

# TERMINAL CITY TIMES

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MARCH 2022 • VOL. 29 NO. 3



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



# march

## AT A GLANCE

**MAR 4** MARTIN'S LANE  
WINEMAKER'S DINNER

**MAR 11** TCC SALON  
Resilience and Ageing

**MAR 17** ST. PATRICK'S DAY

**MEMBERS'**  
**NETWORKING LUNCH**  
**MASTERCLASS**  
Illuminating Irish Whiskey

**MAR 22** TCC SALON  
The Art of the Memoir

**MAR 25** GOURMET DINNER  
Spring Fling

**MAR 29** DISCUSSION GROUP  
Basic Income in BC

### REGISTER FOR EVENTS

online	via Member Central
email	concierge@tcclub.com
call	604 681 4121
text	604 200 2279

## Contact

**837 WEST HASTINGS STREET**  
VANCOUVER, BC  
V6C 1B6, CANADA

**call** 604 681 4121  
**text** 604 200 2279  
**web** TCCLUB.COM

**f** terminalcityclub  
**@** @tcclub  
**in** Terminal City Club

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

## Hours

### MEMBER SERVICES (FRONT DESK)

<b>Monday – Friday</b>	6 a.m. – 8 p.m.
<b>Saturday &amp; Sunday</b>	7 a.m. – 7:30 p.m.

### MEMBERS' LOUNGE

<b>Monday – Friday</b>	8 a.m. – 11 p.m.
<b>Coffee Service</b>	8 a.m. – 9 a.m.
<b>Saturday &amp; Sunday</b>	8 a.m. – 11 p.m.
<b>Coffee Service</b>	8 a.m. – 11:30 a.m.

### LIONS PUB

<b>Monday – Wednesday</b>	11 a.m. – 10 p.m.
<b>Kitchen</b>	11 a.m. – 8 p.m.
<b>Thursday – Saturday</b>	11 a.m. – 10 p.m.
<b>Kitchen</b>	11 a.m. – 8:30 p.m.
<b>Sunday</b>	CLOSED

### THE GRILL (IN CUVÉE/1892)

<b>Monday – Friday</b>	11 a.m. – 9 p.m.
<b>Coffee</b>	7 a.m. – 8 a.m.
<b>Breakfast</b>	8 a.m. – 10:30 a.m.
<b>All Day Menu</b>	11 a.m. – 9 p.m.
<b>Saturday &amp; Sunday</b>	
<b>Coffee</b>	8 a.m. – 9 p.m.
<b>Brunch</b>	9 a.m. – 2:30 p.m.
<b>All Day Menu</b>	3 p.m. – 9 p.m.

### FITNESS CENTRE

<b>Monday – Friday</b>	6 a.m. – 10 p.m.
<b>Saturday &amp; Sunday</b>	7 a.m. – 8 p.m.



# President's Letter MARCH 2022

## DEAR FELLOW MEMBERS,

Thanks to all our members for their patience navigating the restrictions in the first few months of the year. I'm excited and hopeful that the loosening of restrictions will see you spending more time at the Club as we prepare for the spring and summer months. Patio season is almost upon us...

It's hard to believe that two years ago we were forced to close the Club for a few short months. Our dedicated staff and our Board have done a marvelous job navigating the many challenges since then. Also, we are tremendously grateful for your continued support of the Club through the changing pandemic restrictions and for your patience as we remodel the Grill.

We've missed those large-scale parties and weddings we were used to, but I'm confident we'll see them return to the Club soon. If you have any plans for future events, you can always reach out to our Catering team at [catering@tcclub.com](mailto:catering@tcclub.com). They would be happy to hear from you.

I hope some of you can enjoy a pint in the Lions Pub or Members' Lounge for St. Patrick's Day. The Lions Pub is one of my favourite spots in the Club. The food is great, the team is terrific and so is the atmosphere. If you haven't made plans, I'd encourage you to make a reservation with some friends and take advantage of your member's discount. If you see me there, don't hesitate to say hi!

This month's Gourmet Dinner on Friday, March 25, has the theme "Spring Fling". By then, I hope we can officially say spring has sprung, and that winter is behind us. More details will be shared closer to the date.

A friendly reminder for everyone participating in the 45 Day Fitness Challenge: March has 31 days. So, depending on how many visits you got in last month, there is still time to reach the magic number. I know the Fitness Centre team would love to see you, regardless of whether you're participating or not. Best of luck on the final push!

Your feedback from the January and February surveys have provided valuable insight to the Board and management about member awareness of Club services and benefits, as well as members' current needs. Please make it a habit to complete the short survey every month. Your feedback helps us all make the Club better! Your March survey can be found on page 2 of this issue.

In case you didn't know, our Platinum Club distinction allows you access to hundreds of reciprocal Clubs around the world. Download the PlatinumClubNet app when you plan your next trip and take advantage of some fantastic clubs while you're at it.

Best wishes,

Marian Robson  
President, Terminal City Club

# Around THE CLUB

## NEW AFFILIATE CLUB

WINCHESTER HOUSE, LONDON UK

Club membership provides you with access to a number of reciprocal clubs located all around the world, and we're very excited to announce our newest affiliate: **Winchester House**. The Historic Winchester House is set within half an acre of grounds on the banks of the River Thames, just upstream from Putney Bridge. Founded in 1892, this traditional club still thrives more than one hundred years later.

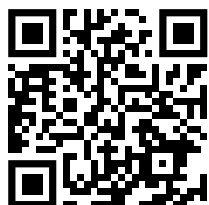
## PHO MANDATE

The Club continues to operate in accordance with the current PHO mandate, checking proof of full vaccination for all members and guests aged 12 and older. Please ensure that you and your guests have your BC Vaccine Card and a piece of government-issued ID available when you enter the Club. Masks are still required indoors, unless seated for dining or engaged in physical activity.

## CLUB CLOSURES

On **Saturday, March 26**, all areas of the Club, including the Pub will be closing early at 4 p.m. for our first winter staff party since 2019! We appreciate your understanding for this special event.

## TAKE A SHORT SURVEY



We appreciate feedback and are always looking for ways to make your experience at the Club the best it can be. To complete the survey, scan the QR code on the left or click [here](#) (digital copy only).

[surveymonkey.com/r/P9HWJPL](https://surveymonkey.com/r/P9HWJPL)

## WELCOME TO OUR NEWEST MEMBERS!

We are excited to extend a warm welcome to our Club and community to the following individuals: Sonja Horte, Gina Singh, and Mark Woods!







# Around THE CLUB

## DRINK SPECIALS | MEMBERS LOUNGE

March right on into the Members' Lounge and enjoy one of our new daily drink specials!

**MONDAYS** Choice cocktails by our creative team  
**TUESDAYS** \$9 Redbreast 12 Year Old (neat, on the rocks, or with mix)  
**WEDNESDAYS** \$6 (6oz) and \$9 (9oz) glasses of red or white wines  
**SUNDAYS** Corkage waived on select bottles  
**ST. PATRICK'S DAY SPECIAL** \$6 Guinness

## MARCH SPECIALS | LIONS PUB

**COCKTAIL OF THE MONTH** 'Smoked' Irish Mule (Connemara 'peated' Single Malt Irish Whiskey, Roe & Co. Blended Irish Whiskey and Bundaberg Ginger Beer.

**ST. PATRICK'S DAY SPECIALS** The Lions Pub will be featuring the entire "Irish Family" of beers: Guinness, Kilkenney and Harp, and will also have an Irish Pint & shot of Roe & Co. Irish Whiskey on special for \$13.

## GOURMET DINNER HIGHLIGHTS

Our Gourmet Dinner series is one of our favourite events to host every month, as it's an opportunity for our members and their guests to engage with the theme beyond the meal. Here are some of the thoughtful and entertaining responses we got from our January table topics:

### IF YOU COULD ONLY EAT ONE VEGETABLE FOR THE REST OF THE YEAR, WHAT WOULD IT BE & WHY?

"The potato. It's versatile, filling, easy to cook, and one can be used as a weapon in the event of a zombie apocalypse." – Patrick

– *We think that's a very practical response but should add that tablemate Erin did not endorse this reply (potato weaponization is quite polarizing), however has no other strong opinions.*

### IF YOU WERE A FARMER, WHAT CROP WOULD YOU SPECIALIZE IN?

"Rocoto pepper from the Andes. Makes delicious hot sauce if blended with different ingredients." – Cassandra

– *This one definitely piqued our interest, as it's not a pepper we've heard of!*

### WHAT CONTROVERSIAL VEGETABLE OPINION WILL BE THE CULINARY HILL YOU DIE ON?

"Potatoes for dessert!" – Branden

– *Branden did not elaborate but we would very much have liked to know more.*

## LIVE MUSIC SCHEDULE

EVERY THURSDAY, FRIDAY & SATURDAY IN 1892 | 6 – 9 P.M.

### THURSDAYS

Mar 3 David Capper  
Mar 10 Dave Martone  
Mar 17 Neal Ryan  
Mar 24 Dave Martone  
Mar 31 Neal Ryan

### FRIDAYS

Mar 4 Rob Eller  
Mar 11 Cassandra Maze  
Mar 18 Carmina Rae  
Mar 25 Paul Filek

### SATURDAYS

Mar 5 Rob Eller  
Mar 12 David Capper  
Mar 19 David Capper  
Mar 26 Nikolaj

# March AT THE CLUB



## MARTIN'S LANE WINEMAKER DINNER

FRIDAY, MARCH 4  
6 p.m.

*\*WAITLIST ONLY*  
*\$175 + tax and service charge*

We are so proud to invite you to an exclusive evening with Shane Munn, Winemaker and General Manager of Martin's Lane winery. Focused solely on single vineyard pinot noir and riesling, critics have called these the best wines in Canada. An epic evening of thrilling wines, stories, and valuable insights - Executive Chef Dan Creyke and his culinary team's inspired pairings will unlock hidden secrets in Shane's cerebral wines, ensuring that this is a dinner to remember.



## TCC SALON: RESILIENCE AND AGEING

FRIDAY, MARCH 11  
6 – 9 p.m.

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

Resilience is a trait given to individuals or communities that weather adversity better than others. This pandemic spawned a litany of challenges for the elderly, exposing inadequacies in our support systems for this population. However, it's given us a chance to reflect and strategize on how we can improve their well-being and strengthen their capacity to be resilient. Led by Professor Andrew Wister (Director of the Gerontology Research Centre at SFU), this salon brings to life several paradoxes pertaining to this "gero-pandemic" – focusing on key areas that have affected older adults: long-term and community care, caregiving, social isolation, and the perennial problem of ageism.

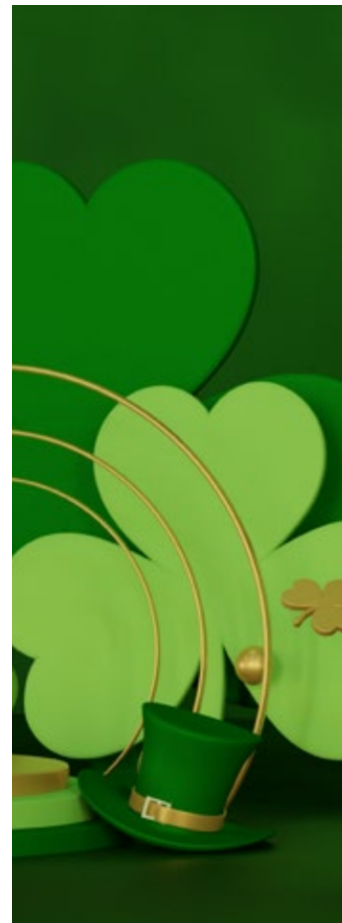


## MEMBERS' NETWORKING LUNCH

THURSDAY, MARCH 17  
12 noon – 1:30 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 over a power lunch every third Thursday. This is a terrific opportunity to meet and mingle with other members representing diverse industries.



## ST. PATRICK'S DAY

THURSDAY, MARCH 17

Happy St. Patrick's Day everyone! We have some wonderful specials on throughout the club. The Lions Pub will be featuring the entire "Irish Family" of beers: Guinness, Kilkenny and Harp, and will also have an Irish Pint & shot of Roe & Co. Irish Whiskey on special for \$13. You'll also be able to enjoy \$6 Guinness' in the Member's Lounge!

# March AT THE CLUB



## MASTERCLASS: ILLUMINATING IRISH WHISKY

THURSDAY, MARCH 17  
6 – 7:15 p.m

*\$95 per person  
(plus taxes & gratuity)*

Let's say 'Sláinte' on St. Paddy's Day and salute all the distinctive beverages that Ireland has given the world. Of course there is Guinness – the champagne of beers – but we will dive into the whiskey scene for this masterclass. After the industry's disastrous 20th Century decline, Irish whiskey is now the world's fastest growing spirit. Join us for a look at the main styles of the elixir of life known as uisge beatha from the classic to the newly revived. Ray Yoon, Assistant Manager of Bars and Beverages, will lead the charge and maybe even mix us a cocktail as well. Bar snacks to pair.



## TCC SALON: THE ART OF THE MEMOIR

TUESDAY, MARCH 22  
6 – 9 p.m

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

The trip of your lifetime. The birth of your children. Navigating relationships. Moving and re-establishing your life somewhere new. These are just a few of the core memories that define us. Join Jacqueline Massey, a journalist and personal historian, and Susanne Martin, celebrated writer's coach and editor, in a meaningful salon on crafting an engaging and impactful personal narrative. Discover what it means to provoke memories, redefine the truth, and curate these moments into a rich memoir.

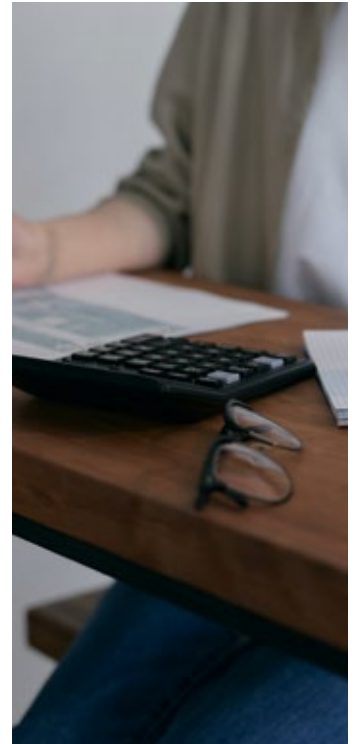


## GOURMET DINNER SERIES: SPRING FLING

FRIDAY, MARCH 25  
6 p.m

*\$95 per person plus taxes &  
gratuity (additional wine  
pairing available for purchase)*

We're rounding the corner into better weather, which means the first of the spring harvests will be ours to indulge in. Join us this March for a beautifully spring themed dinner, designed by Executive Chef Dan Creyke, highlighting the best of early spring crops!



## DISCUSSION GROUP: BASIC INCOME IN BC

TUESDAY, MARCH 29  
7:15 p.m.

*\*WAITLIST ONLY  
Complimentary event with the  
purchase of dinner à la carte  
from the Grill.*

Engage in a riveting discussion on basic income and its implications on social and economic wellness in BC. This discussion group is led by SFU Professor Emeritus Rhys Kesselman, co-author for the BC government report, "Cover All the Basics: Reforms for A More Just Society."



# Liquid ASSETS



## **NICHOL VINEYARDS PINOT GRIS 2020 – OKANAGAN VALLEY, BC (\$40)**

An Okanagan icon, Nichol's version always showcases a pink hue that comes from its mauve skins. The cousin of pinot noir, pinot gris looks more like a red skinned grape than a white! You'll love the peachy aromas and flavours of this dry, frisky pinot gris from the elite Naramata Bench. Try this with a cheese and charcuterie plate, or grilled salmon burger.



## **BLACK HILLS ESTATE WINERY BONA FIDE 2020 – OKANAGAN VALLEY, BC (\$52)**

Merlot, syrah, malbec, and carménère collide in this muscular, bold red blend from Black Hills in the South Okanagan. The Black Sage Bench's powerful sunshine and blast of heat ensures potent fruit, plush tannins, and savoury flair. This is a steak wine par excellence, but complete enough to savour as you unwind after a productive work day. Black Hills' new-ish winemaker is a Master of Wine and has amped up the already high quality at this famed Okanagan estate.



## **DUNN VINEYARDS HOWELL MOUNTAIN CABERNET SAUVIGNON 2016 – NAPA VALLEY, CALIFORNIA (\$385)**

There are few more prestigious names in the Napa Valley than Randy Dunn. His knock-out 2016 mountain-grown cabernet shows tremendous richness, power, and depth. Plush dark fruit, gravel, dried herbs, and spice layer colossal tannins that you expect from Howell Mountain. This is such an impressive wine and deserves a few years in the wine locker or give us a few hours' notice so we can open and let it breathe before your dinner at the Club.



## **MAYACAMAS MERLOT 2015 – NAPA VALLEY, CALIFORNIA (\$155)**

A legendary estate since 1889, this Napa jewel is perched on Mount Veeder in the Mayacamas Mountain chain that separates Napa and Sonoma wine regions. Sold only by allocation, Mayacamas wines are profound, long-lived, and stand shoulder-to-shoulder with the best in the world. From the magnificent 2015 vintage, this plummy, velvety merlot is gorgeously polished from a few years in the bottle and just hitting its stride.

# **Ravishing Rhône!**

Friday, April 1  
6 – 7:30PM

*\$125 per person  
plus taxes & gratuity*

Carpeted in vines since Roman times, the Rhône River wine region is famed for powerful, peppery Syrah, fragrant, lush Viognier and supple, complex Châteauneuf-du-Pape. We have six ultra-premium wines to help decode the magnificent terroir of both the northern and southern vineyards. Côte Rôtie, Hermitage, Condrieu and Châteauneuf-du-Pape are all on the menu, as are delicious regional small bites to pair. Rhône wines are all pricey at this quality level, necessitating a big ticket price – but it'll be worth it.



# MASTERCLASS

## Illuminating Irish Whiskey

Thursday, March 17 | 6 – 7:15 PM

\$95 per person *plus taxes & gratuity*

Let's say 'Sláinte' on St. Paddy's Day and salute all the distinctive beverages that Ireland has given the world. Of course there is Guinness – the champagne of beers – but we will dive into the whiskey scene for this masterclass. After the industry's disastrous 20th Century decline, Irish whiskey is now the world's fastest growing spirit. Join us for a look at the main styles of the elixir of life known as *uisge beatha* from the classic to the newly revived. Ray Yoon, our Assistant Manager of Bars and Beverage, will lead the charge and maybe even mix us a cocktail as well. Bar snacks to pair!



### DUST OFF YOUR HOSTING HAT

## Celebrating at the Club

There's one thing we've all collectively longed for during the pandemic: The opportunity to gather every person we know to celebrate. Lucky for us, that moment has finally come around.

Whether you've been waiting for the chance to throw your lavish dream wedding, or just happen have a backlog of missed birthdays and anniversaries to celebrate, our catering team is ready to help you bring your celebrations to life.

Dates (particularly for the spring and summer) have been filling up with the recent lifting of restrictions, so if you're thinking of planning an event, we recommend reaching out to our Catering team as soon as you're able to.

**Contact:** [catering@tcclub.com](mailto:catering@tcclub.com)

# Have You HEARD?



## TCC 2021 EMPLOYEE OF THE YEAR

TIM SALVACION, CHEF DE PARTIE

Tim Salvacion always comes to work with a can-do attitude. As we all know this Christmas was crazy but coming to work and seeing Tim ready for action has been a delight. Tim has been with TCC for several years and the amount of growth he has shown has been outstanding. Tim is a great asset to the culinary team, not only in the Grill and Pub but now taking lead in hot Banquet meals (can't forget the 'Tiki Tim Night!'). His friendly personality is infectious; he's great at handling any situation thrown at him and keeps a positive attitude. He's an absolute pleasure to work with!



## AN INNOVATIVE APPROACH TO VISUAL ART

UZAIR MERCHANT

Our very own Uzair Merchant is one of the many pioneers reimagining what art can be in the new digital-crypto sphere. With a number of filmmaker awards already under his belt, the launch of his new music video Stardust as an NFT is just another achievement that highlights the innovation of his work.




## NAVIGATING AN IMPRESSIVE CAREER

ALEX SHIFF

Congratulations to Alexander Shiff on his promotion to Associate Principal in the Vancouver office of Navigator Ltd.

Alex has a decade of experience managing complex challenges for leaders in government and the private sector.

Congrats, Alex!



**Do you have news you'd like to share?**  
Celebrating an engagement, marriage, or new addition to your family? Have you accepted an exciting new role? Launching a new book or opening a new restaurant or shop? Know a fellow member who was recently recognized with an award? Reach out to Amanda Jun, Club Relationship Manager, at [ajun@tcclub.com](mailto:ajun@tcclub.com) to share your news.



# Member of the Month

## RHONDA PALMER



Rhonda Palmer grew up in the rural village of Forestburg, Alberta. Dad worked for the power company and mom ran the home. While life in this small community had many charms, opportunities were in the urban centers. Rhonda knew that the road forward travelled primarily in one direction: out of town. "I learned at an early age a simple key to life," she says. "Get your education, a good job, work hard and don't be afraid to take risks."

Rhonda left Forestburg after high school for Edmonton where she enrolled at Grant MacEwan College (now MacEwan University) in the paralegal program. She had a successful career working within private practice law firms and was invited back to MacEwan to teach part time in the program she graduated from. She also received the Alumni of the Year award from MacEwan University for her contributions.

In the late 90s, a colleague in her network pitched the Insurance Industry to her as a stable, growing, and variety filled industry. The opportunity to interact with customers directly piqued her interest and she accepted a position as a claims investigator with ING Western Union (known today as Intact Insurance). Intact is currently the largest insurer in Canada and expanding their global footprint with a recent \$5.2 billion acquisition of RSA Insurance.

"My first job was investigating accidents and injuries," Rhonda recalls. "Having my legal background was greatly beneficial in this industry. I loved the fact-finding and assisting clients as they navigated through their personal or business insurance claim."

In 2000, Rhonda met Stacy Phillips at an Intact Stampede party for insurance brokers in Calgary. Stacy worked in the company's Vancouver office. The couple had a long-distance relationship for a year, then Stacy suggested Rhonda move to Vancouver.

Moving to Vancouver was definitely a risk, however the sense of adventure and love for the outdoors made it an easy move for Rhonda. She has continued her career in Insurance holding various senior roles and is currently the National Specialty Lines Director of Operations and Business Development for Intact.

Rhonda and Stacy married in 2004 and joined Terminal City Club in 2012. "Stacy and I have always shared a love for fitness, so it was the gym that most attracted us to TCC. But since joining, we've come to enjoy so much more with the membership — the dinner and wine programs, the fabulous staff, networking, and friendships." Along with fitness, food, and wine, the couple's other great love is travel.

"Growing up in a one-income family, travel was focused on local trips usually involving camping and fishing. The first time I had the chance to fly was on a trip to Singapore and Malaysia as a member of the MacEwan women's volleyball team. That changed everything. I knew I wanted to see the world." Rhonda and Stacy have seen a lot of the world during their 22 years together. Their most memorable destinations include Machu Picchu and Chile, Thailand, and wine trips throughout Europe — Spain, Portugal, France, Italy, Greece. "We're very fortunate," she says

When they travel, Rhonda and Stacy like to immerse themselves in the community culture. This might include cooking courses, bike and walking tours or other local activities like 10k runs. "One of the great things about being married to Stacy is that he is always up for an adventure. I'll do the planning and research and he's all in."

In 2019, the couple travelled to the Dominican Republic where they helped build a house through a program called Bridges to Community. "We worked eight to 10 hours a day doing whatever manual labour was required. We slept in bunk beds with bug nets and bathed in the nearby river. The local residents cooked our group amazing meals each day, and, eventually, we built a house — a home for a young couple about to have their first child." Volunteering has always been something important to Rhonda as she also spent time in inner city schools through the Big Sisters Big Brothers program as an in-school mentor for elementary children.

Rhonda is in no rush to follow Stacy into early retirement and will continue to work along side him with volunteer activities where possible. "I feel like I have been on a path to improvement and advancement my entire work life. It's exciting to think about all the opportunities and places waiting to be discovered."



SAVE THE DATE:  
**Easter  
Brunch**  
SUNDAY, APRIL 17

# TELUS HEALTH CARE COLUMN

## 6 Lifesaver Skills for Increased Leadership Resilience

Resilience is an important characteristic of effective leadership. Leaders must both cultivate it in themselves and amongst their team members to help overcome pressure and recover from setbacks. Adopting the right mindset and coping strategies can help provide the framework to restore leaders, and teams, to their full potential.

Help improve your leadership resilience by using these six lifesaver strategies.

**1. Build healthy connections:** Resilience thrives on healthy workplace connections. The ability to rely on colleagues for guidance and support is an essential component of coping in times of stress. Be proactive in building your support network—leaders should reach out to peers to network with associates who are experiencing the same challenges.

**2. Maintain a positive mindset:** Resilient leadership involves acknowledging potential sources of stress and how the team may be affected. Maintaining a positive mindset means that we recognize unconstructive feelings in ourselves and others, understand that setbacks happen, and learn to welcome the lessons they yield.

**3. Know your team's resilience factors:** Becoming attuned to the changing attitudes of colleagues can help you to recognize when someone is under a lot of stress. Three protective factors predict whether people will have high resilience—confidence in their abilities, established routines for their work, and social support.

**4. Foster resilience-oriented conversations:** Asking colleagues to share positive experiences, compare challenges and how they dealt with them, and visualizing what personal success looks like to them increases resilience. Leading these conversations can also foster a sense of camaraderie by pairing up peers or having discussions in small group settings.

**5. Be proactive:** Aim to focus on the aspects of the situation that you do have control over and consider how you could proceed without being impulsive or responding out of emotion. Recognizing your strengths and ability to problem solve as a leader is an important aspect of building resilience. Being proactive and assertive rather than reactive and aggressive are key components of developing this skill.

**6. Find learning opportunities:** Each team member's individual strengths contribute to the good of the team, growing group cohesion. Lead discussions on what's working and the processes that need further evaluation. Highlighting what can be learned and improved upon strengthens confidence and reinforces work routines.

Leadership resilience involves clear communication with colleagues about long term strategies and how to cope with challenges along the way.

To learn more, visit [telushealth.com/carecentres](https://telushealth.com/carecentres) or  
email: [tia.young@telus.com](mailto:tia.young@telus.com).







# Focus ON FITNESS

## KID'S SWIM & SQUASH PROGRAMS

Are your kids interested in learning to swim or play squash? Enroll them in one of our kid's programs! Each cycle consists of a multi-week lesson plan designed to give your kids confidence and to move up in their skill levels. If you're interested in joining the remainder of the winter cycle (space permitting, ends March 12, 2022), or want to get a feel for the lessons, visit the Fitness Centre front desk.

### INFORMATION & REGISTRATION

To register for the either program, or to be put on a notification list for the next cycle, visit the Fitness Centre front desk.

### KID'S SWIM PROGRAM

The price for **the six-lesson set is \$165 plus GST**, which will be charged to your TCC account upon confirmation of your child's registration.

**Groups** Maximum of 6 participants and 2 instructors per group

10 a.m. - 10:40 a.m.	(ages 3-5)
10:40 a.m. - 11:20 a.m.	(ages 6-7)
11:30 a.m. - 12:10 p.m.	(ages 8-9)
12:10 p.m. - 12:50p.m.	(overflow group)

*\*Parents – for physical distancing, we are not allowing parents to sit on the pool deck area during swim lessons. Parents may assist their child but will require 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.*

### JUNIOR SQUASH PROGRAM

The price for **the six-lesson set is \$120 plus GST** which will be charged to your TCC account upon confirmation of your child's registration.

<b>Groups</b>	
1 p.m. - 1:45 p.m.	(ages 6-8)
1:45 p.m. - 2:30 p.m.	(ages 9-12)
2:30 p.m. - 3:15 p.m.	(ages 12-15)

#### Junior Private or Partner Squash Lessons

Junior lessons available upon request,  
Mondays - Thursdays.

## HOURS

**WEEKDAYS** 6 a.m. - 10 p.m.

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

## POLICIES

### SAFETY FIRST

As per the PHO order, masks are mandatory in all indoor spaces for people 5 and over. Physical distancing is encouraged whenever possible. Please continue to respect other members' space as their comfort level may differ from yours.

### LOCKER-ROOM

Masks are mandatory unless showering or using the steam room or sauna.

### SWIMMING POOL AREA

Masks must be worn unless entering the swimming pool or hot tub. Full body showers are mandatory before entering the swimming pool.

### 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, between equipment, and between stretch mats. They may only be removed engaged in strenuous exercises on a sectionized/cardio machine or area. **Please continue to sanitize gym equipment before and after use.**

### GUEST POLICY

The Fitness Centre guest fee of \$25 will be waived on weekends for the spouse or common-law partner of a member. Guest fees are also waived for members' children and grandchildren under the age of 19. Members will be limited to six guests per visit. Non-member guests must always be accompanied by a member.



# Focus ON FITNESS

## SQUASH

### COURT BOOKINGS

Squash bookings are available through **sportyhq.com**. New users: Please contact the Fitness Centre front desk for registration.

### RACQUET RE-STRINGING

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.**

### SQUASH SOCIAL

**Thursdays, 4–6 p.m.**

This is a great opportunity for people who enjoy playing socially and want to meet new players. Post-game beer & food at Lions Pub.

### VANCOUVER SQUASH LEAGUE

The Vancouver Squash League (VSL) Winter 2022 session will be running until May followed by playoffs. TCC will be hosting a Division 2 and 6 Team. Contact Barry to register with a team or as a full- or part-time player: [squash@tcclub.com](mailto:squash@tcclub.com) or 604 219 8233.

### SQUASH DRILLS

**Saturdays, 10-11 a.m. | \$25.00**

For intermediate/advanced Vancouver Squash League players. To register, contact Barry for placement prior to 8 p.m., Fridays.

### FREE BEGINNERS CLINIC

**Second Wednesday of each month  
5 - 6 p.m. (starting March 9)**

Learn the basics of squash in a fun environment! Contact the Fitness Centre front desk prior to 8p.m. on Mondays to register.

## SWIM

### ADULT SWIM TIME

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

**WEEKDAYS** 6 a.m. – 9 a.m.

**WEEKENDS** 7 a.m. – 9 a.m.

## TRAIN

If you are interested in scheduling private lessons with any of our wonderful trainers, visit us at the Fitness Centre front desk.

### SQUASH LESSONS WITH BARRY GIFFORD

Are you ready to take your game to the next level? Try a private or partner lesson on Wednesdays, Thursdays, or Saturdays (other days upon request).

### PRIVATE SWIM LESSONS WITH JOHN RYAN

John Ryan has taught beginners, Masters and Triathlete-swimmers to reach their goals over his 18 year swim coaching career. 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!

### MILFIT PERSONAL TRAINING

MilFit personal training focuses on private one-on-one session designed 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 set you up with targeted programs specific to you.



### ON-DEMAND FITNESS CLASSES

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



Can't join the Zoom 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)



# Focus ON 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.

## 45 DAY FITNESS CHALLENGE

It's the halfway point for the 45-Day Fitness Challenge and we've seen lots of enthusiasm and great energy around the Fitness Centre. Congratulations to all 114 participants who are currently powering their way through – keep up the amazing drive, you're almost there!

## 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.						





# Gourmet Dinner Series: SPRING FLING

FRIDAY, MARCH 25 | 6 P.M.

*\$95 plus tax & service charge  
Additional wine pairing available as an add-on*

Join us this March for a beautifully spring themed dinner, designed by Executive Chef Dan Creyke, highlighting the best of early spring crops!

*Register through Member Central or contact [concierge@tcclub.com](mailto:concierge@tcclub.com).*