

TERMINAL CITY TIMES

MAY 2023 • VOL. 30 NO. 5



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

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Special Tasting

REGISTER FOR EVENTS

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

Contact

837 WEST HASTINGS ST.
VANCOUVER, BC V6C 1B6, CANADA

call	604 681 4121		terminalcityclub
text	604 200 2279		@tcclub
web	TCCLUB.COM		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	7 a.m. – 8 p.m.
Saturday & Sunday	7 a.m. – 7 p.m.

FITNESS CENTRE

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

THE GRILL

Monday – Friday	
Breakfast	7 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.

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.
Brunch	9 a.m. – 2:30 p.m.

CUVÉE & 1892 (WORKSPACE)

Monday – Friday	11:30 a.m. – 7:30 p.m.
- Weekend service available upon request from Grill	
- Please note that calls are permitted only in Cuvée	

LIONS PUB

Sunday – Wednesday	11 a.m. – 11 p.m.
Kitchen	11 a.m. – 8:30 p.m.
Thursday – Saturday	11 a.m. – 12 midnight.
Kitchen	11 a.m. – 9:30 p.m.

For reservations, contact pubbookings@tcclub.com

TERMINAL CITY CLUB



President's Letter MAY 2023

DEAR FELLOW MEMBERS,

Now that May has finally arrived, we can only hope for some consistent blue skies and a bit of sunshine to welcome the return of patio season. May is also that time that we celebrate and honour all the mothers out there!

The Club will be hosting its annual Mother's Day Brunch on Sunday, May 14 with three time slots available: 10:30 a.m., 11:00 a.m. and 12 noon. Registration is highly encouraged, as space is starting to fill up.

April was another busy month for the Club with our Easter Brunch buffets, a sold-out Duelling Pianos, and our regularly scheduled live music and member-led discussions. This month will feature a special tequila tasting to commemorate Cinco de Mayo, the second edition of Meet Me at the Bar, a TCC Club Night, and even a Comedy Night. Be sure to keep an eye out for our Quarterly Events Calendar around the Club for events that suit you.

The hope is to start hosting more events outside when the weather cooperates. As I've mentioned in my previous notes, we will have brand new patios outside the Fitness Centre and Grill to look forward to this month! If you prefer to host a client or friends and family for a lunch or dinner, reservations are highly encouraged to secure your favourite spot. Also, the Pub patio on Cordova Street is always open for business.

I want to bring your attention to an important initiative that the Club has been involved in since 2012: the TCC Foundation. This philanthropic wing of our Club has helped support the Admiral Seymour Elementary School for the past 10 years, providing a holiday meal and gifts for the entire school. As someone who has volunteered at this event in the past, it was a truly memorable day, and something that has a positive impact on the school and their students year in and year out.

The TCC Foundation is administered through the Vancouver Foundation and provides a tax receipt for donations and can accept complex securities. This foundation is an excellent avenue for the Club to support local charities and organizations and is something that I hope can grow with the help of membership. To donate, visit vancouverfoundation.ca/tcc, or for more information, please reach out to gm@tcclub.com.

I've had lots of questions these past few months about our member-focused meeting rooms on the 2nd Floor. The Club Rooms are now fully available for bookings on half-day and full-day rates. Each room is fully serviced and can meet you (or your organization's) needs on a temporary or more routine basis. The rooms can be booked through OpenTable or reserve@tcclub.com.

For those of you that didn't know, there are plenty of liquor lockers available in both the Members' Lounge and the Grill, and only a handful of Wine Lockers available. If you are interested in signing up for a locker, you can do so through the Beverage team or by reaching out to members@tcclub.com.

I'm looking forward to a busy Spring at the Club and cannot wait to enjoy our beautiful patios in the very near future!

Sincerely,

Julia Yan
President, Terminal City Club

Stay informed AT THE CLUB

holiday hours: victoria day

The Club and the Pub will be closed on Monday, May 22 for Victoria Day.

welcome to our newest members!

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

Shayne Daum
Phandal Dhanda
Mike Fiander
Brock Gill
Afshaan Jiwaji Kapasi
Ali Kapasi
Aly Karmali
Li Liu

Amit Patel
Christopher Smith
Julia Boggs
Lisa Wayrynen
Lisa Willow
Na Zhang
Andrew Zimmerman



MAY LIVE MUSIC

THURSDAYS, FRIDAYS

& SATURDAYS

6 - 9 PM

THU 04	David Capper
FRI 05	David Capper
SAT 06	Nickolaj Solo
THU 11	DJ Yawn in Cuvée 5 – 8 p.m.
FRI 12	Nickolaj Solo
SAT 13	DJ Die Empty at Club Night 8 p.m. – 12 midnight
THU 18	David Capper
FRI 19	Olaf De Shield
SAT 20	Dave Paterson
THU 25	Colin Sankey in Cuvée
FRI 26	Desmond Larson



ELEGANT CATERING PACKAGES FOR GRADUATION PARTIES, BRIDAL SHOWERS, ENGAGEMENT ANNOUNCEMENTS... OR REALLY, ANY OCCASION YOU WANT TO CELEBRATE IN STYLE.

YOU CAN ENJOY THE PARTY, WE'VE GOT THIS.

TCC CATERING

NOW ACCEPTING BOOKINGS FOR JULY AND AUGUST.

catering@tclub.com // 604-488-8605

Dining AT THE CLUB

our spring/summer club menu is here...

The newest menu launched in late April and features classic favourites and new seasonal dishes we think you will love.

Pictured:
General Tso Octopus [right],
Grilled Lamb Sirloin,
Spring Burrata Salad [both below]



fresh cocktail menu

Our TCC Beverage team have come out with some new creations to reflect the spring weather.

Have you had a chance to try them yet?

Watermelon Crush

cazadores blanco, watermelon, lemon, mint basil syrup

Just Peachy

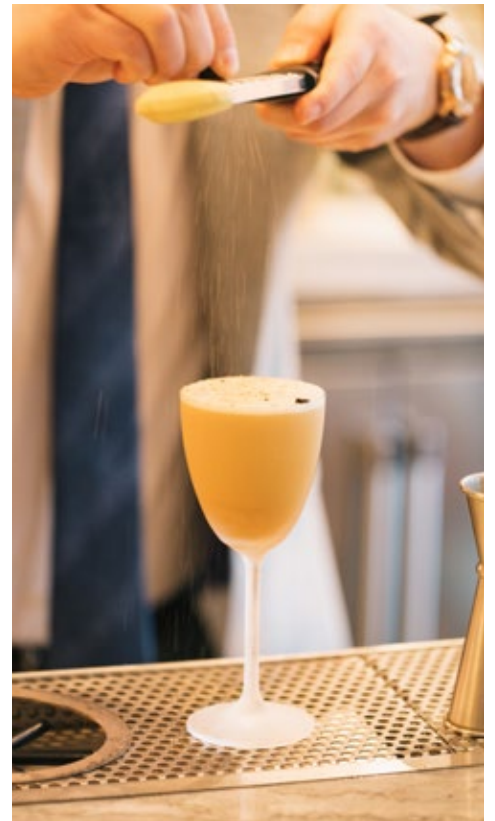
bourbon, peach, lemon, ginger honey, black walnut bitters

for extra efficiency, consider pre-ordering

Coming for lunch or dinner with a group? On a tight timeline? Contact the restaurants team at reserve@tclub.com to pre-order your food or arrange for appetizers or wine to be ready on arrival.

bespoke dining experiences

TCC's Chef's Table, the Dr. Ignatius Cheung Room, is available for bespoke private dining experiences as well as for your VIP lunch meetings. Grill lunch à la carte is available with a \$200 room charge. Contact your restaurants team at reserve@tclub.com to secure this elegant space for your next working lunch. Book ahead to secure this popular members' hideaway.



May EVENTS



SPECIAL MASTERCLASS

Cinco de Mayo

FRIDAY, MAY 5

6 – 7:30 p.m.

\$95 plus tax & service charge

The 5th of May commemorates a single clash in Mexico's colourful history, the Battle of Puebla in 1861. The unlikely triumph of severely outnumbered Mexican forces against the well-armed French has made Cinco de Mayo a symbolic date to celebrate Mexico's culture and heritage.

The evening will start with a patio beer tasting and food pairing, followed by a Tequila and Mezcal 'show and tell'. Next you will get a chance to shake your own Margarita and Mezcal Paloma, with some Mexican nibbles to match. There will also be an opportunity to purchase your favourite bottles from the evening.

Come dressed in your finest sombreros and sarapes, the best hat and outfit will win a prize!



MEET ME AT THE BAR

New Member Night

THURSDAY, MAY 11

5 – 7 p.m.

Complimentary event

Stop in at Cuvée on the second Thursday of every month to meet and mingle with the newest additions to our community!

Meet Me at the Bar: New Member Night is a terrific opportunity for members new and longstanding to connect with one another, enjoy craft cocktails, and bop along to beats by a local DJ. See you at the bar!



SATURDAY SERIES

Club Night! Dance Party

SATURDAY, MAY 13

8 p.m. – 12 midnight

\$40 plus tax & service charge

Spring is here and we want to celebrate with you!

Put on something shiny and show off your dance moves to some classic dance tunes. You'll travel through the decades on the waves of the best dance hits as DJ Die Empty plays our very own TCC Nightclub!

Chit bar with drink specials and snacks available to order.



TCC FAMILY FAVOURITE

Mother's Day Brunch

SUNDAY, MAY 14

Seatings at 10:30, 11 a.m., & 12:00 noon

Reservations are required.

Adults: \$105 plus tax & service charge

Kids (4–12): \$45 plus tax & service charge

Join us on Mother's Day for a spectacular brunch buffet featuring dozens of decadent items ranging from traditional eggs benedict, fresh seafood, chef attended carving stations, fresh salads, fruits and pastries to a never-ending dessert buffet.

May EVENTS



FOR OUR MEMBERS Members' Wine Tasting

WEDNESDAY, MAY 17
5 – 6:30 p.m.

*\$10 plus tax & service charge
Registration mandatory

Join us for our monthly Members' Wine Tasting! Sample a suite of special wines and enjoy live music. Bring a friend or fly solo and enjoy this wonderful opportunity to meet and mingle with other members and guests.

Casa Paladin Rosé Prosecco Extra Brut 2021 – Veneto, Italy
Château de la Greffière 2021 Bourgogne Aligoté – Macon, France
Domaine Moulinier Rosé – Languedoc, France
Castelvecchia Chianti Classico Capodondo 2020 – Toscana, Italy
Château d'Aiguilhe 2016 – Cotes de Castillon, Bordeaux



MEMBERS' NETWORKING LUNCH

Success Without Fulfillment?

THURSDAY, MAY 18
12 noon – 1:30 p.m.

*Complimentary event with the
purchase of lunch à la carte*

Join the city's entrepreneurs, executives, and business owners for conversation over a power lunch. This is a terrific opportunity to meet and learn from other members representing diverse industries. Member host Ruben Ugarte will be there to welcome everyone and make introductions.

The topic for May is on how to find fulfillment in success. Too many people achieve great success but still feel like impostors. How can you find satisfaction in what you accomplish while still working towards an exciting future? What do you do if you feel like your past is bigger than your future?



TCC DINNER AGORA

Is AI Going to Take Over Society?

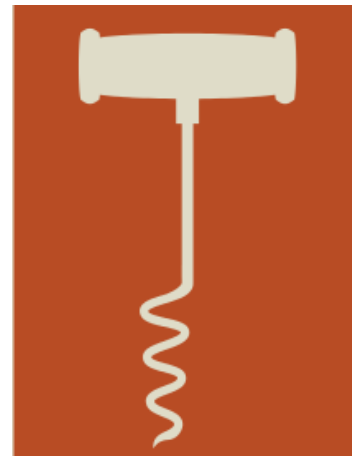
THURSDAY, MAY 23
6. – 8 p.m.

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

The agora was a meeting place in ancient Greece where people came together to discuss all kinds of topics.

The topic for May will be on the broader impact of AI beyond work. What are the implications of AI on the broader job market? Will AI become ever more present in our daily lives? What fears or concerns do you have around AI?

The Dinner Agora is the place for members to discuss thought-provoking, sensitive and contemporary topics. Join us for a dinner, facilitated by TCC member Ruben Ugarte, to learn from your peers and share your perspective.



FOR OUR MEMBERS

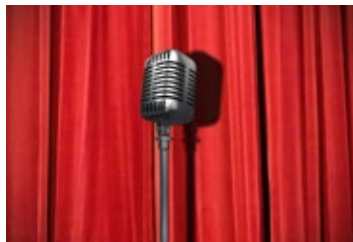
Quarterly Wine Pack Tasting

THURSDAY, MAY 25
5:30 – 6:30 p.m.

*Subscribers: complimentary
Non-subscribers: \$20 plus tax
& service charge (waived if you
decide to purchase a wine pack)*

Your Club wine pros DJ and Owen 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 of wines will offer diversity and value, and 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! You may choose a mixed selection of white/pink and reds, or a red wine-only line-up (or how about both?!).

Upcoming EVENTS



TCC EXCLUSIVE

Comedy Night in the Members' Lounge: Ed Hill and Lukas Purm

THURSDAY, MAY 25

Doors open: 6 p.m.

Show: 7 p.m.

*\$10 plus tax & service charge
Registration is mandatory.*

*Please note the Members' Lounge
will be closed from 4 p.m. for
set-up.*

Ed Hill is an award-winning comic whose special 'Candy and Smiley' was named "Top 15 Comedy Specials of 2021" by *Paste Magazine* and "Best of 2021" by NPR Radio. The special is currently streaming worldwide on Amazon Prime and Apple TV.

Smoother than cashew butter, **Lukas Purm** engages audiences with bright humor and self reflection on human nature. Bugs Bunny, Franz Kafka, and Alan Watts are notable influences. Purm's recent credits include winning the hit comedy show @StoryStoryLie in 2022; appearances at the Taiwan Festival, Paris Fringe Festival, and the Vancouver Fringe Festival.



TCC DISCUSSION GROUP Visiting Fatherhood

TUESDAY, MAY 30

7:15 – 9 p.m.

Complimentary event.

In anticipation of Father's Day, the topic for May's discussion group will be "Visiting Fatherhood," with Dr. David Kuhl.

How has your life been affected by your father or your father figure? How has that figure affected who you are as a partner and a friend, or who you are as a father? These are some of the questions that will drive the conversation led by Dr. Kuhl on May 30.

Dr. David Kuhl is the Mohammad H. Mohseni Foundation Chair in Men's Health at VGH and a Professor in the Faculty of Medicine, U.B.C. He has led the creation of Blueprint, a university-based nonprofit striving to improve men's well-being and enhance their positive contribution to families and communities.

TCC SALONS IN MAY 6 – 9 p.m.

Complimentary event with the purchase of dinner à la carte.

ChatGPT and Artificial Intelligence with Professor Vered Shwartz

TUESDAY, MAY 16

ChatGPT is one of those seismic shift moments in tech where you get a glimpse of how everything is going to change going forward. It is different, smarter and weirder. Some people think it could make Google obsolete and are already comparing it to the iPhone in its potential impact on society. Prof Vered Shwartz will lead a TCC dinner salon discussion about ChatGPT and its ethical implications, for non-techies.

Dr. Vered Shwartz is an Assistant Professor of Computer Science at UBC, and a CIFAR AI Chair at the Vector Institute for Artificial Intelligence. One of her current researches is on developing machines with advanced reasoning skills.

Dr. Ramesh Sahjpaal on Brain Health

THURSDAY, MAY 18

Brain Health can be defined as achieving maximal potential over a variety of brain functions including cognition, sensorimotor, social, and behavioural domains. Can we improve our brain health? If so, how? How much is beyond our control? In this age of logarithmic growth in computer technology, artificial intelligence, and brain/body technology interfaces, is brain health more or less important?

Dr Ramesh Sahjpaal is a practising neurosurgeon at Lions Gate Hospital and St Paul's Hospital, and Clinical Associate Professor of Neurosurgery at UBC. His interests include functional neurosurgery including surgery for epilepsy and chronic pain, and the use of implantable technology for neurological disorders.

Professor Lara Aknin on Happiness

MONDAY, MAY 29

Dr. Lara Aknin will lead a TCC dinner salon discussion on what makes people happy. Her general research interest is in human prosociality, and how the bonds of family, friendship and community are the real predictor of well-being. She has also done a lot of work on how being generous can make us happier than spending the same money on yourself.

Dr. Lara Aknin is a Distinguished Professor of Psychology at Simon Fraser University, former Fellow with the Canadian Institute for Advanced Research and chair of the Lancet's COVID-19 Mental Health Task Force, and a co-editor of the World Happiness Report. She holds a PhD in Social Psychology from the University of British Columbia.

Have You Heard? MEMBER NEWS

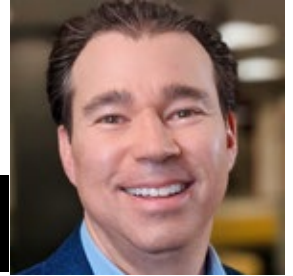
Well done to **Laura McAfee** of the Banquets team on winning the Employee of the Quarter!

DO YOU HAVE NEWS YOU'D LIKE TO SHARE?

Laura is known for making members and guests feel special. She mentors new colleagues with her knowledge and helps train them to become independent within the team. Laura is a very reliable colleague.

Celebrating an engagement, wedding, or new addition to your family? Recently started a new role, joined a Board, or authored a novel? Did you or a fellow member win an award or earn special recognition? **Email joinus@tcclub.com to submit your announcement for our Club newsletter.**

Congrats, Laura, and well done to all the employees who were nominated this quarter.



Mr. Avery Mann was featured in **TEDxKerrisdale** last February. During his 16 years with the original crime-fighting FOX TV program *America's Most Wanted*, Avery has worked with federal, local, and international law enforcement to bring hundreds of dangerous criminals to justice, many of whom were on the FBI's "Ten Most Wanted" list. Today, he brings his extensive knowledge of child safety and abuse prevention techniques to his work, building capacity within schools and partnering with Canadian and American school administrations on revising and implementing more rigorous safety policies.

In his TED talk, Avery speaks about three meaningful and straightforward strategies everyone can embrace to help make our world a safer place for children. After a rigorous fact-checking process, the video is now available on YouTube: <https://www.youtube.com/watch?v=WWznyh3rOA4>

New Affiliate Club

MOUNT ROYAL CLUB

The **Mount Royal Club** is Montreal's foremost members-only club. It was founded in 1899 and remains both "a home away from home" for many members and one of Canada's leading business clubs. The Clubhouse, which is located in the heart of the Square Mile, was designed by the acclaimed architectural firm of McKim, Mead & White. The building is classified heritage by the Ministère de la Culture et des Communications du Québec for its architectural significance. The facilities include a dining room, a bar and several private dining rooms that can accommodate up to 100 people.

**Request a Letter of Introduction from Member Services ahead of your trip.*



Liquid Assets

CURATED BY DJ KEARNEY

Wines to Welcome May!

❶ CHÂTEAU DE LA GREFFIÈRE ALIGOTÉ 2021 – BURGUNDY, FRANCE \$58

Château de la Greffière is a handsome Burgundian estate, founded near the village of Macon in 1585 and owned by the Greuzard family since 1924. The beautiful winery with its superb, vaulted cellar was built in 1789. DNA fingerprinting has shown aligoté to be a crossing of pinot noir and gouais blanc, which is a fine pedigree. Château de la Greffière's version of aligoté is unoaked, with a nice amount of time resting upon the texture-plumping lees. It displays springtime aromas of fresh green apple, lemon, and pungent mineral earth; the palate is a highly satisfying combination of ripe fruit and sky-high tangy acidity. This is a quintessentially bracing aperitif or try with salads or seafood.

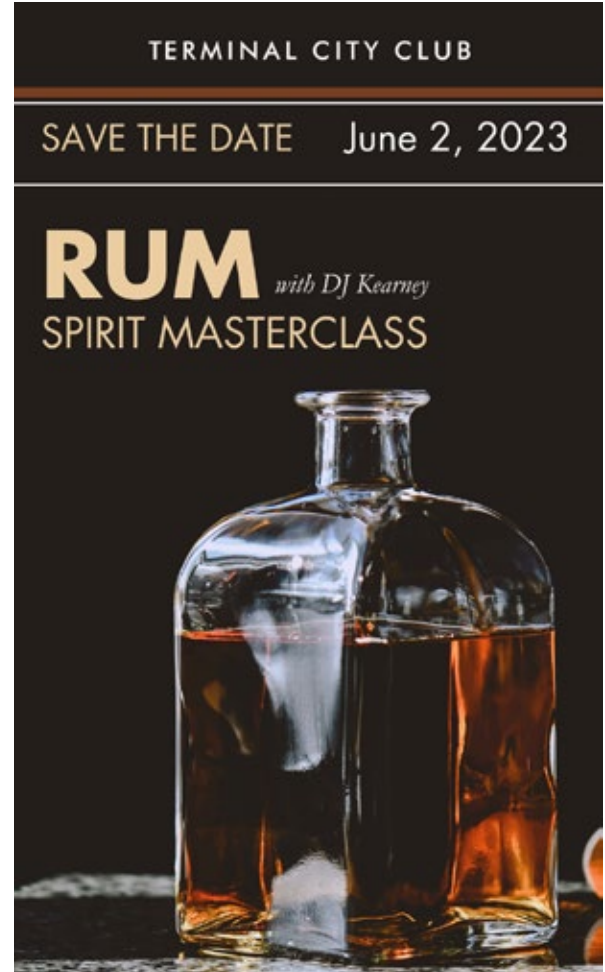
❷ CASA PALADIN PROSECCO BRUT ROSÉ 2021 – VENETO, ITALY \$56

As they say in Italy, 'Prosecco is a lifestyle'. And if the Prosecco is Rosé, your style becomes super-chic. The world clearly clamours for Proseccis, as 627 million bottles come out of the appellation each year. Casa Paladin is an organic family winery founded by Valentino Paladin in 1962. The wine is as natural as possible and made following the Charmat tank method, with minimal, if any, use of sulfites. Prosecco is typically made from the local grape called glera, but ours has 10 percent of noble pinot nero (noir) splashed in to make it a proper ballet slipper pink with flavours of raspberries, currants, and cherries. In Italy, Prosecco is almost invariably served outdoors, with or without a view of cypresses, vineyards, and the beach-rimmed Adriatic Sea.

❸ CHÂTEAU D'AIGUILHE 2016 – BORDEAUX, FRANCE \$115

Acquired by Count Stephan von Neipperg (who also owns Château Canon la Gaffelière and La Mondotte) in late 1998, Château d'Aiguilhe is one of the finest vineyards in the Castillon-Côtes de Bordeaux appellation, quite off the beaten path. An historic château that dates from the 13th century, it was revived by Neipperg who had a hunch that the terroir was finer than anyone thought. Today the estate includes 90 hectares of mature vines, lovingly rehabilitated and farmed organically; the plot is long and narrow, resembling a needle, which is what 'aiguilhe' means. Within a few years in Neipperg's hands, his estate wines turned heads and dropped jaws. This handsome bottling from the sensational 2016 vintage blends 85% merlot and 15% cabernet franc aged for 14 months in 30% new French oak barrels. Darkly fruited and precise, it's plush and glossy, with a long, dusty vinous finish. Drinking gorgeously now, it can also age another five to 10 years.

Email wine@tcclub.com to secure your bottles!





...UPCOMING EVENTS



Mother's Day Brunch

SUNDAY, MAY 14

Seatings at 10:30 a.m., 11 a.m. and 12 noon

Adults: \$105 plus tax & service charge

Kids (4-12): \$45 plus tax & service charge

Featuring a spectacular brunch buffet and kids crafts! Save your spot today.

Not a member? Join Kids Club today!

Membership includes a personalized member ID card, stamp card, and first dibs on Kids Club events.

Every time you visit the Club, visit Member Services for a stamp. Collect 10 stamps and get any dessert from the Grill for free!

Scan the QR code below to access the application form.



For more information, contact our Events Coordinator and Kids Club Captain Thea Rawjee at trawjee@tclub.com.

CLUB NIGHT DANCE PARTY MAY 13

FAMILY BARBEQUE JUNE 10

SUMMER HEAT DANCE PARTY JULY 15

BOURBON STREET AUGUST 12

SATURDAY
SERIES

Celebrate the return of summer with a buffet of salads, grilled items, and desserts that will delight the whole family!

\$65++ for adults

\$32++ for kids

Save the Date
June 10

summer family barbeque



Member of the Month

SARAH CHAPMAN

In 1995, Sarah Chapman attended Douglas College with the vague notion of a career in kinesiology. At the same time, she ran a side hustle as a personal trainer. Sarah was a prodigious athlete in her youth — gymnast, swimmer, diver — so her deep understanding of fitness made personal training an obvious and comfortable fit. “I really enjoyed the work,” she says. “I was successful enough that the money became more alluring than school.” Sarah parked her classroom ambitions and worked full time on her booming fitness business. Success, however, came with its own set of problems.

“I was working 16 hours a day out of my 1983 Honda Accord and the business was becoming more and more schedule based — less personal training and more operational. I noticed I was losing touch with friends and stopped enjoying activities. One day I woke up and thought ‘I have a problem here. I’m 21 with no degree. I need to figure out the next step.’”

She recalled a life lesson from her grandfather, a successful entrepreneur and land developer. “He was my best friend, and I learned from him that it doesn’t matter what you choose to do, as long as you have options.”

Sarah had an interest in business, law, and psychology, but not much interest in going to school for eight to 12 years. Having heard some wonderful things about BCIT, she went to the institute’s career centre where she found herself staring at a wall of brochures. “I pick up this pamphlet called ‘human resources.’ At the time, I didn’t even know what human resources meant. I opened it, read that it connects with business, law, and psychology, plus it’s



only a two-year program. Done. Sold. And that’s I got into human resources.” She later went on to complete her degree in Business Administration and Management.

Today Sarah is senior HR director at Paladin Technologies. Her team is responsible for all the company’s human resources work in Canada. As well, she is the lead for talent acquisition throughout North America — a significant challenge given Paladin has been growing as much as 40 percent year over year. “With different rates of growth come different business strategies and how you apply them. When I arrived at Paladin in 2017, I probably thought I knew how to manage the kind of growth we are experiencing, but I didn’t. I learned through the work.”

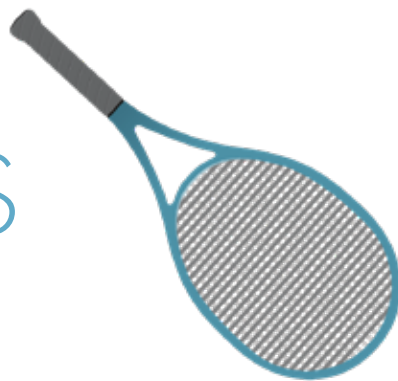
Learning through the work is something Sarah experienced in astonishing ways during her first post after graduation. In 2001, she was hired on a three-month contract by a British Columbia electronics company that had a difficult reputation and a difficult time retaining HR staff. “When I started, the department was six of us for

about 600 employees. By the end of my three-month contract, we were down to three, so I got an extension.” The company was in negotiations with the Canadian Auto Workers on a collective bargaining agreement, and when the final days to reach a settlement approached, that HR department of three was now down to one — Sarah. “The union was not at all pleased it was just me at the table — this skinny kid barely out of school negotiating her first CBA. Much of my success at the time was because I wouldn’t say anything, and I didn’t say anything because I didn’t know what to say. They would ask a question, and rather than engage, I’d deflect and go study the best response that night.” Sarah got the agreement the company wanted, quit the next day, and went travelling to Peru.

“My career has been very linear since then. Take one step. Take another. Not long ago, a colleague advised me that sometimes you learn more by taking a step down or moving laterally — or trying a different industry. He was right. The move to Paladin was lateral at the time I took it, but it was a brilliant move because I’ve learned so much.”

Sarah and her husband Rob have two children, Grace, 11, and Matthew, 7. The couple joined TCC in March 2020, the same month it temporarily shut down due to the pandemic. “During Covid, the TCC was an oasis. We were here almost every day. It was so comfortable and felt so safe. Our kids thought they had the run of the place because everyone was so fantastic to them. “The Club is a great fit for us — the pool, squash courts, gym, plus it’s downtown and walking distance from work and home. Joining has been one of the best things we’ve done as a family.”

Focus ON FITNESS



SQUASH

2023 SPRING JUNIOR SQUASH

April 1 – June 24 (13-week term; 11 lessons)

No lesson on April 8 (Easter Weekend) or May 20 (Victoria Day Weekend) | \$220

1:00-1:45 p.m. 6-8 year old
1:45-2:30 p.m. 9-12 year old
2:30-3:15 p.m. 12-15 year old

Private lessons available upon request.

FREE BEGINNERS CLINIC

Wednesday, May 17 | 5 – 6 p.m.

This Beginner's Clinic introduces members of the Club to the exciting game of squash. Learn the basics of squash in a fun environment! Please register with the Fitness Centre front desk by 8 p.m. by the Tuesday prior (May 16).

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 the Lions Pub.

WEEKEND SQUASH DRILLS

Saturdays | 11 a.m. – 12 noon | \$25

Our Saturday morning drills are for intermediate/advanced VSL players. To register, contact Barry for placement by 8 p.m., Fridays.

2023 CANADIAN SQUASH CHAMPIONSHIPS

The 2023 Canadian Squash Championships (May 10–14) is being held at the striking all-glass Power Court at the Montreal Forum, with beautiful Club Atwater as the main host venue. Fitness Centre Manager Sergio Hsia, TCC Squash Pro Barry Gifford, and members Dave Fenn and Stephen Hui will be travelling to participate in the competition.

SQUASH LESSONS WITH BARRY GIFFORD

Barry is a seasoned squash professional (a reigning 60+ National Champion and past Squash Doubles World Masters Games gold medalist) with 30+ years of coaching experience. He is a NCCP Level 3 certified professional, coaching adults & children of all levels from beginners to NCAA Ivy League Champions.

Barry teaches total beginners the game of squash in a simple and fun way. Intermediate to advanced players are introduced to game-like drills that help to improve fitness, anticipation, speed, power, and finesse.

Are you ready to take your game to the next level? Try a private or partner lesson:

Tuesdays, Wednesdays, Thursdays, or Saturdays (other days upon request).

Email squash@tccclub.com for more information or to book a time.

HOURS

WEEKDAYS 6 a.m. – 10 p.m.
WEEKENDS 7 a.m. – 8 p.m.

UPCOMING MODIFIED HOURS & CLUB CLOSURES

MONDAY MAY 22 VICTORIA DAY
CLOSED

SQUASH & POOL

ADULTS ONLY SWIM TIME

WEEKDAYS 6 – 9 a.m.
WEEKENDS 7 – 9 a.m.

SQUASH COURT BOOKINGS

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

RACQUET RE-STRINGING

Strings can lose tension over a period of six to eight months; with a new restring, your shots will have more control and spring. See the Fitness Centre front desk for more information.

POLICIES

SWIMMING POOL

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 \$27.50 is 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 are limited to six guests per visit. Non-member guests must always be accompanied by a member.

Focus ON FITNESS

TRAIN

MILFIT PERSONAL TRAINING

MilFit personal training focuses on private one-on-one sessions 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.

GIFT OF HEALTH: For all personal training clients — refer a friend and they will receive one free personal training session (no purchase necessary). If your referral purchases a package of five or more sessions, you also receive a free personal training session.

For more information, or to get started, contact Milwina Guzman at milwina@milfit.ca or 604-716-8927.

PRIVATE PILATES WITH ZORICA

**Available Tuesday to Friday, 10:30 a.m. onwards
(one-hour session will be held in non-peak squash court time)
Packages available: single, 5, 10, 20**

Zorica provides Pilates-based movement therapy for clients seeking customized training to re-educate and empower themselves towards pain-free movement patterns. She is a BASI®-certified Pilates instructor with more than 13 years of devoted intense practice and master teaching study. Drawing from the best of Pilates, proven by body science research, Zorica's approach helps you move with strength and ease at every age and life stage.

Pilates can help reduce stress and tension and pain relief, and can help with body misalignment correction and integrated strength development. Personalized programs available:

- Restorative/conditioning exercises for specific needs (osteoporosis, scoliosis)
- Stretching for functional movement
- Alignment and corrective exercises for mature population (osteoporosis, scoliosis)

SWIM

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!

KIDS' GROUP SWIM LESSONS

**April 1 – June 24 (13-week term; 11 lessons)
No lesson on April 8 (Easter Weekend)
or May 20 (Victoria Day Weekend) | \$302.50**

10:00–10:40 a.m.	3–5 years
10:40–11:20 a.m.	3–5 years
11:30–12:10 p.m.	5–7 years
12:10–12:50 p.m.	8–9 years
12:10–12:50 p.m.	Stroke Improvement
*12:10 classes run concurrently	

Slight changes in start and end time are possible. Children will initially be grouped based on age but may be moved to a different group if their ability requires it.

To take part in group lessons, children must have some experience in the water, otherwise private lessons are first recommended to establish that confidence.



Focus ON FITNESS

GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 a.m.		VINYASA YOGA WITH CLARE	MAT PILATES WITH ZORICA	POWER FLOW YOGA WITH VANESSA	
7 a.m.					
7:15 a.m.					
7:30 a.m.					
8 a.m.					
9 a.m.					
9:15 a.m.					
9:30 a.m.					
10 a.m.					
12 p.m.	F.I.T. WITH VANESSA	CORE CONDIT. WITH LEILA	CARDIO KICKBOXING WITH LEILA		TOTAL BODY STRENGTH WITH LEILA
12:15 p.m.					
12:30 p.m.					
1 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, 6:30 – 7:30 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.

CORE CONDITIONING 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, 6:45 – 7:45 a.m. ■

Zorica Jovic is a BASI®-certified Pilates Instructor and an award-winning gymnast. This class is designed as a Beginner/Intermediate Restorative Flow work out. Please join the Zoom class 5-10 minutes earlier; if you can't make to class on time, you can view the recording!

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.

ON-DEMAND FITNESS CLASSES

Can't join the class? TCC's Fitness Classes are recorded and uploaded to Member Central the following day and 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; to access, scan the QR code below.



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

TOTAL BODY 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.

Class Legend:

■ ZOOM

■ IN-PERSON (12 MAX PER CLASS)



MAY 13, 2023

8 p.m. – 12 midnight

DJ Die Empty spinning your favourites,
\$5 cans of:
33 Acres Nirvana IPA
Four Winds Ale
Phillips Tilt Lager
& Dillon's Small Batch Gin cocktails,
TCC spring snack menu à la carte,
and exclusive cocktails,
inspired by evenings on the dance floor.
\$40++ includes a curated drink and admission to the
hottest dance floor with the coolest mountain views.

**CLUB
NIGHT!**

REGISTER NOW WITH MEMBER SERVICES OR THROUGH MEMBER CENTRAL