



Newsletter Winter 2025

Celebrating over 35 years!



President Report

Christine Miller

It is an honour and privilege to have the opportunity to serve as the North Shore Keep Well Society Board President. Our volunteer Board works diligently and collaboratively to offer the best classes, activities, workshops, and events for seniors. We are committed to maintaining the physical and social benefits of exercising and learning together. The eight sites on the North Shore rely on our dedicated Site Coordinators and their volunteers. I wish to thank the volunteer Site Coordinators, the other Site volunteers, and the Board for their support and hard work. Special thanks also to Adele Wilson, NSKWS Operations Manager, and Mary Ahmadi, NSKWS Office Administrator. As President, I will continue to work closely with colleagues and partners to ensure the continuation of high quality-classes and activities that strengthen, unite, and enrich our community of seniors.

Participant Profile

Daisy Davis

Daisy has been exercising with the North Shore Keep Well Society for about 15 years. While she was still working, she could only attend once a week, but after retiring seven years ago she happily increased her participation to three classes per week. Daisy feels truly fortunate to have access to exercise classes led by excellent instructors. She says that Keep Well is her “prescription for good health”—a form of medication she gladly takes. She laughs when instructors remind participants to “listen to your body,” saying that if she listened to hers, she’d stay in bed! Instead, she gets up, shows up, and always leaves feeling energized. Along the way, she has made many wonderful friends. Daisy also gives back generously. She has supported our Walkathon by rallying an impressive number of people to sponsor her—from friends, to Bingo companions, to her landlady. She believes in the value of Keep Well’s programs and is motivated to promote and support them.



Daisy & Sanly

Fun Facts

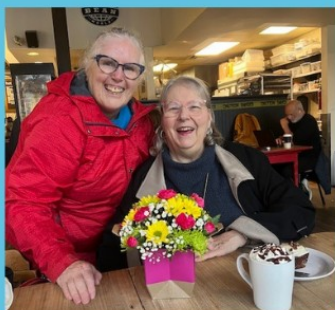
- On September 28, 1987, the North Shore Neighborhood House became Keep Well’s first drop-in exercise site
- Our participants’ ages range from 55 to 93
- Over 350 participants attended the nine Keep Well sites this year

Donate at:
www.keepwellsociety.ca

Site Coordinator Profile

Joy Gardiner - Parkgate Site

After retiring from the Federal Government in 2009, Joy joined Keep Well at Parkgate Community Centre, and later became the Site Coordinator. The highlights of the classes for Joy were the friendships, lively 60's music, health checks, blood pressure monitoring, and refreshment time. Participants value the camaraderie, consistent instruction, and fitness benefits. Joy has supported seniors for over 16 years at the Parkgate Community Centre singers and crafts groups and on the landscaping committee in her strata complex. It is evident that Joy has a strong desire to help and support others, but also the ability to work as a team player. Thank you for your years of service helping seniors in our community, especially volunteering your time as a Site Coordinator at Parkgate Community Centre. We will miss your beautiful smile, vibrant energy, and your ability to brighten up a room. Special thanks to the following volunteers who worked with Joy: Douglas Muir, Donna Phillips, Chris Waldie, Sandra Good, Jene Johnson, Pearl Peng, Trish Robinson, and Debra.



Christine (President) & Joy

Site Coordinator Profile

Roberta Tottle - Silver Harbour Site



Roberta, Joyce, Barbara



Roberta, Doreen, Wally

Roberta began volunteering at Silver Harbour in 1998, later becoming Site Coordinator and eventually Program Director, while continuing to support both Silver Harbour and Kiwanis Lynn Manor. Working with a dedicated team of volunteers, Roberta ensured smooth, welcoming fitness classes by handling registration, equipment, and health services like blood pressure checks and massage. Participants benefit from qualified instruction, music, and exercises that improve strength, balance, and overall well-being, while laughter adds to the positive atmosphere. With her background as a Registered Nurse in Occupational Health across Canada, the U.S., and Australia, she has promoted and supported this community-based program for many years, and remains committed to sustaining high-quality classes.

Board Member Profile

Bev Liddle

Bev Liddle began volunteering as a Board Member of the North Shore Keep Well Society in February 2025 and soon accepted the role of Secretary. She brings extensive experience in governance and community service, having previously served as a Board Member, Secretary, and volunteer for several different non-profit organizations, including two that served North Shore seniors. In addition to the responsibilities as Secretary, Bev was a valuable volunteer at the 2025 Walkathon. Through her involvement with the North Shore Keep Well Society, Bev values the opportunity to promote the health and well-being of seniors, collaborate with dedicated and like-minded volunteers, strengthen her connection to the community, and continue developing new skills.



Mina & Bev

Volunteer with us:
keepwell@telus.net

Second Annual Walkathon

Our annual Walkathon from John Lawson Park to Dundarave Pier and back on September 7, 2025 was a successful event with warm-up exercises, live music, a BBQ lunch, and door prizes. A huge thank you to our dedicated volunteers and sponsors for their amazing support, and for recognizing the importance of promoting the health and well-being of older adults in the community. Special thanks to the West Vancouver Community Foundation, Capilano Community Services, Afsar Paidar, John Cronin, Lions Event Rental, and Medix Holding Ltd.

Statistics

- 134 registrants
- 19+ volunteers
- 23 sponsors
- 21 door prizes



Thank you to our sponsors

- PARC
- West Vancouver Foundation
- Ambleside Tiddlycove Lions Club
- Neptune Terminals
- Delany's Coffee House (Dundarave)
- Park Royal Shopping Centre
- City Market Loblaws (Lonsdale)
- City Market Loblaws (Park Royal)
- Stong's Market (North Vancouver)
- Whole Foods Market (Park Royal)
- Kintec Footwear & Orthotics (North Vancouver)
- North Shore Sports Medicine
- Little Pink Door Boutique
- Escape Travel Wear
- London Drugs (Lonsdale)
- Polly and Andy Canada
- Real Canadian Superstore (Mt. Seymour Parkway)
- Safeway (Lynn Valley)
- Fresh Street Market (West Vancouver)
- Fresh Street Market (North Vancouver)
- Northlands Golf Course+B17
- Nature's Path
- Saeed Parsa Music and Sound System

In Remembrance Margaret Charles

Margaret's warmth and dedication as a long-time volunteer at West Vancouver Seniors' Activity Centre touched many lives. Her commitment to the well-being of others was deeply appreciated and will not be forgotten. We are grateful for her many years of service and the kindness she shared with our community.

A note from her son, John Charles, former Keep Well Board Member:
"She was a true supporter of Keep Well, an inspiration to us all."

**We are very grateful for the ongoing support
from our community funding partners**

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west vancouver

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TERMINALS**

**city
of north
vancouver**



**North Shore Keep Well Society
Winter Class Schedule 2025-2026**

SITE	Winter Final Class	January Start Date	Class Time
North Shore Neighbourhood House	Mon. Dec. 22	Mon. Jan. 5	9:30 am
Delbrook Community Centre	Mon. Dec. 22	Mon. Jan. 5	11:00 am
Parkgate Community Centre	Tues. Dec. 16	Tues. Jan. 6	9:30 am
Silver Harbour - Wednesday Class	Wed. Dec. 17	Wed. Jan. 7	9:30 am
West Vancouver Activity Centre	Wed. Dec. 17	Wed. Jan. 7	11:15 am
West Vancouver Kiwanis Centre	Thur. Dec. 18	Thur. Jan. 8	9:30 am
Lynn Woods Kiwanis Centre	Thur. Dec. 18	Thur. Jan. 8	9:30 am
Lions Gate Community Centre	Thur. Dec. 18	Thur. Jan. 8	10:00 am
Silver Harbour - Friday Class	Fri. Dec. 19	Fri. Jan. 9	9:30 am
ZOOM - Monday Class	Mon. Dec. 22	Mon. Jan. 5	9:00 am
ZOOM - Wednesday Class	Wed. Dec. 17	Wed. Jan. 7	9:00 am

Visit us at our website: www.keepwellsociety.ca

The North Shore Keep Well Society acknowledges that we are on the unceded territories of the Coastal Salish people, including the Skwxwú7mesh (Squamish), xʷməθkʷəy̓əm (Musqueam) and Səlílwətaʔ/Selílwitulh (Tsleil-Waututh) Nations.