

# TERMINAL CITY TIMES

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APRIL 2022 • VOL. 29 NO. 4



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

# April

## AT A GLANCE

### APR 1 WINE MASTERCLASS

Ravishing Rhône

### APR 13 TCC SALON

Stress and Your Brain

### APR 15 GOOD FRIDAY

Club Closed

### APR 17 EASTER FAMILY BRUNCH BUFFET

### APR 20 MEMBERS' WINE TASTING

New TCC Wine Launch

### APR 21 MEMBERS' NETWORKING LUNCH

TCC SALON

Languishing

### APR 22 GOURMET DINNER

Greek Cuisine

### LUNCH EXCHANGE

Protests - Effective or a Nuisance?

### APR 26 DISCUSSION GROUP

Topic TBD

## REGISTER FOR EVENTS

online via Member Central  
email [concierge@tcclub.com](mailto: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

 terminalcityclub

 @tcclub

 Terminal City Club

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

# Hours

## MEMBER SERVICES (FRONT DESK)

Monday – Friday	6 a.m. – 8 p.m.
Saturday & Sunday	7 a.m. – 7:30 p.m.

## MEMBERS' LOUNGE

Monday – Friday	8 a.m. – 11 p.m.
Coffee Service	8 a.m. – 9 a.m.
Saturday & Sunday	8 a.m. – 11 p.m.
Coffee Service	8 a.m. – 11:30 a.m.

## LIONS PUB

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

## THE GRILL (IN CUVÉE/1892)

Monday – Friday	11 a.m. – 9 p.m.
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.
All Day Menu	3 p.m. – 9 p.m.

## FITNESS CENTRE

Monday – Friday	6 a.m. – 10 p.m.
Saturday & Sunday	7 a.m. – 8 p.m.



# President's Letter APRIL 2022

## Take our monthly member survey

Feedback helps to make your experience at the Club the best it can be! To complete the survey, scan the QR code below or click [here](#) (digital copy only).



## DEAR FELLOW MEMBERS,

If you were to pass by the Catering office this month, you would hear the phones ringing off the hook! Since the lifting of PHO restrictions, the activity level in all areas of the Club have increased dramatically. If you have plans for an event, I recommend you take early action to book space.

Last month, your Board and senior management held our annual planning day at the Vancouver Lawn Tennis & Badminton Club. We dealt with the short-term, including some property issues, member office space, staff availability, and retention. Then, our facilitator worked with us to consider where the Club could go over the next 30 years, truly a long-term view of our opportunities!

Another important event in my calendar in March was the TCC Staff Party. Vice President Julia Yan and I were honoured to be invited to this special event. I had the opportunity to chat with many members of our team and was struck by a common theme: they love working at the Club because of the relationships they have built with members and colleagues over time. Dozens of our staff have been with the Club for five or more years; some of our top-tenured staff have been here for decades.

The Board is so proud of the work that staff have done through challenging times to continue to offer excellence, providing members a safe haven during the pandemic. Over the past two years, staff and management have coped with layoffs, reduced hours and pay, and ever-changing restrictions, yet they have stayed the course. Winning Club of the Year during a pandemic is an achievement to be proud of. TCC is a recognized leader in the club world; we have found ways to stay open when many clubs were closed.

Now, looking ahead to Easter, the Club will again be offering limited-edition Easter eggs. These are the spectacular creations of our pastry team, and currently up on display at Member Services. Supply is limited so place your orders early.

I am also excited to report that our new Grill/Kitchen will be opening soon, with just some finishing touches to complete. An official announcement regarding a soft launch and official opening are in the works.

Good news, the City of Vancouver is keeping curbside patios for 2022 and beyond. TC Lions Pub is keen to reactivate our patios in the warmer months and staff is working with the City to secure permits and approvals.

We are in a good light as we look forward, with many new bookings on the horizon; the pent-up demand for weddings and other large events gives promise for a better year ahead. Thank you, sincerely, for your dedication and commitment to the Club.

Until next month, take care and enjoy yourselves!

Marian Robson  
President, Terminal City Club

# Stay informed AT THE CLUB

## **vaccine passports** CHANGES TO THE PROVINCIAL HEALTH ORDER

Masks are no longer required in indoor public spaces, however, we ask you to continue to respect other members' space as their comfort level may differ from yours. Please note that proof of vaccination will continue to be required until Friday, April 8. We appreciate your patience, and look forward to seeing the Club back at its full capacity.



## **upcoming club closures**

GOOD FRIDAY

The Club will be closed on Friday, April 15 for Good Friday, however the Lions Pub will be open for regular service. Please also note that **the Grill/1892 will be closed on Sunday, April 17** for our annual Easter Family Brunch Buffet (waitlist only), and will re-open for dinner service.



## **prevent break-ins** PARKADE SAFETY

We want to remind members that break-ins can and do happen in the TCC parkade and throughout Vancouver. Do not leave objects or valuables in view, take them with you.

## **house rules reminder**

### DRESS CODE

Unless otherwise specified, the Club, with the exception of the Fitness Centre, has a minimum dress code of smart casual. Smart casual includes collared shirts, golf shirts, blouses, knee-length shorts, khakis, and solid-coloured denim. T-shirts without large logos or slogans are permitted provided they are worn with a sports jacket. All footwear must be clean and smart. All hats, runners, flip-flops, and torn denim are not permitted.

### DEVICE POLICY

Text messaging and emailing is permitted but all ringtones and notifications must be set to silent. Talking on cellphones in the Club is prohibited except:

- lobby areas
- second floor hallway
- the Business Centre
- private function rooms
- designated phone booth (second floor)

## **in memoriam**

MR. BRUCE A. SMITH



We regret to announce the passing of **Mr. Bruce A. Smith**, member for 38 years. Mr. Smith proudly served as Club President in its first centennial, and will be missed by his friends, family, and fellow members.



# Around THE CLUB



## return of the fresh sheet & upcoming spring/ summer menu

LIONS PUB

Have you stopped by the Lions Pub recently? They've recently reintroduced their Fresh Sheet (just in time for the upcoming patio season!). Swing by the pub to enjoy fresh new culinary creations alongside the suggested beer pairing.

Also, stay tuned for a brand new spring/summer pub menu - coming later this month!

## new daily specials

MEMBERS' LOUNGE



This April, the Members' Lounge will be featuring a different beverage on special - every day! Connect with the team to find out what excellent spirit, beer, or wine is the selection of the day.



COMING  
SOON

## april live music

THURSDAYS, FRIDAYS &  
SATURDAYS IN 1892  
6 - 9 P.M.

Apr 1	Neal Ryan
Apr 2	Carmina Rae
Apr 7	Dave Martone
Apr 8	Neal Ryan
Apr 9	Rob Eller
Apr 14	Adam Thomas
Apr 16	Neal Ryan
Apr 21	Dave Martone
Apr 22	David Capper
Apr 23	Adam Thomas
Apr 28	Paul Filek
Apr 29	Cassandra Maze
Apr 30	Rob Eller



## milfit training

APRIL PROMOTION

An impressive number of you completed the 45-Day Fitness Challenge this year! This annual challenge is a fantastic way to kickstart a routine, and if you're looking to keep the momentum going, consider signing up for MilFit personal training sessions.

Each of MilFit's specialized trainers are ready to help you refine your fitness routines, and keep you on track to meet your goals.



**MilFit has a special April promotion:** Enjoy an extra training session for free, with the purchase of any 10 or 20 session package.

Visit the Fitness Centre front desk to learn more, or visit [milfit.ca](http://milfit.ca) to learn about their trainers.

# April AT THE CLUB



WINE MASTERCLASS

## Ravishing Rhône

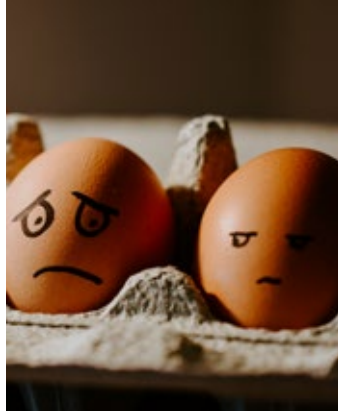
FRIDAY, APRIL 1

6 - 7:30 p.m.

*\$125 + tax and service charge*

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.



TCC SALON

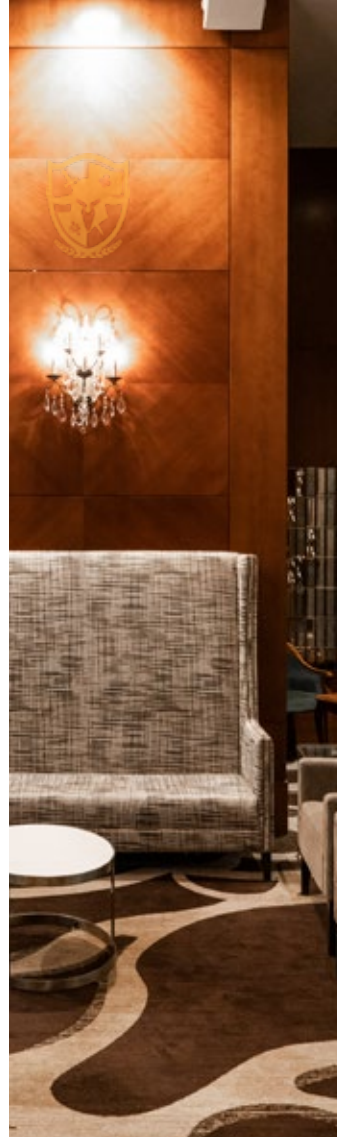
## Stress & Your Brain

WEDNESDAY, APRIL 13

6 – 9 p.m.

*\*Waitlist Only -  
Complimentary event with the  
purchase of dinner à la carte  
from the Grill.*

Stress can reduce positive neuroplastic change in the brain, diminishing our capacity for learning. So what happens in times of unrelenting stress and heightened uncertainty, like the pandemic? This Salon – led by neuroscientist and physical therapist Lara Boyd – will consider how stress affects both our brain and behaviour, and introduce empowerment strategies to improve brain health and counter the effects of stress. Professor Boyd directs the Brain Behaviour Lab at UBC and is an expert on mapping impacts to our brain health. She is known for her TEDx talk with 25 million views, "After this your brain will not be the same."



CLUB CLOSURE

## Good Friday

FRIDAY, APRIL 15

All areas of the Club and Fitness Centre will be closed on Good Friday, however, the Lions Pub will be open. We look forward to welcome you back on Saturday for regular service.



## Easter Family Brunch Buffet

SUNDAY, APRIL 17

10:30 a.m. | 11 a.m. | 12 noon

*\*Waitlist only.*

In keeping with tradition, our Easter Family Brunch will be returning on Sunday, April 17. Bring the whole family in to enjoy a sumptuous brunch buffet with savory and sweet favourites, kids crafts, and photos with the Easter bunny!



# April AT THE CLUB



TCC PRIVATE LABEL

## New Wine Launch & Wine Tasting

WEDNESDAY, APRIL 20

5 – 6:30 p.m.

*\$10 per person + tax & service charge*

Join us at our first Members' Wine Tasting in two years! Sample a suite of special wines and enjoy live music. This social event was a member favourite so we are thrilled to bring it back. Bring a friend or fly solo and enjoy this wonderful opportunity to meet and mingle with other members and guests.



MEMBERS ONLY

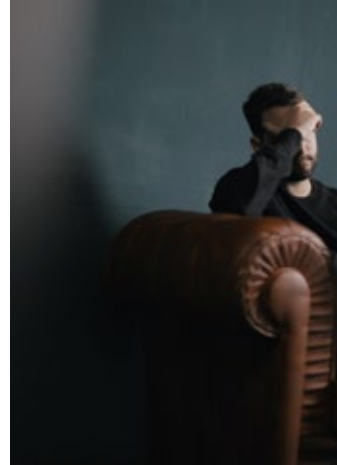
## Networking Lunch

THURSDAY, APRIL 21

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.



TCC SALON

## Languishing

THURSDAY, APRIL 21

6 – 9 p.m.

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

Languishing is a sense of stagnation and emptiness, muddling through your days, looking at life through a foggy windshield. We can't quite make out the road ahead. The future is obscure. Or perhaps the future, as an improved version of the present has gone missing. We are stalled in pause mode. At this Salon, Larry Green, a private practice psychotherapist for more than 50 years, will discuss how we could respond to this challenge. Green has taught at City University of Seattle and Adler University (Vancouver Campus) and moderated philosophers' cafes over the past 20 years.



GOURMET DINNER SERIES

## Greek Cuisine

FRIDAY, APRIL 22

6 p.m.

*\$95 per person + tax & service charge (optional wine pairings available for purchase)*

Join us this month, as Executive Chef Dan Creyke captures the flavours of the Mediterranean basin. Rustic and flavourful, April's Gourmet Dinner is sure to capture the aromatic freshness of Grecian cuisine!

# April AT THE CLUB



## LUNCH EXCHANGE

**Protests: Are they effective or just a nuisance?**

FRIDAY, APRIL 22  
12 noon.

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

Hot off the heels of the pandemic and amidst changing restrictions, this Lunch Exchange will explore how protests affect and shape public perception on movements, and whether they have a positive or negative impact on policy changes.



## DISCUSSION GROUP

**Topic TBA**

TUESDAY, APRIL 26  
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.



## HOST AN INTIMATE DINNER **Bespoke Dining**

Gather your nearest and dearest and enjoy an evening of dining and beverages tailored just to you.

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

## Events Hosted AT THE CLUB



## HEART OF WINE COUNTRY™ **Spring Release Tasting**

TERMINAL CITY CLUB

WEDNESDAY, APRIL 13 | 6:30 – 8:30 P.M.

*\$102.36 per person via EventBrite (QR code below)*

Be one of the first to taste the new releases from over a dozen boutique BC wineries! This reception-style event is a great opportunity to meet principals from many members of the Okanagan Falls | Skaha Lake Winery Association, who will share insider views on the premium wines they'll pour. Wine samples will be paired with tasty bites. Many of the wines are made in small quantities and are hard to find at retail outlets, but guests will be able to order directly from wineries at the event using online links. TCC members can purchase tickets by scanning the following QR code, and save \$10 on every ticket using the code 'VanWineEd22'.





# Liquid ASSETS



## CHÂTEAU LAGRANGE SAINT JULIEN, 2018 — ST. JULIEN, FRANCE

This Third Growth estate dates back to the middle ages when it was a colossal vineyard holding. Over the centuries parcels of vines were sold to prestigious, eager neighbours in the illustrious commune of Saint Julien, so admired was the site. Like most Left Bank wines, Lagrange features 67% cabernet sauvignon softened with 28% merlot and a splash of petit verdot. Saint Julien is the most user-friendly of the powerful Haut Médoc communes, with wines that always manage to be wonderfully accessible even in their youth. 97 points of opulence, refinement, and immediate pleasure.



## WHISPERING ANGEL THE BEACH, 2021— PROVENCE, FRANCE

From the smash hit Provence estate, Chateau d'Esclans, who gave the world Whispering Angel (the "IT" Rosé), comes this perfectly-packaged patio pink named The Beach. A classically styled blend of grenache, syrah, and cinsault, the Beach comes from the lavender-fringed vineyards of Coteau d'Aix en Provence. Aromatically fresh with subtle ripe raspberries and dried herbs, it finishes dry with a salty lick. Patio season is coming, people!



*Invite Only*



## WINEMAKER'S DINNER

### Phantom Creek Estates

THURSDAY, MAY 5 | 6 PM

*\$175 plus taxes & service charge*

Phantom Creek Estates turned heads around the world when a stunning new winery sprung up on BC's most celebrated vineyard land a few years ago. Two legends of wine, Olivier Humbrecht from Alsace and Mark Beringer from California, brought stature, allure, and headlines when they joined the team at Phantom Creek. On May 5, Chief Winemaker Mark Beringer will join us for a sumptuous dinner and share a thrilling range of reds and whites from this unique, historic South Okanagan site. Come and learn why this member of the Napa Beringer dynasty is so enthusiastic about the wines he is making in our province.

# tcc chocolate easter eggs

## CRAFTED IN-HOUSE

Easter is the time to come together with your family and loved ones and enjoy annual traditions. And what feels more like Easter than gathering over painted eggs and a bit of sweet chocolate? Gift one of our beautiful painted chocolate eggs to someone special this Easter or enjoy one for yourself – we won't tell!

### How to Order

Visit Member Services or email [concierge@tcclub.com](mailto:concierge@tcclub.com). Eggs are \$38 plus tax each, limited quantities available.

### Pick Up

Any time after Tuesday, April 8.



## WINE LOCKER CLUB May Wine Collections

Your Club wine pros DJ Kearney and Owen Stuart have curated an exciting collection of bottles from around the globe so that you are never short of an enticing pour for all occasions. Each set offers diversity and value, and will always include an outside-the-box 'discovery' bottle. Naturally these wines are neither mainstream nor widely available, adding cachet to your locker trove. You'll look like a pro and delight all who are lucky enough to sit at your table! This is a quarterly offering, and the next compilation will be available in September 2022.

### SIGN UP

You may choose a mixed selection of white/pink and reds, or a red-only line-up (or how about both?!). There are just 24 of these offerings available, so please email [wine@tcclub.com](mailto:wine@tcclub.com) to secure yours. The cost is \$275 (plus tax and service charge) for each six-bottle collection.

### MIXED COLLECTION

Six wines from Germany, Austria, France, Spain and New Zealand

- dry, layered pinot blanc from steep, slatey slopes in Germany's Mosel Valley
- super natural white blend from one of Austria's fanatical, mad genius winemakers
- silky, mineral-drenched Provençal Rosé from a revered Cru Classé estate
- swanky red blend from the acknowledged superstar of Spain's celebrated Priorat region
- Hawke's Bay in New Zealand makes shockingly good syrah, and this wine proves it!
- lush fruit and crushed rocks collide in a swashbuckling red blend from the foothills of Mt. Ventoux

### RED COLLECTION

Features six wines from Argentina, France, Austria and California

- summer is coming and it's time to get into juicy, peppery, chillable zweigelt
- this concrete-egg fermented pinot noir from Argentina channels Burgundy in spirit
- think Sancerre only makes sauvignon blanc? Not so, there is killer pinot also!
- aristocratic Right Bank Bordeaux blend made by the wine team at Château Haut Brion is both aristocratic and delectable
- this suave Argentine Malbec made the *Wine Spectator* Top 100
- a lithe, micro-production Sonoma gamay from one of California's most exciting estates

# Have You HEARD?



## **BREADY FOR ACTION!**

SOFIA PINZON

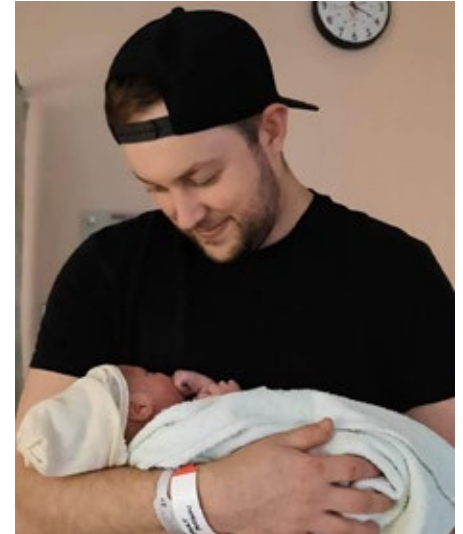
Sofia and her husband Jens Schuster have just launched their line of bread pre-mixes, Breadymix! Proud global citizens with roots in Germany and Colombia (Vancouver is their home base), the story of Breadymix is not only about bread but of their global attitude towards life, culture, trade, and baked goods. They're truly striving to bake the world a "breadier" place and have graciously provided a welcome code to TCC Members for 20% off products on their site: Use **TCC20** at [breadymix.ca](http://breadymix.ca).



## **THE KIDS CLUB GROWS!**

STEVE VOGEL & NICOLE TODD

Welcome to the world, Hunter Maxwell Vogel! We are thrilled to congratulate Steve & Nicole on the newest addition to their family. We're sure Hunter will be a regular at the Club in no time, and eagerly await his membership application to the TCC Kid's Club.



## **WELCOME BABY TROWBRIDGE!**

COLE TROWBRIDGE

Our very own Sous Chef Cole Trowbridge is a dad! We can't wait to meet the newest addition to our TCC extended family, and congratulate him and wish him the best while he spends time with his newly grown family.

## **TCC Private Label WINE LAUNCH & TASTING**

WEDNESDAY, APRIL 20 | 5 - 6:30 P.M.

*\$10 plus tax & service charge per person - registration is mandatory as space is limited.*

Join us at our first Members' Wine Tasting in two years! Sample a suite of special wines and enjoy live music. This social event was a member favourite so we are thrilled to bring it back. Bring a friend or fly solo and enjoy this wonderful opportunity to meet and mingle with other members and guests. Register through Member Central or contact [concierge@tccclub.com](mailto:concierge@tccclub.com).



# truffle trivia

## TRY MARCH'S GOURMET DINNER QUIZ

Answers on page 8.

### 1. Circle the animals used to locate truffles

- a) female pig    b) fly
- c) male pig    d) dog

### 2. How many species of truffle are there?

- a) 65    b) 140
- c) 100    d) 39

### 3. How do truffles reproduce?

- a) spores (wind)
- b) spores (ingested by animals)
- c) asexually by fragmentation
- d) underground route systems

### 4. Roughly how many tonnes of truffles are consumed annually?

- a) 12.7 million    b) 26.8 million
- c) 2.1 million    d) 51.4 million

### 5. The largest truffle on record was found in Italy in 2014 - what did it weigh?

- a) 5.18 lbs    b) 5.23 lbs
- c) 4.24 lbs    d) 4.16 lbs

### 6. In 2007, a 3.3 lb white truffle was auctioned to casino mogul, Stanley Ho. How much did it sell for?

- a) \$150k    b) \$277k
- c) \$330k    d) \$525k

### 7. Ideally, how soon should truffles be consumed after unearthing?

- a) 1-5 days    b) 1 month
- c) 1-2 weeks    d) 6 months

### 8. Some humans are genetically predisposed to dislike truffles = true or false?

- a) true    b) false

# TELUS HEALTH CARE COLUMN

## The Power of Food for Your Brain

*By Meghan Wilton, Registered Dietitian at TELUS Health Care Centres*

### EATING FOR OUR BRAIN

Our brain has a big appetite and consumes some of our daily calories, however only certain foods can help improve our cognitive performance and decrease our risk of memory decline. Ensuring that we provide the body with abundant antioxidants can maintain the balance and decrease the risk of oxidation in the brain, which leads to inflammation.

### FUELING YOUR BRAIN STEP-BY-STEP

#### STEP 1: CLEANUP YOUR DIET

Remove foods that are contributing to inflammation (thereby impacting cognitive function). This includes refined and processed foods – packaged foods, fast foods, baked goods, white flours, sugar, sugary beverages and foods rich in saturated and/or trans fats. These types of foods provide little benefit to the health of the body and can impair blood sugars and increase inflammation.

#### STEP 2: HYDRATE

The brain requires an adequate amount of hydration in order to function optimally. When the brain cells do not receive sufficient hydration, they cannot function efficiently, which can lead to difficulty keeping our attention, impaired short-term memory and impaired recall of long-term memory.

#### STEP 3: ADD WHOLE FOODS

- Eat lots of vegetables and fruit - Some dark vegetables or vibrant fruits. For example, kale, broccoli and berries.
- Change the way you think about meat. Have smaller amounts – small strips of sirloin in a vegetable stir fry.
- Enjoy some dairy products. Eat Greek or plain yogurt, and try smaller amounts of cheese.
- Eat fish/seafood twice a week. Fish such as herring, salmon, trout, mackerel and sardines are rich in omega-3 fatty acids, and shellfish including mussels, oysters, and clams have similar benefits for brain and heart health.
- Cook a vegetarian meal one night a week. Build meals around legumes, whole grains and vegetables. Heighten the flavour with herbs and spices.
- Use good fats. Include sources of healthy fats in daily meals, especially extra-virgin olive oil, nuts/seeds, fish, olives, and avocados.
- Switch to whole grains. Try bulgur, barley, farro and brown, black or red rice, and favour products made with whole grain flour.
- For dessert, eat fresh fruit. From fresh figs and oranges to pomegranates, grapes and apples.

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

## HOURS

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

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

## CLOSURES

**APRIL 15** Good Friday

## POLICIES

### SWIMMING POOL AREA

Full body showers are mandatory before entering the swimming pool.

### EXERCISE ROOM

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.

## JUNIOR SWIM & SQUASH PROGRAMS

Are your kids interested in learning to swim or playing squash? Enroll them in one of our junior programs! Each cycle consists of a multi-week lesson plan designed to give your kids confidence and to advance their skill. **Registration is currently open for our Spring Sessions (April 2 – June 25).** Visit the Fitness Centre front desk for details or to sign up.

### 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. - 12:50 p.m.	(overflow group)

### 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.

#### Groups

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.

*\*Parents: Observing lessons is permitted within designated areas; poolside spectators during lessons are not permitted. Please continue to respect other members' space as their comfort level may differ from yours.*

## 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.

# Focus ON FITNESS

## SWIM

### ADULT SWIM TIME

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

**WEEKDAYS** 6 – 9 a.m.

**WEEKENDS** 7 – 9 a.m.

## SQUASH

### COURT BOOKINGS

Squash bookings are available through **sporthyq.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 beverages and food always follows at Lions Pub.

### SQUASH DRILLS

**Saturdays, 10–11 a.m. | \$25**

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**

**April 13, 5–6 p.m.**

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

## TRAIN

If you are interested in scheduling private lessons with any of our experienced 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 20+ years coaching. 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. **See the April promotion on page 3!**

### JUNIOR PROGRAMS

We regularly offer junior group lessons for kids aged 3+ (swim) and 6-15 (squash). See page 11 for details on our current Spring training cycle.

# 45 DAY FITNESS CHALLENGE

We want to thank and praise the excellent work of everyone who participated in this year's 45-Day Fitness Challenge, and a BIG congratulations to the following members that successfully completed!

## PERFECT ATTENDANCE

Moojan Azizi, Dave Bowman, Dan Enjo, Ian Fisher, Heather Leitch, Charles Malette, Cindy Pong, Susan Wu, Alice You

## FINISHERS

Renata Aebi, Andreas Avila, Ron Cancilla, Joyce Chan, Tung Chan, Grant Charles, Mark Costo, Oliver Costo, Nikita Crook, Stephen Culley, Brian Duong, Ian Factor, David Fenn, Charles Gauthier, Jonathan Gilhen, Anmol Gupta, Joel Hansen, Nathan Hesketh, Peter Jackman, Calvin Kam, Joanna Kan, Paul Kainth, Kris Karra, D.H. Kim, Andrzej Kuras, Halina Kuras, Dave Kushnier, Debra Laishley, Fiona Langdon, Kirk Lapointe, Jeremy Law, Edith Lo, Frank Lo, Kate McCabe, Suzette McFaul, Andrew McGlenn, Jeff Moore, Kim Nguyen, Lisa, O'Hara, Charlie O'Sullivan, Rhonda Palmer, Steve Parker, Stacy Phillips, Dennis Pong, Joan Posivy, Sukh Purewall, Mark Rahal, Nittin Reebye, Prathiba Reebye, Ramesh Sahjpaul, Shirley Schwab, Cynthia Shore, Paul Simmons, Aleksander Stojicevic, Maryanne Stuart, Jane Talbot, Rob Wahl, Rob Wilkins, Joseph Wong, Wanda Woods.

**GREAT WORK!** We'll see you all again at the next challenge!



# 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, 9 – 10 a.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, 9 – 10 a.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, 9 – 10 a.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, 9 – 10 a.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 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)

## 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.		CARDIO & CORE WITH LEILA	CARDIO & CORE WITH LEILA	SCULPT & STRETCH WITH LEILA	PURE CORE WITH LEILA	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					
12:15 p.m.						
12:30 p.m.						



# Mother's Day

## BRUNCH BUFFET

SUNDAY, MAY 8

10:30 | 11 | 12 noon

*Adults: \$95 plus tax & service charge per person*

*Children (4-12): \$40 plus tax & service charge per child*

Join us on Mother's Day for a spectacular brunch buffet featuring dozens of decadent items ranging from traditional eggs benedict, fresh seafood, fresh salads, fruits and pastries to a never-ending dessert buffet. Document the day with a family photo at the photobooth!

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