

TERMINAL CITY TIMES

JUNE 2022 • VOL. 29 NO. 6



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

June

AT A GLANCE

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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

 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 JUNE 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,

It's finally starting to feel like the Club has returned to business-as-usual. We've seen many of our longstanding organizations and meeting groups returning, and consistent bookings for large-scale weddings and special events. The Lions Pub continues to see an uptick in its business levels with the steady stream of cruise ships and conferences at the Convention Centre. Also, our Curbside patio is now open!

As you can image, the Catering department has been increasingly busy over the past few months and are showing no signs of slowing down. If you are planning for events this Summer, I would encourage you to connect with catering@tcclub.com.

One of the effects of the pandemic on the hospitality industry is the difficulty in retaining staff and finding new qualified replacements. We must face the prospect that these challenges may be with us for the coming years. That is why the Board and management have made it a priority to do all we can to retain employees, while recruiting high-quality replacements for those who leave us. If you know of people in your network who may be job searching, I would encourage you to refer them to tcclub.com/careers.

We hope you've used the past few months to connect with your networks and catch up with familiar faces at the Club. Last month our Members Wine Tastings both sold out and had wonderful energy. We can look forward to more mingling when we host our Summer Social on June 28th. The Club will be celebrating all the dads out there for our Father's Day dinner on Sunday, June 19th. We hope some of you can join us for this special evening. Be sure to RSVP early to reserve your spot.

For a full list of upcoming events please see our summer events calendar on page 7.

The official 'grand opening' of the Grill is in the works. More details will follow this month. We're thrilled with the finished product and are excited to fully utilize this beautiful space. This is certainly an excellent update to our Club. Like many projects, we experienced delays on deliverables of some kitchen equipment. Our culinary team is familiarizing themselves with the space and new equipment. Rest assured we'll be fully operational all summer and personally looking forward to seeing you on the patio.

As always, your feedback from our monthly surveys is always welcome. Be sure to fill out June's survey. Fingers crossed for more consistent sunshine for the months ahead.

Best wishes,

Marian Robson
President, Terminal City Club

Stay informed AT THE CLUB

upcoming club & outlet closures

SATURDAY, JUNE 4

Club closed for Zajac Nights. The Fitness Centre will be open from 7 am - 5 pm (reduced hours), and the Lions Pub will be open for regular operation (11 am - 11 pm).

SUNDAY, JUNE 5 &
MONDAY, JUNE 6

Dining service from The Grill will be unavailable on these days. A limited menu, courtesy of the Lion's Pub, will be available from 11:30am - 7:30pm in Cuvée & 1892.

welcome to our newest members!

We are excited to extend a very warm welcome to our Club and community to the following individuals:

Jahan Assadi
Ron Barlas
Broek Bosma
AJ Dealwis
Lisa Dunne
So Funada
Lana Jung
Edward Lowe
Sharon Lowe
Gregory Moy
Tetyana Postonogova
Marie Venneri

new affiliate clubs

REAL CÍRCULO DE LA AMISTAD
Córdoba, Spain

Real Círculo de la Amistad is an absolutely stunning club with beautiful architecture and a brilliant art collection. With a rich history dating back to 1854, this club is well worth the visit next time you're in Spain!

circuloamistad.com

THE PENCIL CLUB
Uhmlanga, South Africa

Our newest partner club is the Pencil Club, located in Uhmlanga, South Africa. Developed with classic salon/coffee-house culture in mind, this club is a space for creative discussion, debate, and leisure. Be sure to enjoy their beautiful outdoor pool!

thepencilclub.com

Did you know that membership at TCC provides you access to an array of Clubs across the globe? For a full list of reciprocal clubs, visit our website:

tclub.com/affiliate-clubs



Real Circulo Central Courtyard



The Pencil Club's Rosewood Lounge

Around THE CLUB



*sold
out*

**SEE YOU
NEXT TIME**

**VISIT MEMBER SERVICES
IF YOU WOULD LIKE
TO BE CONSIDERED.**

two new summer happy hours!

With the sunshine months just around the corner, happy hour is an absolute must! We have two fantastic new happy hours for the summer for you to enjoy: one to get you through the day, and the other to perfectly wrap it up:

APERTIVO HOUR 12-4 PM

- Aperol Spritz
- Enzoni
- Gin Basil Smash
- Sangria
- Honey Hops (by Sebastian)

~ \$10 each

LATE NIGHT SIPPERS 7 PM - CLOSE (MEMBER'S LOUNGE)

- Fireside Affair (by Caroline)
- Brandy Alexander
- Frangelico Zesty

~ \$10 each



june live music schedule

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

JUNE 2 - Neal Ryan
JUNE 3 - Olaf de Shield
JUNE 9 - Rob Eller
JUNE 10 - Tracy Kofoed
JUNE 16 - David Capper
JUNE 17 - Tess Anderson
JUNE 18 - Tracy Kofoed
JUNE 23 - Nikolaj
JUNE 24 - Olaf de Shield
JUNE 25 - Scotty Hills
JUNE 30 - Dave Martone

June AT THE CLUB



TCC SALON
Plant Medicine
TUESDAY, JUNE 7
6 – 9 p.m.

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

Older adults suffer disproportionately from chronic pain and its attendant ailments - anxiety, depression and insomnia. As we continue to research and work on improving quality of life for the aging, one area of research has stood out: the psychedelic space. Psychedelics have demonstrated their potential to radically shift perspective and mood, and as such can be a therapy well worth considering.

Join Dr. S. Kim (Assistant Professor of Psychology at UBC) and Lana Rados (a holistic psychotherapist with nearly 40 years of experience) to discuss!



TCC SALON
**A Vision for
Gastown &
Chinatown**
WEDNESDAY, JUNE 8
6 – 9 p.m.

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

Exciting things are happening in the periphery of DTES. The redevelopment of Blood Alley is nearing completion. Its cobblestone lanes, century-old brick buildings are unique in the city. Across the street, the old Army and Navy is in redevelopment by Bosa, and in Chinatown, a mind-boggling \$4 billion investment (the new St Paul's hospital, Northeast False Creek) is in the works. These all add up to a vibrant mix of new public spaces, entertainment districts.

Michael Green, the architect of the Bosa project and Scott Hawthorn of Gastown will lead a discussion about DTES, gentrification, heritage and the much talked-about demise of Chinatown.



MASTERCLASS
**Scotch Masterclass
with Spirit Specialist
Joel Virginillo**
THURSDAY, JUNE 9
6 – 8 p.m.

\$95 + tax and service charge

"Whisky is liquid sunshine", proclaimed George Bernard Shaw. Join us for a special June Masterclass including five thrilling drams of liquid sunshine, led by the supremely entertaining and knowledgeable whisky pro, Joel Virginillo. We will start with a custom cocktail, then sip classics from BenRiach, Glenglassaugh and GlenDronach distilleries, with delectable bites to pair. Book early for this satisfying taste of Speyside and Highland to ensure your seat, and a special take-home treat!



**Supporting
Neighbourhoods in
Need with Special
Live Music Guest
Two Point OH**
SATURDAY, JUNE 11
7 – 10 p.m.

On June 11, the club will be hosting local Salt Spring Island band Two Point OH for a night of live music as part of a fundraising initiative by the club. Donations from this event will be managed through the Terminal City Club Foundation and go towards supporting neighbourhoods in need. To reserve a table, contact Member Services.

June AT THE CLUB



DISCUSSION

Healthspan: Optimal Aging & Longevity

TUESDAY, JUNE 14

5:30-6:30 p.m.

Complimentary event

We are living in a time of exponential knowledge growth and many of our concepts of health and aging are due for disruption. Bolstered by technology, our knowledge of genetics and gene expression and understanding of our biologic systems are greater than ever. The goal is to delay the onset of chronic disease (lifespan) while improving quality of life (health span) by harnessing this knowledge.

Join Dr. Lawrence Cheng and Dr. Ashley Riskin to review some of the latest advances in longevity science, and strategies for healthy aging. Dr. Cheng and Dr. Riskin are the co-founders/directors of Connect Health Centre of Optimal Health & Longevity.



MEMBERS ONLY

Networking Lunch

THURSDAY, JUNE 16

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.



FOR THE FAMILY

Father's Day Dinner Buffet: Havana Nights

SUNDAY, JUNE 19

6 p.m. – 9:30 p.m.

\$85 Adults | \$35* Kids (4-12)
plus taxes and service charge

Celebrate dad as a family at our Father's Day Family Dinner Buffet. The theme is Havana Nights so break out the straw fedoras and button-up sun shirts!



VANCOUVER SUN

Conversations That Matter: Is Affordable Housing an Oxymoron?

TUESDAY, JUNE 21

5 p.m.

\$185 per person + tax & service charge

The first in a series of discussions on topics that dissect the cultural and political zeitgeist. Each session will be led by featured guests, and are sure to be thought-provoking conversations.

June AT THE CLUB



SUMMER SERIES

Summer Social

TUESDAY, JUNE 28

5:15 – 6:30 p.m.

\$20 + tax and service charge

Slide into summer at our highly anticipated members' social! Hang out on the patio and enjoy live music, beverages, plus a sample of what you can expect to see on our sensational lunch and dinner menus.



TCC SALON

The Tao of Travel

THURSDAY, JUNE 30

6 – 9 p.m.

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

The ancient spiritual practice of 'deep journeying' subtly rearranges one's attitudes. Travel can also speak to a love of the sacred—meeting precious teachers, or ecologies freighted with numinal power. An all-informing experience, it's the ideal antidote to times when life, or our regular practice turns stale or in need of refreshment. The Tao of travel can bring us closer to our true home.

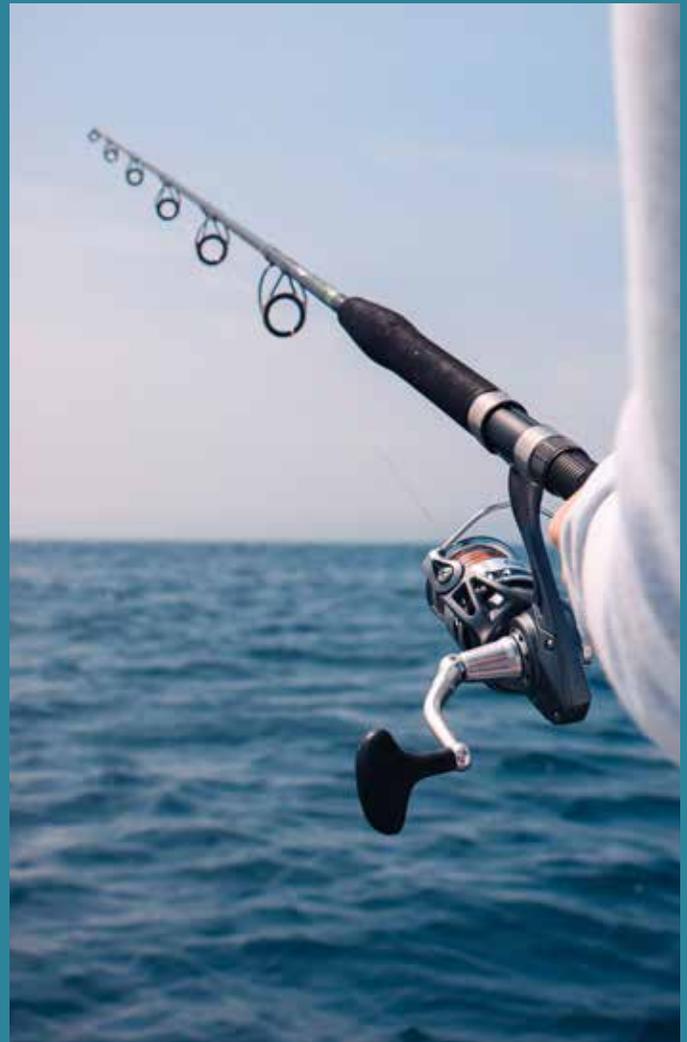
Trevor Carolan is a novelist, engaged Buddhist, and holds a Ph.D. from Bond University, Queensland. He currently teaches Creative Writing at the University of the Fraser Valley.

FOR OUR MEMBERS

Salmon Fishing Trip

SATURDAY, JULY 23 | 7 a.m. – 12 noon

(boat leaves from Granville Island)



\$260 + tax and service charge

Spend the morning on the water angling for salmon in a few hot spots throughout the Georgia Strait and Gulf Islands! Soak a couple of cedar planks for the barbecue before heading out as you'll get to take home your catch.

A vibrant, close-up photograph of a swimming pool. The water is a clear, bright blue. In the foreground, several large, colorful inflatable toys are visible: a yellow one with a grid pattern, a green star-shaped one, and a pink one with colorful sprinkles. The background shows more of the pool and a hint of a red inflatable ring.

SUMMER at the club

JULY/AUGUST CALENDER

july

FRIDAY, JULY 1

Canada Day
(Club closed - Pub Open)

SATURDAY, JULY 2

Summer Music Series

THURSDAY, JULY 7

Dinner Buffet

FRIDAY, JULY 8

Hot Nights, Cool Beats
Club Cuvée

SATURDAY, JULY 9

Summer Music Series

TUESDAY, JULY 12

Pop-Up: Tiki Night

THURSDAY, JULY 14

Dinner Buffet
Summer Music Series

FRIDAY, JULY 15

Hot Nights, Cool Beats

SATURDAY, JULY 16

Summer Music Series

WEDNESDAY, JULY 20

Members' Wine Tasting

THURSDAY, JULY 21

Members' Networking Lunch
Dinner Buffet
Summer Music Series

FRIDAY, JULY 22

Hot Nights, Cool Beats

SATURDAY, JULY 23

Summer Music Series
TCC Fishing Trip

TUESDAY, JULY 26

Dog Days of Summer - Family Edition
Discussion Group

WEDNESDAY, JULY 27

Lunch Buffet

THURSDAY, JULY 28

Summer Music Series
Dinner Buffet

FRIDAY, JULY 29

Hot Nights, Cool Beats

SATURDAY, JULY 30

Summer Music Series

august

MONDAY, AUGUST 1

August Long (Pub and Club closed)

THURSDAY, AUGUST 4

Summer Music Series
Dinner Buffet

FRIDAY, AUGUST 5

Hot Nights, Cool Beats
Club Cuvée

SATURDAY, AUGUST 6

Summer Music Series

TUESDAY, AUGUST 9

Pop-Up: Fiesta Night

THURSDAY, AUGUST 11

Dinner Buffet
Summer Music Series

FRIDAY, AUGUST 12

Hot Nights, Cool Beats
Wine Masterclass

SATURDAY, AUGUST 13

Summer Music Series

WEDNESDAY, AUGUST 17

Members' Wine Tasting

THURSDAY, AUGUST 18

Members' Networking Lunch
Dinner Buffet
Summer Music Series

FRIDAY, AUGUST 19

Hot Nights, Cool Beats

SATURDAY, AUGUST 20

Pool Party & BBQ
Summer Music Series

TUESDAY, AUGUST 23

Dog Days of Summer - Family Edition
Discussion Group

WEDNESDAY, AUGUST 24

Lunch Buffet - Terrace Patio

THURSDAY, AUGUST 25

Summer Music Series
Dinner Buffet

FRIDAY, AUGUST 26

Hot Nights, Cool Beats

SATURDAY, AUGUST 27

Summer Music Series

TUESDAY, AUGUST 30

Discussion Group

Member Referral Offer

REFER TO WIN A BESPOKE DINING EXPERIENCE FOR EIGHT

Members will receive one entry for each new, successfully balloted Resident or Corporate member that joins the Club by September 8, 2022. All referrals must be made in writing prior to the submission of the application. The winner will work with our amazing Bespoke Dining team, that includes Executive Chef Dan Creyke and Wine Director DJ Kearney, to decide on a custom cocktail, dinner menu and wine pairings for an unforgettable evening.

For each new, successfully balloted Resident or Corporate applications, members will also receive a \$250 credit on their TCC account.

For more information or to make a referral:

Call 604-488-8647
Text 604-200-2279
Email joinus@tcclub.com

CURRENT MEMBERSHIP RATES

RESIDENT 35 & OVER

Subscription	4,500—
Monthly	304 ^{.20}
Quarterly Minimum Food Spend	230—

RESIDENT 34 & under

Subscription	2,800—
Monthly	219 ^{.45}
Quarterly Minimum Food Spend	230—

CORPORATE

Subscription	4,500—
Monthly	304 ^{.20}
Quarterly Minimum Food Spend	230—

SPOUSAL

Subscription	950—
Annual	621—
Quarterly Minimum Food Spend	Nil

Liquid ASSETS



DOMAINE DES SÉNÉCHAUX CHÂTEAUNEUF-DU-PAPE BLANC 2020 – SOUTHERN RHÔNE VALLEY, FRANCE \$82

The whites of Châteauneuf-du-Pape represent a tiny sliver of wine made in this important Southern Rhône Valley appellation. Like the reds that comprise 95+% of the bottles made here, whites are typically blends of aromatic, full-bodied grapes. The illustrious house of J-M Cazes (owners of Ch. Lynch-Bages in Bordeaux) own the wonderful Domaine des Sénéchaux. This lush wine mingles aromatic, waxy roussanne (33% of the blend) with the vivacity of 29% clairette, the oily weight of 29% grenache blanc, and a pinch of smoky bourbelenc. The result is a deeply fruity/sappy/stony wine that drips with flavour and minerality. It will age for a decade or be a fascinating pair with cheese, white meat or a charcuterie platter.



THE PALM BY WHISPERING ANGEL 2020 – CÔTEAUX D'AIX-EN-PROVENCE, FRANCE \$50

The iconic estate that gave us the 'it' rosé of the last decade called Whispering Angel, has made this little sister wine, called The Palm. Made by the same brilliant team with the same care and same classic rosé grapes grenache, cinsault and syrah from the best vineyards in the appellation Côteaux d'Aix-en-Provence. You'll note fruity and floral aromas, a glossy palate where red berries, botanical herbs, and brisk acidity offer huge refreshment. A saltlick finish deliciously paves the way for food like calamari, pork belly or garlicky Caesar salad. Also pairs well with sunshine and fresh air!



PHANTOM CREEK ESTATES LIMITED EDITION CO-FERMENTED PETIT VERDOT MERLOT 2018 – OKANAGAN VALLEY, BC \$92

Last month Mark Beringer, Phantom Creek's Director of Winemaking joined us for a magical winemaker dinner from this stellar south Okanagan estate. We have a few bottles of handsome wine remaining, like this co-fermented blend of petit verdot and merlot. The petit verdot from the iconic Phantom Creek vineyard provides floral notes and silky tannins while the malbec from Kobau vineyard adds mineral notes and structure. Intense aromas of dark fruits like blackberry along side herbaceous notes of sage, tomato leaf and earthy forest floor. Opulent, rich and layered, it's steak frites or roast beef wine *par excellence*.

Member of the Month

KIRK LAPOINTE



In the history of Canadian journalism, Kirk LaPointe has had one of the most remarkable careers. Consider the highlights: Editor of Southam News, Editor-in-Chief and Associate Publisher of The Hamilton Spectator, founding Executive Editor of the National Post, Senior Vice-President CTV News, Ombudsman of the CBC, Advisor to the Publisher of The Toronto Star, Managing Editor of The Vancouver Sun.

Those are just some of the executive titles he has held during his years in media. He has also been a writer, reporter, columnist, radio host, TV celebrity, and adjunct professor of journalism. And lest anyone think Mr. LaPointe's resume is confined exclusively to the Fourth Estate, he narrowly lost a run for mayor of Vancouver in 2014 to incumbent Gregor Robertson.

These days, Kirk is publisher, editor and columnist for the city's eminent business publication, *Business in Vancouver*, and Vice-President, Editorial, for Glacier Media, the largest media chain in western Canada. "I've had much good fortune in life," he says. "When I look back on my career, I'm not oblivious to the advantages I have had." When he was appointed to run Canada's largest news operation as Senior Vice-President CTV News, he prioritized the hiring of Muslim, Indigenous, Asian, and Black reporters. "I wanted the reporters out in the field to properly reflect our audience."

Kirk was also prescient in his understanding the media landscape was changing, and that to survive and to thrive, the business of legacy news reporting needed to converge with the business of the internet. "My advice to anyone interested in a career in journalism today is 'don't hesitate.' It's easy to say journalism is falling apart, but the truth is there are more news outlets today than

ever. You might have to define your job a little more differently than I had to, you will have to be more entrepreneurial, but it remains a viable and rewarding career."

Given Kirk's stellar resume, a memoir would seem a probable next step, but he dismisses the notion and laughingly suggests he'd end up in the RCMP new-identities program. "I've seen too many things." The book he does plan to write will be on old-timers' hockey. Kirk's calling card — *Have Goalie Pads, Will Travel* — has, for years, made him a popular fixture in Beer Leagues throughout the city.

"I have something to say about old-timers' hockey, about the people I have played with from all walks of life. I've heard so many amazing life stories from guys who worked as pipefitters or teachers or lawyers." Aside from hockey, Kirk's other athletic passion is running — something he has done for 40 years. He's completed nine marathons, one 24-hour run, and is regularly seen in the TCC gym putting a treadmill through its paces.

"I became a member in 2018. I was developing a business network and I knew the TCC would acquaint me with many of the key players in the city. Plus, there's this great gym and the food is fantastic. What you get at the TCC for what you pay for makes it a terrific economic deal."

Kirk moved recently to West Vancouver with his "brilliant academic spouse" Mary Lynn Young, a professor of journalism at UBC's highly regarded School of Journalism. "I love Vancouver and want to stay involved. I know I have something to contribute toward the betterment of the city and running BIV I feel I get that opportunity every day."

Kirk has two children by a previous marriage who have achieved tremendous success in their respective careers. His daughter Vanessa is an accomplished biomedical engineer working in the Netherlands, where she is helping to direct an international consortium on regenerative medicine. His son Michael lives in Toronto and is a writer of considerable renown. His work appears regularly in such august publications as the *Times Literary Supplement* and *The New Yorker*.

"They're great kids. As their father, I am so happy they have both found things they are passionate about and talented at."

Have You HEARD?



POCKETED WINS ODLUM BROWN FORUM PITCH FINALE

BRIANNA BLANEY

We want to congratulate Brianna Blaney and the Pocketed team on their amazing win! Pocketed has been doing excellent work connecting small businesses with grants on their platform, and this is a much deserved award.



EXECUTIVE CHEF DAN CREYKE PROFILED IN *THE FORUM* MAGAZINE

DAN CREYKE

Terminal City Club's very own Dan Creyke was recently featured in the spring/summer edition of The Forum. Each issue highlights the best of the Club world, and it's an absolute honour to have such a key part of the TCC team spotlighted. Learn more about Chef Creyke's journey by scanning the QR code, or by following [this link](#) (digital copy only).



— *Do you have news to share?*

Contact Amanda Jun, Club Relationship Manager, at ajun@tcclub.com.

CATERING **Summer Promotion**

If you've been thinking about hosting an event, now's the time! Contact our Catering team and reference this newsletter to receive one of the following with your next booking:

- a complimentary screen & projector (\$275 value) or
- 2 dozen TCC house made cookies (\$76 value)

*Please note, the event must occur by June 30, 2022. Offer limit one promotion per client, when booking a catering breakfast, lunch, or dinner.

Contact: catering@tcclub.com.



TELUS HEALTH CARE COLUMN

Managing Social Anxiety

The pandemic has changed how we socialize. For some, more time at home was welcome relief from social situations. But even those who once described themselves as extroverts may be experiencing some apprehension at socializing regularly again.

WHAT IS SOCIAL ANXIETY?

"Social anxiety is a persistent fear of negative judgment from others," says Natalie Franz, a registered psychologist at TELUS Health Care Centres in Vancouver. "Social situations become anxiety inducing because you feel as though people may find you lacking in some way." Franz says this fear can be strong, and ultimately leads to avoiding social situations altogether. It becomes a clinical problem when it actively impacts a person's life - for example, feeling too scared to go to work or school, eating in front of others, or using public washrooms.

HOW TO MANAGE SOCIAL ANXIETY

Franz says that it's important to evaluate and even challenge your own thoughts if you are feeling nervous about a social situation. "Just because you are having a negative thought, doesn't mean the situation is objectively negative," says Franz. "Ask yourself if there is actual evidence for the thought you're having. For example, 'where is the evidence that everyone at the party didn't like me?'"

Before going to an event, imagine being there, asking questions of others, having conversations. Franz says it's important to ask yourself in advance how you anticipate feeling, and what is your optimal way of handling those feelings.

If you find yourself feeling anxious while at a social gathering, there are things you can do:

- Take deep calming breaths. This helps relax the body and sends a message to the brain that everything is okay.
- Be in the moment and focus on your senses. What can you see, smell, feel? This can help you feel more grounded.

Starting off small and socializing with just one or two other people can also be a good way to transition into more regular social interactions with larger groups. Finding the right 'next step' and practicing it until it becomes routine may help.

MENTAL HEALTH SERVICES ARE AVAILABLE FROM TELUS HEALTH CARE CENTRES

Natalie Franz is one of many dedicated mental health professionals working on the TELUS Health team for the TELUS Health Care Centres, where psychology and counseling services are available both in-person and virtually in British Columbia and Alberta.



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





Focus ON FITNESS

HOURS

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

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

CLOSURES

JUNE 4 Closing at 5 p.m.

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

Junior group and private lessons are available for kids aged 3+ (swim) and 6-15 (squash). Our spring group swim/squash cycle is currently in-progress, but if you are interested in learning more or in enrollment for the next cycle, please visit the Fitness Centre front desk.

JUNIOR SQUASH LESSONS

July 9 - August 20 (6 lessons - no lessons on July 30) | \$120 plus gst

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 LESSONS

Private lessons are available upon request. Please contact the following trainers via the Fitness Centre Front Desk.

SWIM

John Ryan

SQUASH

Barry Gifford

SQUASH LEAGUE UPDATES

The TCC Vancouver Squash League Teams have just completed the regular season! Congratulations to our Division 2 Team, for coming in 1st and our Division 5 Team coming in 4th in their Divisions. Our Division 2 team has successfully made it to the playoff finals and will be competing on Monday, June 6. Stay tuned for details!

National Squash Championships

2022 Oxford Properties National Squash Championships will make HISTORY with the first ever outdoor squash tournament in Canada. The main venue will take place on the All Glass Court at the Jack Poole Plaza. There will be 375 competitors taking to the courts in the largest Nationals since 2000 from June 1st to 5th.

Be sure to come out and support the Club's teams! See the Squash BC website for more details, or contact Barry.

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 beverages and food always follows at Lions Pub.

SQUASH DRILLS

Saturdays, 11 a.m. - 12 noon | \$25

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

FREE BEGINNERS CLINIC

Wednesday, June 8, 5–6 p.m.

Second Wednesday of each month

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

SQUASH BOX LEAGUE

TCC will have a Box Ladder in June following VSL and the Nationals! Register at the Front Service Desk in the Fitness Centre.

JUNIOR SQUASH LESSONS WITH BARRY

Junior lessons available upon request, Mondays - Thursdays.

TRAIN

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.

A MESSAGE FROM MILWINA

To all personal training clients: We love and enjoy being a part of your wellness journey and we are proud of all your hard work and dedication towards your health and fitness goals. If you would like to share your terrific training experience please submit a testimonial (minimum of 50 words) about your favourite trainer to **milwina@milfit.ca** by June 30 and receive 1 free 60 minute personal training sessions (value \$85.00).

Note:

- Partner personal training clients please submit 2 testimonials to receive a free partner session.
- Testimonials may be used for future marketing content



PRIVATE PILATES WITH ZORICA

Zorica provides Pilates based movement therapy for clients seeking customized training to re-educate and empower themselves towards pain free movement patterns, as a BASI® certified Pilates Instructor with eight years of devoted intense study with master teacher's.

Personalized Programs

- Restorative/Conditioning Exercises for specific needs
- Stretching for Functional Movement
- Alignment and Corrective Exercises for mature population (osteoporosis, scoliosis)

Availability, Monday to Friday, 1-4 p.m.

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

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.

JUNE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7 a.m.		VINYASA YOGA WITH CLARE	MAT PILATES WITH ZORICA	POWER FLOW YOGA WITH VANESSA		
7:15 a.m.						
7:30 a.m.						
8 a.m.						
9 a.m.						PURE CORE WITH LEILA
9:15 a.m.						
9:30 a.m.						
10 a.m.						
12 p.m.	F.I.T. WITH VANESSA	CARDIO & CORE WITH LEILA	CARDIO KICKBOXING WITH LEILA	SCULPT & STRETCH WITH LEILA	F.I.T. STRENGTH WITH LEILA	
12:15 p.m.						
12:30 p.m.						

F.I.T. WITH VANESSA 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 VANESSA 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.

F.I.T. WITH STRENGTH WITH LEILA Fridays, 12 noon – 1 p.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.

PURE CORE WITH LEILA Saturdays, 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.

Class Legend:

■ ZOOM ■ IN-PERSON



HAVANA NIGHTS:

FATHER'S DAY DINNER BUFFET

SUNDAY, JUNE 19 — 6-9 p.m.

\$85* Adults | \$35* Kids (4-12)

**plus taxes and service charge*

Celebrate dad as a family at our Father's Day Family Dinner Buffet. The theme is Havana Nights so break out the straw fedoras and button-up sun shirts!