

TERMINAL CITY TIMES

MAY 2026 • VOL. 34 NO. 5



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

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- MAY 7 SALON**
Higher Education
- MAY 10 MOTHER'S DAY BRUNCH**
A special affair
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Friendship
- MAY 13 MINI MASTERCLASS WINE SPEED TASTING**
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- MAY 20 MEMBERS' WINE TASTING**
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- JUNE 10 MINI MASTERCLASS WINE SPEED TASTING**
Global Rosé
- JUNE 25 RUN FOR THE ROSES**
A Summer Derby Social
- JULY 8 MINI MASTERCLASS WINE SPEED TASTING**
Pairing Wine & Cheese with DJ and Leigh

REGISTER FOR EVENTS

online	via Member Central
email	concierge@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	Weddings	604 488 8625
Membership Sales	604 488 8647	Lions Pub	604 488 8602
Billing	604 488 8607	Fitness Centre	604 488 8622
Catering	604 488 8605		

Hours

MEMBER SERVICES (FRONT DESK)

Monday – Friday	7 a.m. – 9 p.m.
Saturday & Sunday	8 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 (PHONE-FRIENDLY WORKSPACE)

Monday – Friday	8 a.m. – 8 p.m.
All Day Menu	11:30 a.m. – 6 p.m.
Weekend service available upon request from Grill	

LIONS PUB

For reservations, contact pubbookings@tcclub.com

Sunday – Tuesday	11 a.m. – 11 p.m.
Kitchen	11 a.m. – 9:30 p.m.

Wednesday – Saturday	11 a.m. – 12 midnight.
Kitchen	11 a.m. – 10:30 p.m.

Call Me Back	
Tuesday – Saturday	5 p.m. – late.

MINK CHOCOLATE CAFÉ

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

President's Letter

MAY 2026



DEAR FELLOW MEMBERS,

May has arrived with its unmistakable sense of excitement, longer days, brighter evenings, and a renewed energy throughout the Club. It's a time when our community comes together to enjoy great company, memorable events, and all the pleasures of the season.

Let me begin with a heartfelt thank you to everyone who joined us for Viva Las Vegas. From the lively atmosphere to our unforgettable Elvis impersonator, the night was filled with laughter, music, and plenty of signature Club spirit. It was wonderful to see so many members embracing the fun and making the evening such a hit. We are already working on our next event, stay tuned but you will need your dancing shoes!

As we move further into the month, we look forward to welcoming you and your families to our annual Mother's Day Brunch. This is a great opportunity to gather and celebrate with our families. Our team has curated a thoughtful and indulgent menu to make the occasion truly memorable, and we hope you'll join us in celebrating together. This year, we'll have a pop-up professional portrait studio offering sleek black and white family photos; each reservation includes a complimentary, printed keepsake.

May also marks the official return of patio season. Weather permitting, our outdoor spaces are once again open and ready for relaxed lunches, evening cocktails, and conversations. Our culinary team has introduced seasonal updates so be sure to explore our new spring menus, which feature fresh, seasonal flavours perfectly suited to the warmer days ahead.

Looking ahead, the Club will be screening select FIFA World Cup 2026™ matches throughout the tournament. Whether you're a devoted supporter or a casual fan, we invite you to join in with fellow members, enjoy the atmosphere, and share in the excitement of world-class sport.

I look forward to seeing you around the Club as we enjoy everything May has to offer.

Warm regards,

A handwritten signature in black ink, appearing to read 'P. Pelletier'. The signature is fluid and cursive, written over a light background.

Pierre Pelletier
President, Terminal City Club

Stay informed

CLUB NEWS

in memoriam

It is with deep regret that we announce the passing of **Mr. Stanley James Nicholson**, member for 30 years, and **Mrs. Ruby Gales**, member for almost 29 years.

Born in Edinburgh, Scotland, Mr. Nicholson graduated in engineering and naval architecture from Leith Nautical College. In 1962, he was called to serve with the Cameronians (Scottish Rifles) and British Intelligence in the Middle East. Emigrating to Canada in 1964, his professional legacy includes tugboats, BC Ferries, and the celebrated Canadian icebreakers *Terry Fox* and *Pierre Radisson*. His dry wit was appreciated by many; he had a story or a joke for every occasion and, in recent years, found great delight in cartooning. His undivided attention to others, quiet generosity, and unique ability to “teach a man to fish” will never be forgotten.



welcome to our newest members!

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

Mr. Bradley Burnett	Ms. Ling Li
Mr. Johnathan Campbell	Mr. Stuart Moore
Mr. Thomas Chan	Mr. Matthew Mosher
Mr. Justin Chin	Ms. Heqji Park
Mr. Kunal Dasgupta	Mr. Randolph Pratt
Mr. Paul DuMoulin	Mr. Dean Richardson
Mrs. Tracey DuMoulin	Ms. Christine Sun
Mrs. Sapna Gupta	Mr. Jon Watson
Ms. Sarah Leung	

holiday and modified hours

The Club will be closed on **Monday, May 18** for Victoria Day. Mink Chocolate Café and Lions Pub will be open.

On **Saturday, May 30**, the Grill will be open from 8 a.m. until 3 p.m. and the Members' Lounge will be closed for the Zajac Nights Gala. The Fitness Centre will have regular operating hours.



employee milestones

Congratulations to **Cameron Park** for reaching **10 years** of service and **Aurelia Popescu** on her **20-year** milestone at the Club this month!

Cameron is the definition of a team player. Known for her reliability and drive, she is someone the entire kitchen can count on. She is the kind of person you want by your side in the heat of service and her presence makes our kitchen stronger



Aurelia is one of the most responsible, efficient, and caring Banquet's employees. She gives her absolute best effort on any task assigned to her, has strong leadership skills and a cheerful attitude that benefits everyone.



employee of the quarter

Congratulations to **Julian Wang**, our **employee of the first quarter!**

Julian consistently demonstrates exceptional leadership and reliability, serving as the backbone of the Grill Kitchen. He keeps the team organized, accountable, and united while maintaining clear and effective communication with other

departments to ensure smooth, efficient operations. His professionalism, dedication, and strong sense of teamwork has set a high standard of excellence for the entire team.

Dining AT THE CLUB



**it's patio
season!**

join us on the grill patio

Weather permitting, live music will now be on the Grill patio.

While enjoying the patio let's remember the following:

- The Club's smart casual dress code remains in effect on the patio, however, **hats are allowed on the patio**
- Although it may be tempting, please **do not feed the wildlife**



patio season is here at the lions pub!

The umbrellas are up, the tables are set, and the sun is out – patio season is back! Come on down, grab a seat and let us do the hard work. Try our **Blueberries & Sunshine**, crafted with blueberry-infused Limoncello Strega, St. Germain, prosecco, and soda, the perfect refreshing sip for patio season.



mother's day chocolates available at mink chocolate café



Show your love for Mom this May with a selection of beautiful chocolates. Handcrafted with care by our local chocolatiers.

Pick up a curated selection of **hand-selected chocolate boxes**, elegant **chocolate roses**, and a delicious **high tea truffle mug**.

MATCHA DRINKS NOW AVAILABLE

Matcha drinks will now be available at the Café. Grab our new Matcha Latte and Strawberry Matcha Swirl as your new morning pick-me-up.



new spring menu available!

Try some of our delicious new food and beverage options now available throughout the Club.



GRILLED SEA BREAM



DON JULIO TEQUILA CURED SALMON

and the winner is...

Thank you to all members who fill out our Grill and Members' Lounge comment cards. Congratulations to this month's lucky winner of a lunch for two from our random draw, **Ping Leong**.

Club EVENTS



Japanese Tea Ceremony Workshop

MONDAY, MAY 4

5:30 & 7 p.m. seatings
\$48 plus tax & service

Experience the beauty and mindfulness of the traditional Japanese tea ceremony, known as the Way of Tea (Chadō 茶道).

This intimate and immersive experience will be presented in the Ritsu Rei style, where guests are comfortably seated on chairs, offering a clear and accessible view of each step in the tea preparation. Enjoy premium ceremonial-grade matcha prepared and served in the traditional manner served along with authentic Japanese wagashi (traditional sweets).

This thoughtfully curated experience invites guests to slow down, engage their senses, and appreciate the harmony, respect, and tranquility at the heart of Japanese tea culture.



Mother's Day Brunch

SUNDAY, MAY 10

11 a.m. & 12 noon seatings
adults: \$120 plus tax & service
kids (4–12): \$55 plus tax & service

Save your seat for a beautiful Mother's Day Brunch this May. Celebrate Mothers with a delightful buffet of traditional brunch favourites alongside some fresh new selections. Make unforgettable memories with your family, take home a one of a kind token, and have an enjoyable brunch.

event registration

SAVE YOUR SPOT!

online
via Member Central
email
concierge@tclub.com

call
604 681 4121
text
604 200 2279



Mini Masterclass Wine Speed Tasting Bordeaux Part II – The Right Bank

WEDNESDAY, MAY 13

5:30 p.m. Welcome wine
6 – 7 p.m. Session
\$125 plus tax & service charge

Join us for an info-packed, lively hour-long session dedicated to Bordeaux's Right Bank—where limestone, clay, and merlot-driven blends shape some of France's most captivating wines. We'll begin with two secret regions you need to know for blockbuster value, taste a definitive (and famous) Saint-Émilion wine before savouring prestigious Pomerol. Approachable, supple, seductive and sensual, Right Bank wines differ dramatically from their Left Bank counterparts. Pairing bites, cellaring tips and a buying opportunity!

Welcome wine:

Jean Pierre Moueix Bordeaux
2019 \$54

Château Dalem Fonsac 2019
\$110

Château d'Aiguille Côtes de
Castillon 2018 \$117

Château la Dominique Grand
Cru Classé St. Emilion 2016
\$235

Château Nenin Pomerol 2015
\$240



Members' Wine Tasting

WEDNESDAY, MAY 20

5 – 6:30 p.m.
\$10 plus tax & service charge

Waterside Wines

Grapes that grow beside bodies of water large and small make wines with a distinct, identifiable character. Water moderates temperature and boosts cooling winds to refresh vines during the growing season. The result shows in optimally slow-ripened fruit with chiselled acidity and intense purity of flavours. Join your wine team pros DJ and Owen for a tour of regions like Hungary's Lake Balaton, France's north Atlantic coast, serene Mediterranean lagoons, Lake Okanagan's lakeside benchlands and the shores of chilly glacial Seneca Lake.

Members' Networking Lunch

THURSDAY, MAY 21

12 noon – 1:30 p.m.
complimentary event with the purchase of lunch from the Grill

Connect with your fellow members over lunch. Whether you're an entrepreneur, executive, or business professional, this is a great opportunity to expand your network, exchange ideas, and build valuable relationships in a relaxed and convivial setting.

Club EVENTS



TCC Quarterly Wine Club: Preview Tasting

THURSDAY, MAY 21

5:30 p.m. Welcome wine
6 – 8 p.m. Session
*\$20 plus tax & service charge
(waived with purchase)*

Did you know your Club has a Wine Club? Each quarter your intrepid Director of Wine, DJ Kearney, assembles a cast of vinous beauties from familiar to esoteric, but all with discovery, value and taste in mind.

Sample all 12 wines from the mixed or red only collections in this sit-down “listen and learn” session, complete with shared cheese and charcuterie platter, or pre-order a personal serving to keep well fueled until 8 p.m.!

Here’s an enticing hint for May’s selections: a dry, minerally pinot blanc from the shores of Austria’s Lake Neusiedl, a suave Italian red blend from the fashion house of Ferragamo, silky, stony, fragrant summer-weight Châteauneuf-du-Pape, luxury chardonnay from New Zealand that channels both Chablis and Meursault in style (spot prawns, anyone?), gorgeous gamay from Beaujolais, and a classic Left Bank Claret for your best flame grilled steak. Plus six more surprises!



The Reset Hour

MONDAY, MAY 25

5:30 – 6:30 p.m.
\$22 plus gst

Sacred Site Sound Journey: Teotihuacan, Mexico

Step into the ancient city of Teotihuacan through guided visualization supported by powerful imagery and sound. This session blends a short visual introduction with meditation and live instruments—including crystal harp and crystal singing bowls—to help calm the mind, deepen focus, and create a sense of inner stillness as you travel metaphysically into the energy of ancient Mexico.



Winemaker’s Dinner: Blue Mountain Winery

THURSDAY, MAY 28 *(new date!)*

6 – 9 p.m.
\$195 plus tax & service

On Thursday, May 28 family member and second generation winegrower Christie Mavety will join our Wine Director DJ Kearney for a lively and revealing look at one of the BC’s pioneering estates. We will taste the new 2025 vintages, have a few Library bottles and celebrate late spring with a dazzling menu from the culinary team. Famed for pinot noir, aromatic whites and Canada’s finest sparklers, Blue Mountain Vineyard and Cellars helped put BC wines on the world map.

WINES FEATURED

Blue Mountain Pinot Noir Reserve 2023
Blue Mountain Sauvignon Blanc 2025
Blue Mountain Pinot Blanc 2025
Blue Mountain Pinot Gris 2025
Blue Mountain Blossom Slope Block 17 Chardonnay 2024
Blue Mountain Alluvium Reflection Block 32 Chardonnay 2024
Blue Mountain Blanc de Blancs Brut 2016
Blue Mountain Pinot Noir Reserve Cuvée 2022 en magnum
Blue Mountain Pinot Noir Reserve Cuvée 2016

FIND THE FULL MENU ON PAGE 8

LIVE MUSIC in the Lounge

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

MAY

1	Goby Catt	16	Dave Martone
2	David Capper	20	Ben Parker
7	Olaf De Shield	21	Nelson Boschman
8	Goby Catt	22	Cassandra Maze
9	Stephen Lecky	23	Nickolaj
14	Nelson Boschmann	28	Goby Catt
15	Olaf de Shield	29	Neal Ryan

Member-led EVENTS

SALONS

Member organizer: Victor Chan

Klemens Wilhelm on Mental Wellbeing and His Own Mental Health Journey

WEDNESDAY, MAY 6 | 6 – 9 p.m.

Join Klemens Wilhelm for an intimate dinner centered on a discussion about mental wellbeing. Klemens, a Partner at Deloitte and a deeply engaged member of the Vancouver business community will share his own mental health journey over the past two decades. He will explore the realities individuals face today—weakening family bonds, declining spirituality, early smartphone use, and ultra-processed foods—and how society can work together for better outcomes.

Paul Dangerfield on Higher Education

THURSDAY, MAY 7 | 6 – 9 p.m.

Higher education in Canada and BC is once again facing interesting times. It is a complex sector, significantly influenced by external factors and limited by historical structure. The question is how to get this crucial component of our society to work for the next generation of learners so that they can thrive in our businesses and communities. It is a conversation that matters. Join us for this Salon with Paul Dangerfield, former president of Capilano University (2016-2025).

Marie-Claude Arnott on Friendship

TUESDAY, MAY 12 | 6 – 9 p.m.

In *Biography of a Friendship*, Marie-Claude wrote about the lasting friendship between two women endured through time and distance, for better or worse, until illness brought about the final separation. What does it mean to accompany a friend to the end of her life when the emotional and physical strain makes it hard to balance honesty and empathy? Sharing their vulnerability and thoughts on death allowed for honest conversations that deepened their understanding and acceptance of their mortality.



A New, Ground-Breaking Understanding of Trees with Dr. Suzanne Simard

MONDAY, MAY 25 | 6 – 9 p.m.

This TCC salon welcomes the world's leading forest ecologist, Dr. Suzanne Simard, as we celebrate her new book, *When the Forest Breathes: Renewal and Resilience in the Natural World*. Simard is a Canadian hero who has revolutionized our understanding of trees as complex, sentient beings. Her sequel to the ground-breaking *Finding the Mother Tree* draws on decades of research and braids memoir and wisdom to deepen our appreciation and wonder of trees that are quietly sustaining life on Earth.

Dr. Melissa Lem on Loneliness, Heart Disease, Climate Change, and Could More Time with Trees be the Solution?

TUESDAY, JUNE 2 | 6 – 9 p.m.

Dr. Melissa Lem, co-founder of PaRx, Canada's national nature prescription program, is helping redefine health care through the healing power of nature. A Vancouver family physician and leader in planetary health, she champions evidence-based "nature prescriptions" that improve mental and physical well-being while deepening our connection to the natural world. Her work suggests that caring for people and caring for the planet are inseparable—and that access to nature can become a vital part of preventive medicine.



BUSINESS & COMMUNITY

Member organizer: Ellen Kief (ekief@kiefllaw.com)

Learn, Engage, and Plan as Vancouver Prepares for Soccer's Biggest Event

WEDNESDAY, MAY 27 | 6 – 7:30 p.m.

As Vancouver prepares to welcome FIFA, join fellow members and guests for Business & Community for an open conversation about the FIFA World Cup 2026™ in our city. This engaging evening invites you to learn, connect, and be part of the conversation shaping what's ahead. Further details to follow.

At the Club

EVENTS



Zajac Nights Gala

SATURDAY, MAY 30

VIP Dinner: 5 – 7 p.m.

Evening Social: 7 p.m. – 1 a.m.

Zajac Nights is the signature fundraising gala in support of Zajac Ranch. Every ticket purchased and every dollar raised directly funds camp programs for children and young adults living with chronic, life-threatening, and complex medical conditions. This year's theme, **Fever Dream: A Night for Tomorrow**, sets the stage for an immersive evening at the Terminal City Club. Guests will enjoy fine dining, premium cocktails, and interactive experiences — all in support of expanding access to life-changing camp programs.

For those interested in attending, tickets can be bought on zajacnights.com. Amendment: Exclusive discount available for TCC members: <https://cbo.io/zajacnights/TCC>



Have You Heard?

CLUB NEWS

new affiliate club



Toronto Cricket Skating and Curling Club

Founded in 1827, the Cricket Club is a historic, private athletic and social club located at 141 Wilson Avenue in North Toronto. Terminal City Club members are invited to visit the Cricket Club up to 20 times per calendar year, and experience all our athletic areas and dining facilities, including the Sports Grill, Family Bistro, and scenic outdoor patio. Members can also rent versatile event spaces for both intimate gatherings and larger functions. Additionally, families can participate in the Cricket Club's popular Camp Cricket program.

To arrange a visit email reciprocal@torontocricketclub.com with the name(s) and date(s) of the planned visit(s).

thank you to everyone who joined us for the elvis soireé

The King came, the dance floor filled, and the Club was all shook up. A night of music, glamour, and great company made this one to remember.

If you weren't there, you won't want to miss the next one.



tcc at the sunrun!

Kudos to the TCC team members, and all who participated in the 2026 SunRun!



MENU

Winemaker Dinner, Blue Mountain Winery

THURSDAY, MAY 28

RECEPTION

Spot Prawn, avocado crema, fresh mango, mango crunch
Duck Crêpe, apricot gel, tarragon
Black Garlic Brussel Sprouts, pine nut butter, pickled grapes

Blue Mountain Pinot Noir Reserve 2023

—

FIRST

Warm Zucchini Bread
cumin confit tomatoes, whipped lemon chevre,
black seed honey, basil

Blue Mountain Sauvignon Blanc 2025

Blue Mountain Pinot Blanc 2025

Blue Mountain Pinot Gris 2025

SECOND

Spring Pea Risotto & Burrata
flaked salmon, mint pistou, pea tips, fennel, salmon roe

Blue Mountain Blossom Slope Block 17 Chardonnay 2024
Blue Mountain Alluvium Reflection Block 32 Chardonnay 2024

—

INTERMEZZO

Blue Mountain Blanc de Blancs Brut 2016

—

THIRD

Halibut
pork belly lardon, glazed beets, chicories,
beurre rouge, apple

Blue Mountain Pinot Noir Reserve Cuvée 2022 en magnum
Blue Mountain Pinot Noir Reserve Cuvée 2016

—

FOURTH

Mignardises



save the date

Run for the Roses:

A SUMMER DERBY SOCIAL

Thursday, June 25

5 – 7 p.m

Mark your calendars for Run for the Roses: A Summer Derby Social where statement hats, sparkling pours, and a touch of friendly fun set the scene for a stylish summer evening.



Watch Parties For Soccer's Biggest Event



Adults: \$65 plus tax & service

Kids (4–12): \$35 plus tax & service

Considered the greatest sporting event on earth, the FIFA World Cup 2026™ was first staged in Uruguay in 1930, and the thrilling tri-country 22nd edition will be a once-in-a-lifetime experience. Your Beverage pros are busy preparing cocktails, mocktails, and wine flights for you (have you tasted wine from Brazil, Uruguay, Turkey or Morocco??) with bites to pair.

We'll be screening the following games being held in Vancouver, live, with sound, in the Metropolitan Ballroom. Bring your friends and families!

Friday, June 12, 12 noon:

Canada vs. Bosnia and Heregovina

Saturday, June 13, 9 p.m.: Australia vs. Türkiye

Thursday, June 18, 3 p.m.: Canada vs. Qatar

Wednesday, June 24, 12 noon:

Switzerland vs. Canada

Additional games may be added to the viewing schedule



Liquid ASSETS

by your Director of Wine, DJ Kearney

Meet some of your new By-The-Glass Wines!



1 Sorelle Bronca Prosecco Superiore Valdobbiadene Rive di Colbertaldo Particella 68 Brut Veneto, Italy \$13 [5oz] / \$60 [Bottle]

The long name says it all – this is no ordinary prosecco! A little jewel of an estate, sisters Antonella and Ersiliana Bronca (sorelle means sisters) are devoted to making prosecco that express soils and site like few others care to do. Particella 68 is a steeply sloped single vineyard in the blue-chip sub zone of Valdobbiadene, made from old vine glera (the main grape of all proseggi) with a dash of rare bianchetta and perera added for complexity. A single intricate fermentation brings toastiness and a creamy note to this ultra-premium dry, crisp, pillowy, oh-so-elegant prosecco.

2 Kaltern Pinot Grigio 2024 – Alto Adige, Italy \$16 [6oz] / \$20 [9oz] / \$63 [Bottle]

There is a vast sea of pedestrian pinot grigio out there, but not in our Club! Grown at high elevations on precipitously inclined vineyards, this pinot grigio has the kind of concentration of ripe pear, apple and citrus flavours, emollient texture from lees ageing and juicy, snappy acidity that signals top quality. Unlike mass-market versions that can often be thin or neutral, high-end Alto Adige expressions offer **rare aromatic depth**, chamois mouthfeel, and a "mountain-fresh" acidity driven by extreme vineyard elevations. Try with our new Oyster Mushroom Banh Mi or new Milanese pasta.

UPCOMING MINI MASTERCLASSES

- May 13 Bordeaux Part II – The Right Bank
- June 10 Global Rosé
- July 8 Pairing Wine and Cheese with DJ and Leigh
- August 12 Can't Get Enough Cabernet Franc!

3 Domaine de la Bégude Cadet Rosé 2024 Provence, France \$15 [6oz] / \$19 [9oz] / \$63 [Bottle]

Domaine de la Bégude is one of the oldest and most emblematic wine estates in the Bandol appellation within Provence. Once abandoned and dilapidated, it was purchased by Bordeaux winemaker Guillaume Tari, who replanted the entire 45 hectares of steep terraces to mainly mourvèdre. A pale salmon-pink colour offering delicate aromas of white peach, wild strawberries, and citrus blossom. Silky texture with subtle mineral undertones reflecting the Provence terroir. You'll love this with the Mussels à la Provençale... remember, what grows together, goes together!

4 Poplar Grove Pinot Noir 2023 Okanagan Valley, BC \$15 [6oz] / \$19 [9oz] / \$63 [Bottle]

Famed for cabernet franc and pinot gris, the clever folks at Poplar Grove worked diligently behind the scenes to make their first pinot noir. They built a separate winery just for pinot (this princess of a grape deserves the very best) and lovingly cultivated a 13-hectare lakeside vineyard planted with top Burgundian clones. Juicy cherry fruit, light toast and spice notes and a dusting of sagebrush define this stylish pinot. Plush fine tannins lend graceful architecture but are well-behaved enough for any of our fish dishes, and absolutely killer with the new Brome Lake Five Spice Duck breast.

TCC Quarterly Wine Club

Did you know your Club has a Wine Club? Each quarter your intrepid Director of Wine, DJ Kearney, assembles a cast of vinous beauties from familiar to esoteric, but all with discovery, value and taste in mind. Best yet, you can come and sample all twelve wines from the Mixed or Red Only collections before you commit. Whether destined for your Club wine locker or your home cellar, we promise an exciting new wine world awaits you. Each curated six-bottle collection is \$285++, or feel free to buy bottles separately.

Join us on Thursday, May 21, 2026 at 5:30 – 8 p.m. for a sit-down "listen and learn" session complete with shared cheese and charcuterie platter, or pre-order a personal serving to keep well fueled until 8 p.m.!

Member of the Month

LISA JANDALI

Lisa Jandali's focused and straight-forward career advice goes like this: Find something you enjoy doing and give it your all; be someone who makes a difference.

"When someone loves what they do, you can see it," she says. "If you care about your work, it will be appreciated by others and it will bring you satisfaction and happiness."

Lisa grew up in the Lower Mainland. Dad was an engineer and entrepreneur; Mom was a home economics graduate who took care of the family. Sports activities were always top of mind — soccer, track, biking ... "Anything to get me outside," she says.

After high school, university would have seemed the obvious next step, but Lisa had no sense of what to study. "Without any clear area of interest, I decided to wait until I knew where to focus my career." And so, with university on hold, she looked for work. Serendipity brought her to an entry-level position with a property insurance company. Over the next several years, her career blossomed.

"My drive to succeed comes from being raised that way — push yourself, work hard, do your best, learn more, do more."

An opportunity in 1996 offered a relocation to Alberta. Leaving the West Coast wasn't something she had considered, but she embraced Calgary for 16 years, where she advanced in her career, made new friends, and took up new sports including skiing and golf.

Today, Lisa is a COO with Hub International, a North American insurance broker with a head office in Chicago. She oversees the employee-benefits practice throughout Canada. Her next step on the career ladder will probably be a step off.

"I am getting closer to the sunset," she says with a smile. "I worked hard my whole life. I would love to find a way to pull back a little and spend more time with the things that I love."

Retirement will have no shortage of adventures. Lisa and her husband Alex are avid bike riders (road and trail). One of their favourite cycling trips is Victoria to Sooke, staying overnight in Sooke, then cycling back to Victoria the next day.

"I've been sporty my entire life. I used to be a passionate distance runner and completed several marathons and half-marathons. I've also finished a few triathlons."

Lisa loves to travel and expects "major vacations" to be a big part of her life when work ends. Some of her favourite places are Majorca, Hawaii, Costa Rica. "When I travel to conferences, I usually look for places nearby that I can visit. I love islands — that feeling of being surrounded by water and the tranquility that goes along with it."

And when she is not travelling or on a fitness adventure, staying home will be just fine. "I bake a lot and really enjoy it. I'm gluten-free, and baking is something of a creative outlet for me. More time at home also means



more walks in Pacific Spirit Park and more time with our dog Lexi."

Lisa joined the Terminal City Club in 2015. Alex is also a member. The couple are regulars at the fitness centre, where Lisa is often working with trainer Andrea Lo. Lately, she has taken a keen interest in the club's recently launched fitness classes on the 3rd and 4th floors of the TCC tower.

"I wanted to join a club for business reasons — AGMs, shareholder meetings, Christmas parties. TCC felt more my style than other places I looked at ... I love the staff here. From the moment you walk in the door, there is someone around to make your life better." ❀

Focus ON FITNESS

HOURS

WEEKDAYS 6 a.m. – 10 p.m.

WEEKENDS 7 a.m. – 8 p.m.

HOLIDAY & MODIFIED HOURS

MONDAY, MAY 18

VICTORIA DAY (CLOSED)

TRAIN

PERSONAL TRAINING with MIL FIT



MilFit personal training is a private one-on-one session designed to focus attention entirely on your needs to make sure you reach your health and fitness goals safely and effectively. Whether you are new to fitness or an athlete, our team of professional and experienced Certified Personal Trainers will customize on-going personalized exercise programs that will be specific towards achieving your best possible health, fitness, and wellbeing.

All our professional and experienced Certified Personal Trainers are university educated in Exercise Science, Sports Performance and Injury Prevention. Our trainers provide motivation, accountability, consistency, non-judgmental support, safe supervision, correct technique, proper form, injury rehabilitation, sports-specific training, and results.

Research shows that working one-on-one with a personal trainer produces health and fitness results more effectively and more efficiently, and with less to no injuries than training on your own.

PRIVATE PILATES WITH ZORICA JOVIC

A former Olympic-level gymnast from Montenegro, Zorica works across the full Pilates apparatus repertoire and is known for creating safe, intelligent programs that restore balance, strength and trust in the body. She holds a comprehensive Pilates Certificate through BASI (Body Arts and Science International) and has over 15 years of teaching and practice experience.

Inquire about private classes at the Fitness Centre

FIRST TIME TO PILATES?

EXPLORE SOME INTRO OFFERS

Looking to try Pilates for the first time? Our intro packages are designed to help you familiarize yourself with the apparatus, techniques and terminology. Choose which one is best suited for you.

PRIVATE INTRO CLASS OFFER PACKAGE

\$375 plus gst (regular \$420) until June 30, 2026

Inquire about private classes at the Fitness Centre

For a limited time we are offering a package of five 60-minute beginner's private or duet (with a coworker or friend) classes for a discounted price.

BEGINNER FUNDAMENTALS

Mondays, 12 noon – 1 p.m. & Wednesdays, 7 – 8 a.m.

complimentary, registration required

For those who have never tried pilates before, learn core principles like breath, flow, precision, and control in this introductory class.

LEVEL 1 - BASIC WITH PROGRESSIONS

Wednesdays, 5 – 6 p.m. & Saturdays, 9 – 10 a.m.

\$25 plus gst per session, registration on Member Central is required; a late cancellation or no-show fee of \$40 will apply given limited capacity

Learn about posture and alignment and build a foundation that will allow you to progress to more complex movements.

COMING SOON!

LEVEL 2 - ELEVATE INTERMEDIATE

\$25 plus gst per session, registration on Member Central is required; a late cancellation or no-show fee of \$40 will apply given limited capacity

For those with apparatus experience, build on foundations with a class that will introduce you to transitions to give you a full body workout. Attendees must be able to get in and out of foot straps, adjust their own springs and props yourself.

Focus ON FITNESS

GROUP CLASS SCHEDULE

With our new multi-purpose studio space ready we are excited to announce many new group class offerings. All group classes will now be in person.

Registration for all group classes is required, a late cancellation or no-show fee of \$25 will apply given limited capacity. \$40 late cancellation or no-show fee for Pilates Classes See more details and register for the classes on Member Central.

	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING			6:30 – 7:30 VINYASA YOGA with CLARE	7 – 8 REFORMER PILATES Beginner's	6:30 – 7:30 HATHA YOGA with CLARE	9 – 10 REFORMER PILATES Level 1	10 – 11 BARRE CLASS with SUZY
AFTERNOON	12 noon – 1 F.I.T. with ATHOS	12 noon – 1 REFORMER PILATES Beginner's	12 noon – 1 CORE CONDITIONING with LEILA	12 noon – 1 BOXING CLASS with LEILA	12 noon – 1 SCULPT & STRETCH with CLARE	12 noon – 1 TOTAL BODY STRENGTH with LEILA	
		5 – 6 TOTAL BODY STRENGTH with MIKALA	5 – 6 REFORMER PILATES Level 1	5 – 6 BANDED BOOT CAMP with SUZY			

F.I.T. with ATHOS

Get energized with this full-body intensity training (F.I.T.) class.

VINYASA YOGA with CLARE

An active, flowing style of yoga for strength, balance, and flexibility.

CORE CONDITIONING with LEILA

Enhance your core, back strength and flexibility with this conditioning class.

TOTAL BODY STRENGTH with MIKALA

This all-levels class designed to focus on building strength and prevent injuries.

BOXING CLASS with LEILA

A technical boxing class focuses on refining fundamental skills.

HATHA YOGA with CLARE

A slower practice moving thoughtfully through a series of static postures.

SCULPT & STRETCH with LEILA

Melt and stretch your tension away with this low intensity class.

BANDED BOOTCAMP with SUZY

Experience the ultimate resistance workout in this high-energy class.

TOTAL BODY STRENGTH with LEILA

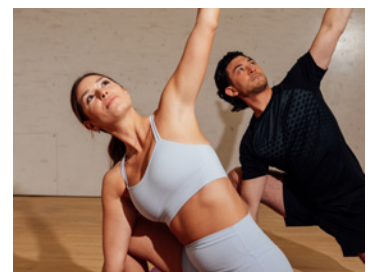
This all-levels class designed to focus on building strength and prevent injuries.

BARRE CLASS with SUZY

Refine your fitness with our all-levels Barre class.

POWER FLOW YOGA with HELIA

Enjoy flowing in this dynamic and athletic all-levels yoga class.



Focus ON FITNESS

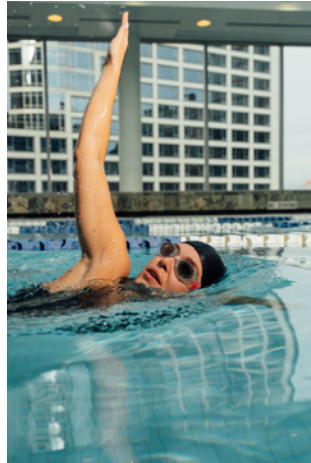
SWIM

SWIM COACH JOHN RYAN
john@swimminginvancouverbc.com

ADULTS PROGRAMS POOL POWER PROS

Tuesdays & Thursdays, until May 14
6:30 – 7:30 a.m. | \$60 plus gst for registrants starting May 1

A high-intensity endurance-based program for experienced swimmers. Expect to swim 2.5/3 km in the hour.



POOL POWER STROKERS

Tuesdays & Thursdays, until May 14
7:30 – 8:30 a.m. | \$60 plus gst for registrants starting May 1

An endurance stroke-based program working on techniques of all strokes and flip-turns while improving your cardio.

POOL POWER PADDLERS

Tuesdays & Thursdays, May 19 – June 18
10 – 11 a.m. | \$250 plus gst

A group lesson program for the non, weak, or nervous swimmer focused on progressions at your pace.

NEW! AQUAFIT May 14 - June 14

Amendment: Thursdays, 5 p.m. – 6 p.m. Sundays, 12 noon – 1 p.m.
\$100 plus gst (One day a week – \$62.5 / drop-ins – \$15)

Aquafit is a cardiovascular workout and muscle strengthening class in a low impact environment. With the resistance of the water the class targets the core, legs and arms giving a full body tone.

KIDS PROGRAMS: KIDS GROUP LESSONS

April 11 - June 27 (No lessons May 16)

Saturdays, various times | \$324.5 plus gst

10 – 10:40 a.m. | 3 – 5 years

10:40 – 11:20 a.m. | 3 – 5 years

11:30 a.m. – 12:10 p.m. | 6 – 7 years

12:10 - 12:50 p.m. | 8 – 9 years

12:10 - 12:50 p.m. | Stroke improvement

NEW! SWIM KIDS "MOVEMENT TO MUSIC FOR MINIONS"

Sunday, April 12 – May 10

10 – 11 a.m. | \$225 plus gst | 6 – 12 years

This new program is a great way for our swim kids to improve their watermanship in swimming lessons, give you an introduction to synchronized swimming, develop lifesaving skills for Junior lifeguard programs or just a great way to have fun.

SQUASH

SQUASH COACH BARRY GIFFORD
squash@tclub.com | 604-219-8233

SQUASH SKILLS & TACTICS

\$25 plus gst

For competitive Vancouver Squash League players – intermediate/advanced. Get three or more players together for "Pro-like" skill-tactical situations.



2026 TCC SUMMER SQUASH LEAGUE

Mondays, May 11 – June 29, (no match on May 18)

Matches at 5, 5:30, and 6 p.m.

Teams will have players of different levels based on their Club Locker ranking points. That is, one player from Div. 2-3, one player from Div. 4-5 and one player from Div. 6 - 7. Register at the Fitness Centre.

JOIN US!

SQUASH SOCIAL

Thursdays, 4 – 6 p.m.

Who says squash can't be a party?

Bring your game face and jump right in.

SQUASH GROUPS

Interested in morning or lunchtime squash? Join the **Morning Boys**, and/or the **Lunchtime Burpees**. Contact Barry to sign up today.

SQUASH INTRODUCTORY LESSON

New members are offered a free half-hour Introductory Squash Lesson. Whether you take up the game more full-time, or you are just interested in trying it out – the "Intro Lesson" will provide you with the ability to play the game right away!

SPRING 2026 JUNIOR SQUASH PROGRAM

Saturdays, April 11 - June 27 (10 lessons; no lesson on May 16)

\$200 plus gst

12:15 – 1:00 p.m. | 6 – 7 years

1:00 – 1:45 p.m. | 7 – 11 years

1:45 - 2:30 p.m. | 13 – 17 years

PRIVATE OR PARTNER LESSONS

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

RACQUET STRINGING AVAILABLE

See Fitness Centre front desk for more information.

Mother's Day Brunch

SUNDAY, MAY 10

11 a.m. & 12 noon seatings

adults: \$120 plus tax & service

kids (4-12): \$55 plus tax & service

LETTER WRITING STATION • PROFESSIONAL FAMILY PORTRAITS
EXTENSIVE BRUNCH BUFFET

Make precious family memories.

