

# TERMINAL CITY TIMES

JUNE 2026 • VOL. 34 NO. 6



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

# Upcoming Events

- JUNE 2 SALON\***  
Loneliness, Heart Disease, and Climate Change
- JUNE 5 SALON\***  
The Enchanting World of Coloured Diamonds & Gemstones
- JUNE 24 FIFA WATCH PARTIES**  
Canada vs. Switzerland
- JUNE 25 RUN FOR THE ROSES**  
A Summer Derby Social
- JUNE 10 MINI MASTERCLASS WINE SPEED TASTING**  
Premium Rosés of the World
- SALON\***  
Resilience When Life Takes an Unexpected Turn
- JUNE 12 FIFA WATCH PARTIES**  
Canada vs. Bosnia & Herzegovina
- JUNE 17 SALON\***  
The Surprising Morality of Babies
- JUNE 18 MEMBER'S NETWORKING LUNCH**  
Connect with fellow members
- FIFA WATCH PARTIES**  
Canada vs. Qatar
- JUNE 19 MEMBER'S MINGLE\***  
Connect, unwind, and socialize
- JUNE 23 SALON\***  
The Astonishing Bird Behaviors
- JUNE 28 FAMILY POOL PARTY**  
Come for a splash
- JULY 8 MINI MASTERCLASS WINE SPEED TASTING**  
Pairing Wine & Cheese with DJ Kearney and Leigh Power
- JULY 17 CANDLELIGHT DINNER**  
Golden Hour in Tulum
- AUG 21 LONGTABLE DINNER**  
Cena in Bianco

\* MEMBER LED EVENTS

## 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](mailto: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

## JUNE 2026



### DEAR FELLOW MEMBERS,

There's a distinct sense that summer has truly arrived at the Club now that June is here. The patios are lively, the calendar is full, and there's a shared energy that comes from longer days and more opportunities to connect, unwind, and celebrate together.

Over the next two months, the city will come alive with the **FIFA World Cup**, and the Club will be part of that excitement. The Club has set up dedicated **watch parties** on June 12 (Canada vs. Bosnia & Herzegovina), June 18 (Canada vs. Qatar), and June 24 (Canada vs. Switzerland) with more games to come. We'll be showing these matches live in the Metropolitan Ballroom with full sound, complemented by elevated stadium fare and a spirited atmosphere. Whether you're a lifelong football fan or simply enjoy the thrill of a great match alongside fellow members, these gatherings are another opportunity for members to come together and enjoy a shared experience at the Club.

**Run for the Roses**, offers a derby-inspired evening where summer style meets a vibrant and social atmosphere. This elegant event combines live entertainment and, thoughtfully curated food and beverage offerings, to kick off our summer programming. I encourage

you to embrace the theme: bold hats, florals, and polished summer looks are all part of the fun. Be sure to take part in our Style Stakes, where standout fashion will be recognized and rewarded.

June is also an ideal time to take advantage of one of the Club's most distinctive offerings, **bespoke dining** and entertaining. Whether you're hosting an important client, celebrating a milestone, or simply gathering friends for a memorable evening, our team is here to help you create a personalized experience tailored to your vision. From custom menus to thoughtfully curated settings, it's a wonderful way to make the most of the season while showcasing your Club at its best.

This time of year reminds us how important our community is, and how it continues to grow. If you know someone in your network who would enjoy the Club, I encourage you to introduce them to us. Our annual **summer membership incentive** is now underway for both Corporate and Personal memberships, and members continue to receive a referral bonus for successful candidates. The continued strength of our membership community remains one of the Club's greatest assets.

Thank you for continuing to bring energy and engagement to the Club community. Whether you are watching a match, attending an event, or relaxing on the patio, it is the participation of our members that continues to make the Club feel vibrant and welcoming. Looking forward to seeing you around and enjoy the sun!

My best regards,

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

Pierre Pelletier  
Terminal City Club President

# Stay informed

## CLUB NEWS

### holiday and modified hours

The Club will be closed on **Wednesday, July 1** for Canada Day. The Fitness Centre, Mink Chocolate Café, Lions Pub, and Call Me Back will be open.



### 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. Paul Jones  
Ms. Desiree Jung  
Ms. Tamlyn Mafika  
Mrs. Jamie Matheson

Ms. Jiaojiao Ren  
Mr. Dean Robson  
Mr. Peter Tioco



### employee milestones

Congratulations to **Iain Fletcher**, Director of Outlets, for reaching his **15-year milestone** at the Club!

Four years after joining TCC as Banquets Supervisor, Iain was recognized as Employee of the Year for his professionalism, attentive service, tact, and leadership. In 2020, after nine years delivering exceptional experiences in Banquets, Iain took the role of Restaurant Manager overseeing the Club's restaurants and then, in 2022, was promoted to his current role. He is widely respected by his team, who appreciate his mentorship, humour, and his care and dedication to his work, his colleagues, and members and guests.



### host a bespoke dinner

Enjoy a dinner curated specially for you at the Club. Collaborate with our culinary team to design a personalized menu, complemented by expertly selected wine and cocktail pairings from our beverage team. Host an elevated intimate dinner, perfect for celebrating special occasions and important milestones.

Find out more



Inquire  
reserve@tclub.com  
604-488-8637

# Dining AT THE CLUB

## try the lions bowl at the lions pub

Introducing our new **Lions Bowl** - whipped "feta", marinated farro, miso caramelized carrots, crispy cauliflower, smoked olives, arugula, pickled onion and chickpea onion crunch. Fresh, filling and totally vegan - we are obsessed!



## new menu at CALL ME BACK

Gear up for a **new menu** coming to Call Me Back this month! Enlighten your taste buds with a whole new set of signature cocktails carefully hand-crafted by the Call Me Back team. Find your way through the red phone booth at Lions Pub. Open 5 p.m. till late.



## have you had your matcha yet?



### MATCHA AT THE CAFÉ

Have you had a chance to try the Matcha at the Café? Grab yourself our new **Matcha Latte** and **Strawberry Matcha Swirl** and enjoy it in the sun this summer.

### FIFA-THEMED CHOCOLATES AND PASTRIES COMING SOON.

Keep your eyes peeled for some exciting FIFA-themed products coming to the Café. Grab some exciting treats for your watch parties and cheer your favourite teams on.



## grab the last bottles: going, going, gone

Some of our cellar charmers are down to the very last bottles. Purchase one of these wines for home or your wine locker at a 'going, going, gone' price.

View the list on [tclub.com/restaurants](https://tclub.com/restaurants), or by scanning the QR code.



If you would like to purchase any of the bottles, please contact our Beverage team at [wine@tclub.com](mailto:wine@tclub.com)



## 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, **Talia Harris**.

# Club EVENTS



## Mini Masterclass Wine Speed Tasting Premium Rosés of the World

WEDNESDAY, JUNE 10

5:30 p.m. Welcome wine

6 – 7 p.m. Session

*\$75 plus tax & service charge*

Dive into the world of pink wine and taste how truly diverse modern rosé can be. We will visit Spain, Uruguay, BC, and France of course, learning history, best grapes, winemaking techniques, and style amplitude. Made deliberately for over 2,600 years, rosé is here to stay, enjoyed by women and intelligent men.

Don't miss a chance to taste one of the most famous and expensive rosés of the world, in addition to these beauties (and the right nibbles, of course):

*Welcome Wine*

*TCC Pink Crush 2022 – Okanagan Valley, BC \$50*

*Muga Rosado 2023 – Rioja, Spain \$57*

*Domaine des Tourelles Rosé 2023 – Bekaa Valley, Lebanon \$48*

*Bodegas Garzón Reserve Pinot Noir Rosé 2023  
Maldonado, Uruguay \$58*

*Domaine de la Mordorée 'La Dame Rousse' Tavel 2021  
Rhône, France \$73*

*Château d'Estoublon Roseblood 2024  
Côtes de Provence, France \$58*

*Château d'Esclans Garrus 2020  
Côtes de Provence, France \$282*



## FIFA Watch Parties

VARIOUS DATES AND TIMES

*\$65 plus tax & service*

*Kids (4 – 12) \$35 plus tax & service*

Join us as we stream soccer's biggest event live, right in the Club on **86" TVs with full sound** in the Metropolitan Ballroom. 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.

With a room full of cheering fans, dazzling décor, delicious stadium fare (see the menu on Member Central), this is bound to be an unforgettable event that you and your family won't want to miss.

### We will be streaming the following games:

**June 12, 12 noon**

Canada vs. Bosnia & Herzegovina

**June 18, 3 p.m.**

Canada vs. Qatar

**June 24, 12 noon**

Canada vs. Switzerland

# Club EVENTS



## Members' Networking Lunch

THURSDAY, JUNE 18

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.

Meet and learn from other members representing diverse industries or make a new friend!

## Run for the Roses: A Summer Derby Social

THURSDAY, JUNE 25

5 – 7 p.m.

*\$30 plus tax & service (includes two tokens, additional tokens are available for purchase)*

Dust off your finest summer attire and join us for an evening inspired by the charm and sophistication of derby season. Run for the Roses: A Summer Derby Social brings together lively entertainment, curated food and beverage offerings, and plenty of opportunities to mix and mingle with fellow members.

Sip, savour, and socialize as you explore themed food and drink stations, enjoy live entertainment, and take in the festive atmosphere. Feeling fashionable? Show off your best derby-inspired look, from statement hats and floral prints to polished summer ensembles, for a chance to win prizes in our Style Stakes fashion contest.

With good company, great food and drinks, and a touch of derby flair, this is one summer social you won't want to miss.



SAVE THE DATE

## Family Pool Party

SUNDAY, JUNE 28

10 a.m. – 2 p.m.

Make a splash with us at our annual Family Pool Party! Gather the family for a fun-filled day of poolside activities, games, and summer celebration at the Club. Children can enjoy organized pool games and activities, while parents relax poolside and soak up the sunshine. A family-friendly lunch will be served, making it the perfect way to kick off the summer season together.

Whether you're diving in or cheering from the sidelines, this is a wonderful opportunity to enjoy quality family time and connect with fellow members. Space will be limited, so be sure to watch for registration opening soon.

## LIVE MUSIC in the Lounge

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

### JUNE

- 4 Goby Catt
  - 5 Neal Ryan
  - 6 Nelson Boschman
- \*live music programming is limited during the FIFA World Cup*

## event registration

SAVE YOUR SPOT!

**online** via Member Central

**email** [concierge@tcclub.com](mailto:concierge@tcclub.com)

**call** 604 681 4121

**text** 604 200 2279

# Member-led EVENTS

## SALONS

Member organizer: Victor Chan

### 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". Her work suggests that access to nature can become a vital part of preventive medicine.

### The Enchanting World of Coloured Diamonds and Gemstones

FRIDAY, JUNE 5 | 6 – 9 p.m

This dinner salon will explore the rare and captivating world of natural coloured diamonds and gemstones. The discussion will touch on the origins of these extraordinary stones, what makes certain gems so prized, and how rarity shapes both fascination and market worth. Guiding the conversation are **Branko Deljanin**, with over 30 years of experience in diamond grading and gem research, and **Elena Deljanin**, a professional gemologist specializing in scientific analysis.

### Resilience When Life Takes An Unexpected Turn

WEDNESDAY, JUNE 10 | 6 – 9 p.m

At this dinner salon, **Ralf Schwiede**, a member, will share how discovering triathlon in his early 50s quietly reshaped his life. Over time, the steady rhythm of showing up everyday for his triathlon carried him into remarkable races and performances. Then came a stage 4 prostate cancer diagnosis. Instead of stopping, he kept going. This is a conversation about resilience, routine, and what it really means to move forward when life takes an unexpected turn.

### The Surprising Morality of Babies

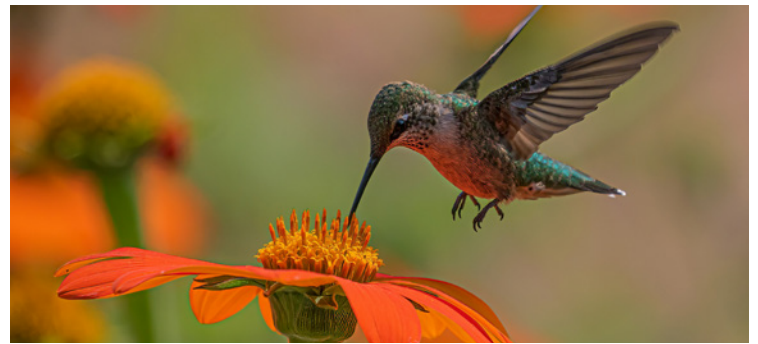
WEDNESDAY, JUNE 17 | 6 – 9 p.m

Developmental psychologist **Kiley Hamlin** (UBC) will discuss and explore what infants reveal about the roots of human morality. Are we born inclined toward kindness, and able to judge it in others from our very first days? Kiley will share striking findings from newborn research alongside provocative, as-yet unpublished observations suggesting post-pandemic infants may be less socially oriented and more wary of strangers. This intimate conversation will investigate the intersection of science, ethics, and lived experience.

### The Astonishing Bird Behaviors and How They Illuminate the Workings of our Own Brains

TUESDAY, JUNE 23 | 6 – 9 p.m

Imagine a creature that can fly backward, hover like a helicopter, and cross entire oceans—yet weighs less than a nickel. **Doug Altshuler**, a professor in Zoology and Neuroscience at UBC, uses birds like hummingbirds, pigeons, and zebra finches to explore how the brain turns what we see into swift, precise action. Join us to explore some astonishing bird behaviors and how they illuminate the ways we navigate and move through the world every day.



## MEMBERS' MINGLE

FRIDAY, JUNE 19 | 5 – 8 p.m.

Member organizer: Mindy Tulsi-Ingram

Join fellow members for a casual evening to connect, unwind and socialize. Enjoy a drink, expand your circle, and engage in meaningful conversations. This event is organized by member Mindy Tulsi-Ingram. Guests are welcome. Dress Code: business casual.

This will be the last of this series before there is a break for the Summer, the next session will be held in September.



# Summer EVENTS *Preview*

## *July*

- July 1 Canada Day – Fitness Centre, Mink Chocolate Café,  
Lions Pub, and Call Me Back open
- July 8 Mini Masterclass Wine Speed Tasting:  
Pairing Wine and Cheese with DJ Kearney and Leigh Power
- July 15 Members Wine Tasting
- July 16 Members Networking Lunch
- July 17 Golden Hour in Tulum – Candlelight Dinner on the Patio
- July 30 Paint & Sip

## *August*

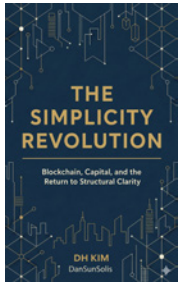
- August 3 BC Day – Fitness Centre, Mink Chocolate Café,  
and Lions Pub, open
- August 12 Mini Masterclass Wine Speed Tasting:  
Can't Get Enough Cabernet Franc!
- August 14 Night Market
- August 19 Members Wine Tasting
- August 20 Quarterly Wine Club  
Member Networking Lunch
- August 21 Cena in Bianco – Longtable Dinner on the Patio



# Have You Heard?

## CLUB NEWS

### TCC member DH Kim publishes two books



**The Simplicity Revolution** reveals that our modern institutions are built on a fundamental flaw: fragmented truth. Banks, governments, and markets all maintain their own separate ledgers, forcing us to waste billions of dollars and years of human potential just to "reconcile" what we already know to be true.

**Getting to No** offers a different lens. In 1996, DH Kim—a Korean scholar with unusual proximity to the events—submitted a thesis arguing that the most celebrated framework in negotiation theory, Roger Fisher and William Ury's *Getting to Yes*, is structurally inadequate for understanding how governments negotiate over nuclear weapons. Using the 1994 Geneva Accord as a case study, the author argued the agreement would be difficult to sustain, and explained precisely why.



DH Kim is a global financial infrastructure executive and entrepreneur. He is the Founder and CEO of Finhaven Group, which develops institutional infrastructure for digital securities and alternative investment markets, and Chairman & CEO of NMC Resource Corporation in Canada.

Mr. Kim previously served on the British Columbia Securities Commission (BCSC) Fintech Advisory Committee, and was also a policy advisor to the Ministry of Industry and Resources of South Korea.

# PLATINUM CLUBNET™



PlatinumClubNet™ is a global network designed exclusively for private club members. It offers a trusted environment where relationships are built on shared experiences and a genuine sense of belonging, not transactions.

Wherever members travel, they can connect with like-minded individuals through curated introductions, social gatherings, or experiences like golf and dining.

From quiet business meetings to spontaneous meetups, PlatinumClubNet™ ensures members are never alone in a new destination. Through the **PlatinumClubNet™ Member App**, users can easily discover and engage with a global community.

**To access the network, download the 'PlatinumClubNet' app and use your email on file with the Club to sign up.**

*For login assistance, contact Member Services.*

**Know someone, a client, friend, or colleague, who would be a perfect fit for the Club? Now's the time to introduce them!**

When your referral joins as either a Resident or Corporate Member, you'll receive a \$600 credit applied directly to your account, our way of saying thank you for growing our community. It's a win-win: they discover the Club, and you enjoy a well-deserved reward.

Ready to get started? Contact our Membership Team at [joinus@tcclub.com](mailto:joinus@tcclub.com) to learn more or submit your referral.



# Hosting Events over the Summer?

**We've got you covered.**

**Reach out to our catering team today.  
[catering@tcclub.com](mailto:catering@tcclub.com)**

# At the Club

## EVENTS

### Practical AI for Everyday Work

WEDNESDAY, JUNE 24 | 6 – 9 p.m. | *\$75 plus tax & service charge*



Cut through the AI hype and discover practical tools that can help you save time, stay organized, and work more efficiently.

In this hands-on workshop, we'll explore how popular AI platforms such as Microsoft Copilot, Gemini, Claude, ChatGPT, and NotebookLM can streamline everyday tasks and reduce time spent on repetitive work. Whether you're managing emails,

preparing presentations, organizing meetings, analyzing data, or conducting research, you'll learn simple ways to incorporate AI into your daily workflow.

Registration coming soon.

Topics include:

- Workflow Automation
- Email & Calendar Management
- Meeting Preparation & Summaries
- Research & Reading
- Document Creation & Writing
- Spreadsheets & Data Analysis
- Presentation Development

Participants are encouraged to bring a laptop, as the session will include interactive demonstrations and opportunities to try the tools.

Please note: This workshop is focused on practical productivity applications. It is not a course on coding or image generation but rather an interactive workshop on using AI as a tool to work smarter.

### Candlelight Dinner

## Golden Hour in Tulum

July 17



Escape to the Riviera Maya for an unforgettable summer evening on the patio. Inspired by the laid-back luxury of Tulum, this elevated candlelight dinner blends vibrant coastal flavours, tropical cocktails, warm sunset vibes, and DJ sets that carry the evening into a lively summer social. Think rattan, terracotta tones, stylish summer attire, and golden hour energy all night long.

### Longtable Dinner

## Cena in Bianco

August 21



Dress in your finest whites for Cena in Bianco, an elegant evening of dining under the summer sky on the Terrace Patio. Enjoy a beautifully curated five-course dinner, thoughtfully paired with the magic of a warm August evening, long-table dining, and unforgettable company. An elevated summer tradition not to be missed.



# Liquid ASSETS

by your Director of Wine, DJ Kearney

*Try some of our greatest hits from the TCC Quarterly Wine Club May 2026 Collections!*



1



2



3



4

## 1 Bodega Bermejoes Diego Seco 2024 – Canary Islands, Spain \$68

This wine is from one of the world's most exotic and extreme vineyard locations – Lanzarote in the Canary Islands, part of Spain of course, but far closer to Morocco. The vines grow on vast barren swathes of black volcanic ash, each planted in a shallow pit providing protection from incessant wind and capturing vital moisture. The grape in this unicorn wine is made from the diego, also called vijariego blanco, an indigenous white vine primarily cultivated on the island of Lanzarote. It combines bracing natural acidity with brisk flavours of green apple, lemon zest, herbs, and a characteristic taut mineral salinity. Salty snacks, tapas bites or kettle potato chips are a must.

## 2 Kumeu River Chardonnay Rays Road 2024 – Hawke's Bay, New Zealand \$102

Founded by Croatian immigrant Mick Brajkovich in 1944, Kumeu River is one of New Zealand's first and finest estate wineries. Located just north of Auckland on the North Island, it began as a mixed farm with fruit, vegetables, cows, and just a few rows of vines for family wine. Mick's grandson Michael is now the winemaker (and a Master of Wine). The grapes for this wine comes from Hawke's Bay, where terrific marine influence makes it significantly cooler than Burgundy's Côte d'Or, chardonnay's homeland. Rays Road is made just like fine Burgundy with wild yeast fermentation, lees ageing and graceful oak. Aromas and flavours combine fresh herbs, apple, and citrus with the discreet buttery/nutty/toasty notes of barrel-aging. Elegance and sass worthy of rich seafood like Dungeness crab or pan seared halibut.

## 3 Vieux Bourg La Croix Penet Régnié 2022 - Beaujolais, France \$71

A summer-weight Beaujolais cru from granite-rich slopes, where sandy pink feldspar-flecked stone lends lift, minerality, and fragrant precision. Made entirely from gamay, it reflects winemaker Dominique Piron's deep Beaujolais experience and his pursuit of purity at Domaine du Vieux Bourg. The warm 2022 vintage brings ripeness without heaviness, balancing crunchy fruit with freshness and delicate tannins. It feels generous yet exact, rooted in terroir, tradition, and a thoughtful, modern winegrowing philosophy. Perhaps the least well-known of the 10 crus of Beaujolais, Régnié is located between two of the most renowned: Morgon and Brouilly, sharing with them the precious granitic terroir upon which gamay grape thrives, giving us thrilling wines for charcuterie, burgers, grilled sausages and warm weather. Drink with a chill!

## 4 Il Borro Pian di Nova Syrah Sangiovese IGT Toscana 2021 – Tuscany, Italy \$85

Located in Valdarno di Sopra not too far from Florence, Il Borro is a project of the renowned Ferragamo fashion family, who bought the property in 1993. It is a huge estate, 1,100 hectares in total, with 85 hectares of vineyards, farmed organically since 2025. Pian di Nova is a 75/25 blend of syrah and sangiovese, styled like a proper Super Tuscan. Mouthfilling, juicy and full of ripe fruit flavours, this wine is designed for early-drinking enjoyment with fresh peppery dark fruit and ripe tannins perfectly offset by juicy acidity. As stylish and swaggering as the Ferragamo label.

# Focus ON FITNESS

## TRAIN

### Enjoy a free session with our TRAINER OF THE MONTH: ATHOS LEAO

Athos will build you a personalized strength and conditioning program. He has been a certified personal trainer for almost a decade, a strength athlete, brown belt in Brazilian Jiu-Jitsu and completed Ironman Victoria.

Available for new PT clients only.



### PERSONAL TRAINING with MILFIT

Achieve your fitness goals with a private one-on-one session with MilFit personal training. MilFit's personal trainers will customize on-going personalized exercise programs tailored to your needs. To inquire: contact milwina@milfit.ca

## PILATES

### LAST CHANCE! REFORMER PILATES 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.

### PRIVATE PILATES with ZORICA JOVIC

Get highly personalized private pilates sessions with Olympic-level gymnast Zorica Jovic. Her sessions will emphasise quality of movement, body awareness, and long-term results. Zorica works across the full Pilates apparatus repertoire and is known for creating programs that restore balance, strength and trust in the body. To inquire: contact fitness@tclub.com

## GROUP FITNESS CLASSES

All group classes are in person in the multipurpose studio.

See more details and register for the classes on Member Central.

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.

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

# Focus ON FITNESS

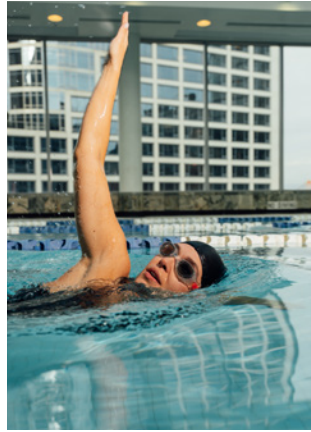
## SWIM

SWIM COACH JOHN RYAN  
john@swimminginancouverbc.com

### ADULTS PROGRAMS EXTENDED!

#### POOL POWER PROS

Tuesdays & Thursdays,  
May 19 – June 30  
6:30 – 7:30 a.m. | \$195 plus gst  
A high-intensity endurance-based program for experienced swimmers. Expect to swim 2.5/3 km in the hour.

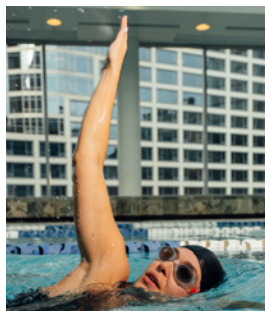


### EXTENDED! POOL POWER STROKERS

Tuesdays & Thursdays, May 19 – June 30  
7:30 – 8:30 a.m. | \$195 plus gst  
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.



### KIDS PROGRAMS KIDS GROUP LESSONS

April 11 - June 27  
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

### PRIVATE LESSONS

Join private lessons with John Ryan. and get a structured but fun program where you can:

- Improve your technique of present strokes
- Try new strokes
- Increase your stamina to continue with more laps/lengths
- Create a sense of flowing with elegance through the water
- Gain the confidence of being at ease in the water

To inquire: contact john@swimminginancouverbc.com

## 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

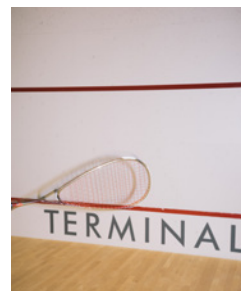
Interested in morning or lunchtime squash? Join the **Morning Boys**, and/or the **Lunchtime Burpees**.  
Contact Barry to sign up today.

### 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).  
To inquire: contact squash@tclub.com

Members who join any swim or squash program midway will receive a pro-rated fee based on the number of sessions left.

# Run for the Roses:

## A SUMMER DERBY SOCIAL



**Thursday, June 25**

5 – 7 p.m

*\$30 plus tax & service (includes two tokens for food & beverage, additional tokens are available for purchase)*

**Derby Themed Food & Drinks - Live Entertainment  
Statement Hats - Style Stakes Fashion Contests  
and a whole lot of summer fun**

