look for work. That move never happened, in part, because she met Mark Mensing in 2004. “We were both at a farewell event for some mutual friends. Mark was starting his company and I grew quite interested in both him and his work.”

Rhian and Mark quickly became a couple, and a few years later, she started working with his company, Canada Export Centre Corporation. Today, Rhian is the office manager. “That’s my title, but I’m not too sure it’s completely accurate,” she says. “I do the accounting.”



Rhian and Mark have been through a lot since they met, including a marriage and eight adventurous years living on a boat. “I greatly enjoy my job and am happy to continue doing what I do, surrounded by a wonderful team of employees. But it’s my work with animals and promoting a vegan lifestyle that most motivates me every day.”

Rhian articulates with ease, confidence, and knowledge the reasons living vegan is so important to her. “I deeply believe being vegan has a profound effect on our environment and our health. My social media channels are used to promote what I believe in with respect to the care of all animals. This is my mission. “We all ought to be working to bring something good to the world, each in our own way.”

Rhian and Mark joined Terminal City Club almost 10 years ago. Because they both lead an active, health-conscious lifestyle, the Fitness Centre has always been a major attraction. “The gym is fantastic, but we mostly joined for the networking. The company was in its early days and it really felt like the right thing to do. Turns out it was the right thing to do.”

At the start of the pandemic, Rhian moved to Squamish where she lives with her two dogs — one is a rescue, the other is a foster. While she misses much about living in the city, including more frequent visits to the TCC, being closer to wilderness nurtures her passion for outdoor pastimes like hiking. Despite living so far away, Rhian says neither she nor Mark considered leaving the TCC, which she calls her home in Vancouver.

“When we get to the city it is so amazing to go to the Club. We’ll take staff for lunch or use the facility for meetings. We both feel safe with the COVID protocols that have been established.” And the Member Services staff is always lovely, she says. For Rhian, that means a lot.

“Charles Darwin said: ‘There is no fundamental difference between people and animals in their ability to feel pleasure and pain, happiness and misery.’ Those are such profound and important words to live by.

LIQUID assets

Fall for our new wines-by-the-glass!



DOMODIMONTI DÉJÀ PASSERINA 2018 – LE MARCHE, ITALY

Everything is meaningful about this wine. The estate was created by Italian-Canadian Francesco Bellini, research scientist, entrepreneur and co-founder of BioChem Pharma. Here he pioneered the antiviral drug Eпивir that remains the cornerstone for AIDS therapy today. On a trip to Italy he bought an abandoned antique cantina in his birth region of Marche and established the organic state-of-the-art Domodimonti winery in 2010. Passerina is an ancient white grape beloved for dry, crisp and stylish wines.

JEAN-PAUL & BENOÎT DROIN CHABLIS 2019 – BURGUNDY, FRANCE

Since 1620 this winery has been lovingly passed down the generations, and winemaker Benoît is the 14th generation in charge. From the chalky soils of cool-climate Chablis, this is definitive lean, steely, lemony and minerally white. It's 100 per cent chardonnay (those are the rules in Chablis), wildly fermented in stainless tanks and suffused with lemon and pear flavours, leesy complexity, and a tapering, salty finish. Seafood, anyone?



DOMAINE J.L. CHAVE SELECTION SAINT-JOSEPH OFFERUS 2018 – NORTHERN RHÔNE, FRANCE

The name Chave is legendary in the Northern Rhône Valley. Gérard Chave and his son Jean-Louis are considered amongst the greatest winemakers in the world. With a family legacy of 520 vintages behind them, the Chaves know their vines and terroir with profound intimacy. This handsome syrah is the side project of Jean-Louis, made from venerable hillside-grown vines within the appellation of Saint-Joseph. Offerus shows smoky notes of dark ripe fruit and heady violets, cracked black pepper and meaty, earthy undertones. We 'offer' you a chance to try cool-climate syrah from the masters.

YALUMBA SAMUEL'S COLLECTION BUSH VINE GRENACHE 2018 – BAROSSA VALLEY, SOUTH AUSTRALIA

This silky red comes from Australia's oldest family-owned winery founded in 1849 by Samuel Smith when he struck a little gold that allowed him to buy 30 acres of land and a horse! He chose the aboriginal word Yalumba for his Barossa Valley winery, meaning 'all the land around'. Grenache was one of the first vines he planted, and this wine contains grapes from vines planted from 1898 to 1973. Potent Barossa Valley floor fruit is fresh, juicy, elegant and spicy, displaying flavours of dark cherries and ripe plums with velvety tannins. The glowing translucent ruby colour is typical for this distinctive wine.



REGISTRATION & INFORMATION
WINE@TCCLUB.COM



WSET
WINE & SPIRIT
EDUCATION TRUST

MISSING TRAVEL & ADVENTURE?

Of course you are, so why not let wine take you on a journey filled with discovery, exotic destinations, and delicious sips? Our Director of Wine DJ Kearney is a vastly experienced wine instructor with a special talent for bringing wine regions to life through pictures, words and, of course, the wines you will sip in the classroom. DJ's edu-taining lectures are crammed with photos that will help you escape to far-away places, all while you earn a professional wine designation from the Wine and Spirit Education Trust!

Until the world fully and safely re-opens, this might be your best bet to "travel," taste and learn.

WSET LEVEL 1

Level 1 is a foundation course that is ideal for beginners. Zero experience is ideal for this level. This course will help you understand the major grapes and wine styles, learn the essentials of food and wine pairing, and how to buy smarter. Taste more than a dozen wines and learn food and wine pairing chemistry.

Part 1: Sunday, October 24

Part 2: Sunday, October 31

10 – 3 p.m.

\$399 + GST

cheese & charcuterie available for purchase

Registration deadline: October 8

To obtain your WSET 1 Certificate in Wine, there will be a 30-multiple choice test at the end of the October 31 session. 70% is required to pass; there is no blind wine tasting component.

WSET LEVEL 2

Level 2 examines how environmental factors, grapegrowing, winemaking, and maturation options influence the style and quality of wines made from eight principal grape varieties and 22 regional wines, as well as the world of sparkling and fortified wines.

*WSET 1 is not a prerequisite.

Four Sundays: November 7, 14, 21, 28

12 noon – 5:30 p.m.

\$1,150 + GST

cheese & charcuterie available for purchase

Registration deadline: October 29

To obtain your WSET 2 Certificate in Wine, there will be a 50-multiple choice test at the end of the November 28 session. 55% is required to pass; there is no blind wine tasting component.

DON'T FEEL LIKE SITTING THE EXAM

...but want the knowledge? Auditing the courses is just fine too!

HAVE YOU heard?



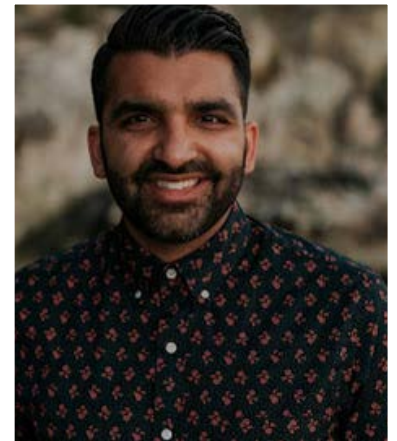
As a young child, **Emily Smithard** loved the water, but was hesitant to get into a pool after a tough first swimming lesson. That all changed when she gave it one more try at TCC's Kid's Group Swim Lessons in 2015. At just 5 years old, Emily's relationship with swimming did a 180, thanks to TCC's swim coach John Ryan, who went on to privately coach her over the next five years.

Emily has since joined an impressive swim team and is now just shy of reaching Provincial Level lap times. This June, Emily was awarded "Most Improved Swimmer" and has been promoted to the elite group – no small feat as it will be coached by three-time Olympian Bryan Johns. Despite her major achievements and intense training schedule, Emily still has plans to have her regular monthly swim check-ins with John here at TCC. There's nothing more rewarding than seeing our young members excel!

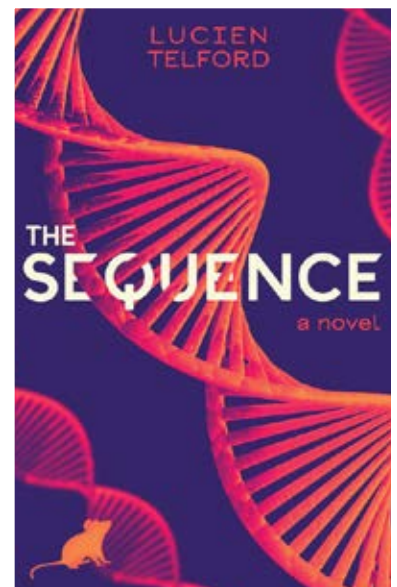
Kevin Ho was recently appointed General Manager of Brax, a digital platform for managing and scaling advertising content syndication. Wishpond – a Vancouver-based company that went public in December 2020 – acquired Brax last month. Kevin had been with Wishpond since 2015 as Vice President of Marketing and looks forward to leading the future growth of this new business unit. Congratulations, Kevin!



Pav Manchanda just launched his back-office accounting practice tailored to folks in the tech start-up space. Pav is a licensed CPA, CGA, and has been practicing in Vancouver since 2006. Most recently, he has focused on working with tech companies to raise capital, helping Boast.ai – a Vancouver-based R&D tax credit maximizer – with a Series A \$34 million raise. Fun fact about Pav: he loves to dance ... like Michael Jackson ... after a drink or two!



Lucien Telford has written his first book, *The Sequence*. This thrilling sci-fi novel set in the future explores the ethical fall out of genome editing. It explores how genetic alteration has impacted different corners of the earth, places Captain Telford is able to describe beautifully thanks to his career as an international pilot. He has been commended for the quality of his prose and masterful storytelling in *The Sequence*, so much so that people can hardly believe it's his first novel! Congratulations Lucien!



TELUS HEALTH CARE COLUMN

SELF-COMPASSION CAN BENEFIT YOUR HEALTH

Self-compassion has been shown to benefit our personal well-being and mental health. Practicing self-compassion means being aware of our own suffering and not criticizing ourselves for the circumstances we are dealing with. It also means treating ourselves with the same kindness we would show to a friend.

How does self-compassion help us stay healthy?

Nurturing self-compassion reduces anxiety and depression levels. It also activates the soothing system and calms the threat system (which alerts us to potential dangers so we can protect ourselves). Recent research shows that turning off the threat system can boost the immune system, which helps us stay healthy.

How to boost your self-compassion

Early life experiences can affect a person's ability to be self-compassionate, as can misconceptions about self-compassion. Self-compassion is not self-indulgence, self-pity nor a sign of weakness. In fact, self-compassion provides people with a very powerful source of coping and resilience.

Fortunately, there are things people can do to boost their self-compassion. These behaviours will vary from person to person, but they all centre on participating in activities that are soothing and nurturing. Some examples of self-soothing activities include:

- Making yourself a nice meal or snack that you will enjoy
- Calling a friend to chat or meeting for a nice walk
- Looking at beautiful art or scenery
- Listening to soothing music
- Pampering yourself with a bubble bath
- Reading a good book or magazine
- Doing some slow breathing
- Practicing meditation or other relaxation techniques

It is important to plan these activities and schedule them into your week. It is also helpful to have a list of specific activities that you can put into practice quickly and easily.



To learn more, visit telushealth.com/carecentres
or email: tia.young@telus.com.



KIDS' SWIM PROGRAM fall 2021

We're excited to bring kids' group swimming lessons back to the Club!

Saturdays, October 2 to December 11
11-week term with 10 lessons
(no lessons on November 13, 2021)

\$275 plus GST

10 – 10:40 a.m.	3-5 years
10:40 – 11:20 a.m.	6-7 years
11:20 – 12 noon	8-9 years
12 noon – 12:40 p.m.	stroke improvement

Maximum 6 participants per group

*Slight changes in start and end times are possible, depending on total registrants and ability groupings.

To promote physical distancing, parents will not be permitted to sit on the pool deck area during swim lessons. Parents may assist their child but will be required to enter the pool deck area via Fitness Centre Front Desk entry only. Please continue to respect other member's space as their comfort level may differ from yours.

HOURS

WEEKDAYS 5:45 a.m. - 10 p.m.

WEEKENDS 7 a.m. - 8 p.m.

HOLIDAY CLOSURES

Thanksgiving Day -
Monday, October 11, 2021

POLICIES

SAFETY FIRST

As per the current PHO order, masks are once again mandatory in all indoor spaces for people 12 and over regardless of vaccination status. This means:

LOCKER-ROOM: Masks are mandatory unless showering, using the sauna or steam-room.

SWIMMING POOL AREA:

Masks must be worn 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 engaged in physical exercise on a sectionized machine or area. Masks must be worn when moving from one equipment to another or on a stretch mat.

Please continue to sanitize gym equipment before and after use.

Physical distancing is still encouraged whenever possible. Please continue to respect other members' space as their comfort level may differ from yours.

GUEST POLICY: At this time, members may only bring their spouse and children under 19 to use the Fitness Centre with them.

FOCUS on fitness



SWIM

ADULT SWIM TIME

During Adult Swim time, only adults will be permitted in the pool area:

WEEKDAYS 5:45 a.m. - 9 a.m.

WEEKENDS 7 a.m. - 9 a.m.

SWIMMING POOL & HOT TUB POLICY

Full body showers are mandatory before entering the swimming pool and hot tub.

PRIVATE SWIM LESSONS WITH JOHN RYAN

John has been teaching and coaching swimmers for over 18 years, and has brought them up to provincial and national levels. He has taught beginners, Masters and Triathlete-swimmers to reach their goals; from making the full length of the pool to swimming the English Channel. Regardless of your skill level, John can help you improve your technique and stamina, learn new techniques, and gain confidence and ease in the water.

KIDS SWIM LESSONS

Kids group swim lessons are back! See inset on page 11 for more information.

Contact the Fitness Centre front desk at **604 488 8622** or email Fitness Centre Manager **Sergio Hsia** at **hsia@tclub.com** for more information.

SQUASH

COURT BOOKINGS

Squash bookings will continue **via sportyhq.com**. First-time users: please contact the Fitness Centre front desk for registration.

RACQUET RE-STRINGING

Have you had a restring in the past year? 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. **See the Fitness Centre front desk for more information.**

FITNESS

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**.

VIRTUAL fitness

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.

This fun, non-contact workout utilizes boxing skills and drills to engage every muscle group in your body. 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.

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

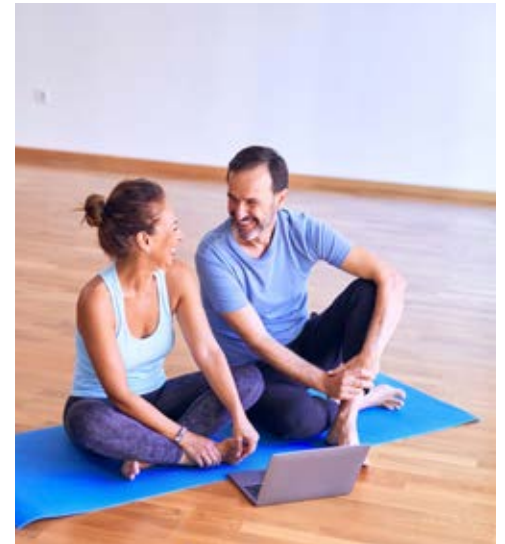
Fridays, 12 noon – 1 p.m.

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.



ON-DEMAND FITNESS CLASSES

Scan this QR code to access our Stay Fit playlist on YouTube.



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.

Pre-recorded **yoga classes by certified international yoga teacher and lululemon ambassador Matt Corker** are available on TCC's YouTube channel.

Core & Strength Quickie (20 mins)
Morning Wake Up Flow (35 mins)
Post-Work Wind Down (35 mins)
Slow & Sweaty Flow (60 mins)

SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 a.m.		VINYASA YOGA WITH CLARE	MAT PILATES WITH ZORICA	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.						
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.						

BESPOKE DINING AT THE CLUB

Celebrate any special occasion with your nearest and dearest at the Club. Our experienced team will help you curate an evening to remember. Start your evening off with designer craft cocktails by Assistant Bar Manager 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.

For more details, or to start planning your bespoke experience, contact:

reserve@tclub.com

Restaurants Manager Iain Fletcher / Assistant Restaurants Manager Anna Iuritsyna