



A United Way Member Agency



Volume 32, Number 2

February - March 2008

City of Vancouver

It's That Time Again! Annual Income Tax Clinic

The 411 Seniors Centre's income tax clinic starts on Monday, March 3, and ends Wednesday, April 30. During March and April, the clinic is open Monday through Friday, from 8:30 am to 1:30 pm. Clients are screened for eligibility on the third floor, and then they proceed to the second floor where the preparers complete their tax returns.

Why file a tax return? You may not owe money. Money may be owed to you. All seniors, even those with low incomes, should file a tax return. Many seniors' benefits are income tested by the amount of earnings reported on tax returns. Also, if a tax return is not prepared, a Goods and Services Tax (GST) credit isn't sent out.

In order to be eligible for the clinic, you must:

1. Be 55 years of age or older. We will assist disabled clients who are younger than 55 years providing they meet the other requirements.
2. Have a total yearly income that does not exceed \$25,000 per person, or \$30,000 per couple.
3. Have a simple tax return, with no complex stocks, bonds or dividends.
4. Have interest income not exceeding \$1,000. Please note that we do not prepare returns for individuals who are deceased, self-employed, have earned rental income and who have bought and sold property that results in a capital gain or loss.

If your return is complicated, please call the Canada Customs and Revenue Agency for assistance. Their phone number is 1-800-959-8281.

The clinic is very busy during the first weeks of March and operates on a first come, first served basis. For more information, please contact Gregg Schiller at 604-684-8171, or by email at gschiller@411seniors.bc.ca.

~Gregg Schiller

First Floor Renovations To Begin March 3, 2008!

Look for the Building Project Information Board in the first floor lobby soon. The Project Board will provide members with important information such as:

- Where to find relocated

first floor

staff and services during the project.

• Important building access and safety information.

- The project renovation schedule.
- The architect's drawings of the renovated area.



Dates To Remember

Feb 12	Valentine's Day Tea
Feb 12 - 14	Store Sales
Feb 13	<i>Eugene Onegin</i>
Feb 15	<i>Almost Normal</i>
Feb 19	Multicultural Day
Feb 21	Financial Planning Workshop
Feb 22	<i>An Inconvenient Truth</i>
Feb 25	Grandparenting Workshop
Feb 26	Black History Month
Feb 27	Quirk-E
Feb 27	<i>Carmen</i>
Mar 3	Building Renovations Begin
Mar 3 - Apr 30	Income Tax Clinic
Mar 11	St. Patrick's Day Lunch
Mar 12	<i>Aida</i>
Mar 20	Day Against Racism
Mar 26	<i>La Traviata</i>
Mar 27	Trip to Victoria
Mar 28	<i>Hairspray</i>

411*News & Views***The 411 Seniors Centre Society***Operated by and for seniors*

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General Email: s411@411seniors.bc.caWebsite: www.411seniors.bc.ca**Mission Statement**

Directed by the 411 Seniors Centre Society, the 411 Seniors Centre is a multicultural and proactive resource agency in downtown Vancouver where members, volunteers, and staff address: seniors' issues and concerns; the social, recreational, nutritional, information and counselling needs of members, clients and other seniors.

Executive 2007 -2008

President.....Joyce Jones
 Secretary/Treasurer.....Judy Board
 Past President.....Anne Judge

Directors

Shams Jilani, Al Johnston, Clive Mallory, Karen Rangno, Sirjit Lalli, Nancy Wells, Vicki Trerise, Jim Nelson and Linda Quitly.

411 Staff

Executive Director	Margaret Coates	Director of Operations	Neil Stark
Marketing & Administration Coordinator	Carol Lloyd		
Client/Counselling Services Coordinator	Gregg Schiller		
Member and Volunteer Services Coord.	CelineHuang		
Events and Activities Assistant	Bonnie O'Sullivan		
Admin. and Financial Services Assist.	Maureen Valverde		
Food Services Worker	Ming Fung Yu		
Food Services Worker	Mei Teraoka		
Food Services Worker	Koa Kosuke		
WE*ACT Coordinator	Jan Westlund		
Anti-Racism Project Coordinator	Jose Mendoza		
Facilities and Operations Coordinator	Janis Kaleta		
Maintenance Staff	Alex Guo		
Financial Resources	Richard Bell		
Consultant	Mike Maguire		

Centre Membership

Eligibility: 55+ years of age for regular membership; under 54 years of age for affiliate membership.

Privileges: (Regular Membership) Member prices for food, classes, trips and social events; participation in drop-in activities; voting rights. (Affiliate Membership) All of the above except voting privileges.

Fees:	One Year	\$10.00
	Replacement Card	\$2.00

Note: Memberships are non-refundable, except with permission from the Executive Director. Membership is required for participation in most of 411's trips, programs, and drop-in activities.

Hours of Operation

Administration (Mon to Fri)	8:30 - 4:30
Cafeteria (Mon to Fri)	8:00 - 3:00
Information and Referral (Mon to Fri)	8:30 - 4:00
Program Ticket Office (Mon to Fri)	10:00 - 2:00
Membership Desk (Mon to Fri)	10:00 - 2:00
Gift, Thrift and Book Stores (Mon to Fri)	10:00 - 2:00
Alterations (Mondays only)	12:00 - 2:00
411 Radio Show (Thursdays on 102.7 FM)	2:00 - 2:30
Blood Pressure (1st & 3rd Mon of month)	10:00 - 12:00

Editorial Information

Editor: Carol Lloyd

Contributors

Jan Westlund	Joyce Jones	Margaret Coates
Celine Huang	Gregg Schiller	Julie Melville
Bonnie O'Sullivan	Carol Lloyd	Maureen Valverde

Editor's Note

The *News & Views* is dedicated to the members of the 411 Seniors Centre Society. Opinions expressed in the *News & Views* do not necessarily reflect the opinions of the 411 Seniors Centre Society. To make a submission contact Carol Lloyd

President's Notes



Another year has begun, one that will offer new opportunities and challenges for all of us. I want to take the opportunity of welcoming the five new staff to our centre: Celine Huang, Bonnie O'Sullivan, Maureen Valverde, Koa Kosuke and Mei Teraoka. I'm sure they will all face challenges but will also offer us many opportunities to be involved in our life here at 411. It is good to have them as part of our team.

A very big thank you goes out to all of you who responded to our direct mail campaign so generously. Your financial support is greatly appreciated.

Our reconstruction of the main level will begin in about two short months. Yes, construction will offer some challenges but the outcome will be well worth the disruption.

Income tax time is almost upon us. Again we will offer our skilled assistants to give the help you might need in coping with your tax form. The first day will be March 3, and the clinic will carry on until April 30. While donations are welcomed, there is no cost for this service.

I'm looking forward to our celebration of Multiculturalism. We have such a great ethnic mix here and the day that we can celebrate the contributions that our diverse group of seniors bring to our centre has been set for February 19, from 1:00 pm to 3:00 pm. On behalf of the Board of Directors, I wish you the very best for this year. Look for opportunities and challenges and keep healthy.

~Joyce Jones

Executive Director's Notes



Happy New Year everyone! January certainly has been challenging with the chilly winter weather. None the less programs and activities are thriving at 411.

As you may be aware, our annual income tax clinic will be held in March and April of

2008. Carrie Belanger, who took on the responsibility of the clinic last year is taking a maternity break. We wish her and the new baby well. This year, Gregg Schiller is organizing the clinic, as well as taking on many of Carrie's tasks. For more information about the clinic, please see the cover page of this newsletter. Taking over Carrie's volunteer coordination work is new staff person Celine Huang. You might remember her, as she worked here at 411 on a work placement program a few years ago. Welcome back Celine!

We would also like to welcome Maureen Valverde, who is taking on administration tasks, Koa Kosuke and Mei Teraoka, who are new cafeteria staff, and Bonnie O'Sullivan, who is our new Events and Activities Assistant. We also wish to

Continued on page 7

Recent Donors

Foundations

Drummond Foundation

Corporations

BC Hydro

Telus Pioneers

Canada Post

Government

New Horizons for Seniors

City of Vancouver

Individuals

Direct Mail Donors (See page 8)

Veikko Piispanen



Valentine's Day Tea



**Tuesday, February 12
12:00 pm to 2:00 pm**

This event is back by popular demand. An invitation is extended for everyone to come and celebrate with friends. Steve, our regular crooner, will serenade you with music, chocolates and flowers. Lunch and dessert are included. The cost is \$8.00 members and \$10.00 non-members. Please register with the program ticket office before February 5.

Financial Planning Workshop



**Thursday, February 21
1:00 pm to 3:00 pm**

A certified senior advisor from the Canadian Academy of Advisors will be in attendance to discuss various financial needs and planning skills. Refreshments will be served. The cost is \$3.00 for members, and \$5.00 for non-members. Please register with the program ticket office before February 14.

St. Patrick's Day Lunch



**Tuesday, March 11
12:00 pm to 2:00 pm**

Join us for this Irish holiday luncheon. Enjoy a traditional Irish lamb stew, corn bread, desserts and non-alcoholic beer, along with other refreshments. Win great door prizes! Entertainment provided. The cost is \$8.00 for members, and \$10.00 for non-members. Please register with the program ticket office before February 4.

Store Sales



**February 12 to 14
10:00 am to 2:00 pm**

It is that time again to clear out the stores. All thrift and gift store items are reduced by 50%. All paperback books are 25 cents, and hardcovers are 50 cents.

If you would like more information about these events, please call 604-684-8171 or visit the volunteer in the program ticket office between 10:00 am and 2:00 pm, Monday to Friday.

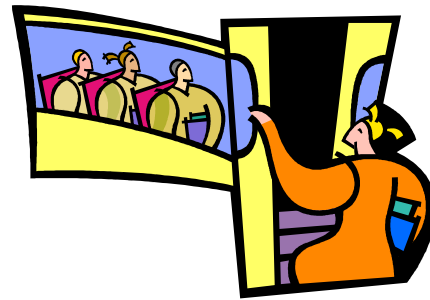
Grandparenting Workshop



**Tuesday, February 25
1:00 pm to 3:00 pm**

Join us for a roundtable discussion about the roles and responsibilities of the modern grandparent. Conversely, what can grandparents learn from their grandchildren? Snacks and refreshments will be served. This educational event is presented in partnership with SFU Life Long Learners Society. The cost is \$3.00 for members, and \$5.00 non-members. Please register with the program ticket office before February 18.

Daytrip to Victoria



**Thursday, March 27
7:15 am to 7:15 pm**

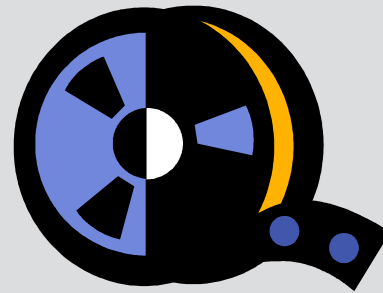
This trip is back by popular demand! Enjoy a scenic ferry ride and upon arrival, you will be free to explore the sights on your own in this beautiful city. The trip includes a booklet with city map and places to visit, as well as a packed continental breakfast. The cost is \$20.00 for members, and \$25.00 for non-members. An additional \$21.00 will apply if you do not have a valid Gold Care Card. Please register with the program ticket office before March 20.

Oh No It's Cancelled!



Sometimes excellent outings and programs are cancelled because too few people have registered by the deadline. Please avoid disappointment by registering early and before the deadline specified.

Movie Matinee



**The fourth Friday of every month
1:00 pm to 3:00 pm**

Upcoming Movies:

**February 22: *An Inconvenient Truth*
March 28: *Hairspray***

This is a FREE event. Snacks and refreshments will be served.

Sponsored by Rogers Video.

New, Returning, Departing and Other Staff Changes

Celine Huang

Hello everyone! It's great to be back at the 411 Seniors Centre to see many familiar faces. Some of you may have remembered me from a couple of years ago as the Programs and Services Assistant. Now I have returned and taken on the position of Member and Volunteer Services Coordinator where I will be overseeing the volunteer program, and supporting the programs and services department. We have a lot of exciting new events coming up which you will surely want to participate in! Also, if you're interested in volunteering, please let me know and we'll surely find something for you! Feel free to visit me on the first floor near the thrift store to chat. You can also reach me at 604-684-8171, local 237, or by email at chuang@411seniors.bc.ca. I look forward to meeting all of you soon!

Julie Melville

I am certain by now that the news has spread that I will be leaving as of February 1. I am sad to say goodbye to such a great organization, but my time here will be well remembered and was thoroughly enjoyed! The last year has been exceptional and I can say with pride that I have made many friends and acquaintances.

I will be moving to London to pursue my studies in Gerontology, traveling to various universities within Europe.

Last but not least, a special thank you to all the members and volunteers for such a warm and welcoming year. It has been my pleasure working with all of you. You do a great job in supporting the 411 be what it is – an exceptional centre! Take care and all the best to you for a healthy and joyous 2008.

Bonnie O'Sullivan

Hello everyone! My name is Bonnie and I have recently joined the 411 Seniors Centre as the Programs, Events and Activities Assistant. Some of my tasks will include assisting in the organization and promotion of upcoming trips, events, classes and workshops. As well as supporting volunteers in the program ticket office, membership desk, gift, thrift and book stores. Everyone here has given me such a warm reception and I look forward working with 411's staff, amazing volunteers, and of course, you the members. If we have not yet had the chance to meet, please feel free to come by my office, located on the first floor, west wing, next to the thrift store. You can also reach me at 604-684-8171, local 233, or by email at bosullivan@411seniors.bc.ca.

Maureen Valverde

Hi everyone, I'd like to take this opportunity to introduce myself. My name is Maureen Valverde. I'm the new Administrative and Financial Support Assistant on the fourth floor. I will be doing the job that Marie Roman used to do. I have been here since January 7, 2008, and I really enjoy this position, and especially the staff and volunteers. Feel free to stop by the fourth floor to say hello. I look forward to meeting and working with everyone.

Gregg Schiller

For the past year, Gregg Schiller has been working part-time at the 411 Seniors Centre as the Project Coordinator of the BC Seniors Advocacy Network (BC SAN). Gregg has recently joined the 411 staff team on a full-time basis, filling in for Carrie Belanger who is on maternity leave. Gregg will continue with the BC SAN Project as well as take on some of Carrie's duties, with his new position called Client and Counselling Services Coordinator. Gregg will be responsible for the I&R Counsellors, Seniors Outreach Counsellors, the annual income tax clinic, as well as the volunteer duties with respect to receptionists at the 411 Seniors Centre. If you have any questions, please contact Gregg directly at 604-684-8171 local 239, or by e-mail at gschiller@411seniors.bc.ca



Celebrating Representation Agreements



From left to right: Margaret Coates, Joanne Taylor, Margaret Birrell, and Joyce Jones.

On December 14, 2007, over 100 members of the community representing seniors, people with disabilities and the general public came together to celebrate the successful advocacy of all the community groups to keep Representation Agreements as the official planning tool for all British Columbians. The Representation Agreement allows all adults in BC to pick the people they trust to represent their wishes for all important decisions in their life related to: health, finances, legal, and daily living/personal supports during times when they are not capable of making decisions or unable to speak for themselves. This is a major victory for all citizens of British Columbia.

The celebration was held at Van Dusen Gardens and the guest speaker was the Attorney General of BC, the Honourable Wally Oppal, who re-confirmed the government's support for Representation Agreements.

The message from this celebration is that all people are safer when they have these Representation Agreements in place so they have people they can trust to speak up for them when they are not able to advocate for themselves. For more information, please contact the Representation Agreement Resource Centre of BC located at the 411 Seniors Centre building on the second floor. You can call them directly at 604-408-7414.

~Gregg Schiller

Margaret Coates (Continued From Page 3)

say goodbye and thanks to Hannah Wong, former cafeteria staff person, and Julie Melville, former Programs and Services Coordinator.

We have had great feedback about our two Christmas events. The cafeteria staff outdid themselves; food was plentiful and very good. People were very pleased with the organization of the events and the entertainment. I like what one member said last year, and I think it still applies. "This centre has such a good feeling; people are friendly, down to earth, and very interested in helping one another." And as I said last year, this comment seemed entirely in keeping with the season, and with the generous principles that guide the 411 Seniors Centre Society. Thanks to all those who participated in the events, and to those who made the events happen.

For many years we have had a Christmas buffet on the Saturday following our Member and Volunteer dinners. But this year we substituted that event with the distribution of gift packages at the Members Dinner, and care packs in January, and both of these activities were quite well received. As well as these two activities, we did our usual hampers, and this year was bigger than ever! Thanks goes to all the donors and the volunteers who contributed to this activity.

We have had good news about funding for some programs and projects over the last few weeks. New Horizons has funded our new "Cultural Buddy" program, and the City of Vancouver is contributing to our renovation plan. The Drummond Foundation has also sent a donation to assist with our programs and services. Finally, we'd like to thank everyone who donated to the direct mail campaign. Please see page 8 for a list of supporters.

As a final note please be aware of the renovations which are going to be done in March, April and May. To find out more about how we will distribute information regarding the renovations, see the cover page of this newsletter.

Hope we have as good a year this year as last year. Thanks everyone for your support, participation and encouragement.

~Margaret Coates

Thank You Direct Mail Donors!

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Sheila Stephen	Mr Dennis Paulse	
Mary Anderson	Bee Quan	
Alexis Boily	Virginia Suralta	
Mrs. Vincenta V. Damian	Christopher Dafoe	

Quirk-E

Wednesday, February 27
1:00pm to 3:00pm

The 411 Seniors Centre is proud to host Quirk-E (Queer Imaging and Writing Kollektive for Elders). Please join us in celebrating the voices of LGBT elders. Quirk-E writers will present their original poetry and short stories and we will showcase an original play by Gayle Roberts. Admission is FREE. Coffee, tea and snacks will be provided. For more information please contact Bonnie at 604-684-8171, or by email at bosullivan@411seniors.bc.ca.

Income Tax Screeners Needed

Volunteer screeners are still needed to determine whether client income tax forms qualify for our income tax clinic services. If you have patience and enjoy meeting a variety of people, this may be an opportunity for you. No experience with taxes is necessary. Shifts are available during the months of March and April for one day a week, between Monday and Friday, 8:30 am to 1:30 pm. We provide lunch to our volunteers. Training is also provided on February 28, 2008.

Income Tax Preparers

Volunteers are also needed to prepare simple tax returns for low-income seniors and people with disabilities. We are currently looking for extra people to fill in for shifts when our regular volunteer tax preparers are not able to come in. If you are interested in being available on-call, please contact Gregg Schiller so you can receive training to do the taxes and possibly continue on with us for the following year as well.

If you are interested in helping us with our tax clinic this year in either of the above capacities, please contact Gregg Schiller at 604-684-8171, local 239, or by e-mail at gschiller@411seniors.bc.ca.

~Gregg Schiller

LGTB Afternoon at the Movies

In partnership with the LGTB Generations Project, the 411 Seniors Centre is pleased to present LGTB Afternoon at the Movies. Please join us every third Friday of the month as we view films and documentaries of interest to older and aging lesbian, gay, trans and bi folk. Admission is FREE! Refreshments will be served.

For more information, please call Celine at 604-684-8171, local 233, or email chuang@411seniors.bc.ca.



Almost Normal

**Friday, February 15
1:00 pm to 3:00 pm**

Plot Summary: A gay man approaching a mid-life crisis is tired of being different because he is gay. He wants to be normal. Suddenly he is yanked back in time to when he was in high school. But this time, the world is gay and to be straight is considered deviant behavior. Then something else happens. He meets a girl. And suddenly normal becomes ...well almost normal.



Trembling Before G - D

Date To Be Announced

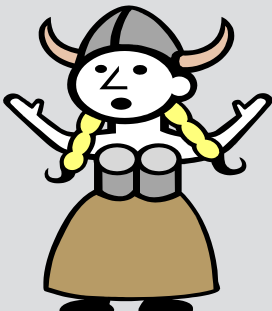
Plot Summary: Trembling Before G-d is an unprecedented feature documentary that shatters assumptions about faith, sexuality, and religious fundamentalism. Built around intimately-told personal stories of Hasidic and Orthodox Jews who are gay or lesbian, the film portrays a group of people who face a profound dilemma - how to reconcile their passionate love of Judaism and the Divine with the drastic Biblical prohibitions that forbid homosexuality. As the film unfolds, we meet a range of complex individuals - some hidden, some out - from the world's first openly gay Orthodox rabbi to closeted, married Hasidic gays and lesbians to those abandoned by religious families to Orthodox lesbian high-school sweethearts.

Daily Drop-In Programs

There are numerous activities and drop-in programs that are designed with everyone's interest in mind. Most of these activities do not require any pre-registration - just your desire to drop by on a whim and participate in the program. These activities include the following:

- ping-pong (paddles/balls available on second floor administration, membership card required)
- puzzle making (most of our puzzles are 1,000 pieces)
- playing a selection of board games (i.e. chess, cribbage, checkers and scrabble)
- playing a variety of card games
- learning and playing Mahjong
- playing shuffleboard (long 14 ft board)
- watching your favourite TV show in our comfortable TV lounge
- carpet bowling
- participating in fun and fitness class
- learning and playing snooker
- dropping into the computer lab
- participating in one of the many planned walking outings

Opera Appreciation

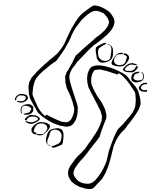


Join Jim Hahn and the gang of opera enthusiasts to watch and learn about this beautiful art form. Opera is held twice a month on certain Wednesdays from 1:00 pm to 3:00 pm. The cost is \$1.00 per session (drop-in fee).

Upcoming Opera Program

February 13	<i>Eugene Onegin</i> by P. Tchaikowsky
February 27	<i>Carmen</i> by G. Bizet
March 12	<i>Aida</i> by G. Verdi
March 26	<i>La Traviata</i> by G. Verdi

Health and Medical Services News



Podiatrist:

Dr. Low's next scheduled visits to the 411 Seniors Centre are **Friday, February 15** and **Friday, March 14**. He

starts around 8:30 am

and leaves when the last person who is waiting has been served, so please arrive promptly. Please bring your BC Medical Care Card. Dr. Low continues to provide his services free of charge to seniors at 411 who are on premium assistance. A \$20 fee is now being charged to those who are not on premium assistance.

Blood Pressure Checks:

Blood pressure checks continue every first and third Monday of the month, between the hours of 10 am and 12 noon.



The next scheduled visits are on **Monday, February 4** and **Monday, February 18**, and **Monday March 3** and **Monday March 17**. Please contact the program ticket office at 604-684-8171, local 226, to inquire about clinic dates for March, 2006.

Note: All clinics are held in the medical room, main floor, found next to the snooker room. As these clinics operate on a first come first served basis, there may be a line up. We suggest you arrive a little early and we appreciate your



Weekly Drop-In Programs

MONDAYS

Alterations & Mending with Margaret:

The alterations program with Margaret takes place from noon to 2:00 pm, sewing room, third floor (Nominal fee for service).

Ballroom Dancing

10 am to 11:30 am, third floor, east wing, enjoy music, learn dance steps and have fun exercising. Single participants are welcome. \$2.00 drop in fee per class, payable to the instructor.

TUESDAYS

Instructional Snooker for Women:

9:00 am to 11:00 am. This time has been set aside for women who wish to learn the fundamentals of playing snooker. It is a drop-in program. 411 membership is required. An instructor is present to assist in your development.

Internet Club:

9:00 am to 1:00 pm. Surf the internet, check email and do word processing in our computer lab, located on the second floor. A volunteer is on site for support. Pre-registration in the program ticket office is necessary. Drop in sessions on Wednesdays and Thursdays as well. Free!

Carpet Bowling

Tuesdays and Fridays from 12:00 noon to 2:00 pm, east wing, third floor. Feel free to drop by and play. There is always someone available to instruct and teach new players. (Also on Fridays).

WEDNESDAYS

Internet Club:

Please see Tuesday's description for more information.

Mahjong:

9:00 am to 12:00 pm, east class, third floor. Socialize with other Mahjong enthusiasts. All skill levels welcome. A volunteer instructor is available. (Also on Fridays)

Bridge Drop-in Group:

12:30 pm to 3:00 pm, east class, third floor. A volunteer bridge instructor is available. No cost. Feel free to drop by and play a few hands.

Gentle Yoga:

10:00 am to 11:30 am, west wing, third floor, Join Mary as she guides you through gentle stretching, strengthening, breathing and relaxation exercises. \$2.00 drop in fee per class, payable to the instructor.

THURSDAYS

Beginners' Snooker:

9:00 am to 10:30 am is women only drop-in snooker, first floor. 10:30 am to 11:00 am is for everyone. Instruction is available. 411 membership required.

Internet Club:

Please see Tuesday's description for more information.

Fun & Fitness Class:

10:00 am to 11:00 am, east wing, third floor. This moderate class is designed for seniors who are interested in having fun while at the same time improving their posture, balance, flexibility, and strength and in strengthening their cardiovascular system. This class is volunteer driven. Fitness balls may be incorporated into the class.

Scrabble:

10:00 am, demonstrate your word savy with a game of Scrabble in the cafeteria from 10:00 am to close. FREE!

FRIDAYS

Carpet Bowling:

12:00 noon to 2:00 pm, east wing, third floor. Please see Tuesday's description.

Tai Chi:

10:00 am to 11:30 am. Tai Chi is the gentle art of stretching to improve health and well-being for people of all ages and fitness levels. Dana will lead you through this ancient form of exercise known to increase well-being and muscle control. East wing, third floor. \$1.00 drop in fee per class, payable in the program ticket office. Note: please call to confirm time and date.

Gentle Yoga Drop-In:

Please see Wednesday's description for more information.

Mahjong:

Please see Wednesday's description for more information.

Black History Month Trivia Day



Tuesday, February 26
1:00 pm to 3:00 pm
Free Admission!

Do you know who this is? Come out and test your knowledge of Black Canadian History in a fun filled afternoon of Black Canadian History Trivia. Prizes, refreshments and light snacks provided!

Reduce Your Fear of Falling

Most falls are not “just accidents”. Usually they are caused by a combination of risk factors. Research has shown that most falls could be prevented by identifying and dealing with those risks. Here is what you can do:

- Assess your personal risks.
- Communicate assertively to get the information and help you need.
- Be proactive in making the changes in your life and in your environment that will reduce your risk of falls.
- Monitor any negative effects from medications and report them to your doctor.
- Remember that your needs will change over time. Re-evaluate your risk factors and set goals to reduce them.

If you want more information on this topic, please visit our website (www.411seniors.bc.ca) or second floor displays for brochures and handouts on falls prevention.

~Julie Melville

Important Dates In Black Canadian History

1605 - First black person immigrates to Canada (hired as a translator for Samuel de Champlain).

1628 - First enslaved African in Canada- a six year old boy.

1685 - Slavery becomes legal in Canada.

1760 - Provisions for preserving slave ownership put in place.

1776 - Freed slaves fought in the revolutionary war.

1777 - Sir Henry Clinton promises blacks that if they desert their rebel masters they will get freedom; 100,000 slaves escape and gain independence.

1793 - (The Cooley Case) A slave was beaten and bound by her owner and sold to an American. English law made persecution impossible. The outrage over this case was the catalyst for the abolition of slavery.

1793 - Bill passed to abolish slavery in Upper Canada.

1806 - Last slave sold.

1812 - (War of 1812) Slaves fought along side the Canadian Army against US forces in exchange for freedom.

1830 to 1865 - 30,000 US slaves immigrate to Canada via the Underground Railroad.

1850 - Fugitive Slave Act signed (no longer safe for slaves to go to northern states, as they would be deported, immigration to Canada increases exponentially).

1833 - British parliament abolishes slavery.

1851 - Formation of the Canadian Anti-Slavery Society.

1865 - Lincoln assassinated, promoting great outpouring of anti-slavery sentiment throughout Canada and the United States.

1866 - First black politician in Canada, Mifflin Gibbs, Victoria Town Council.

1939 to 1945 - Blacks enlist and fight in World War II.

1944 - Ontario passes Racial Discrimination Act.

1971 - Trudeau introduces multicultural policy.

1991 - Race riot at Nova Scotia school prompts Ministry of Education to improve education and support anti-racist initiatives.

2005 - Michaëlle Jean becomes First Black Governor General.

Sessional Classes

Registering for Classes



In order to register for classes you must have a 411 membership card. Purchase or renew your membership today from the membership desk in the main lobby from 10:00 am to 2:00 pm, unless otherwise posted. You must register for these classes in the program ticket office at least one week before the start date. All the classes are accessible to people of diverse needs and skill levels. For more information about 411 classes, please see the volunteer in the program ticket office, or contact Celine at 604-684-8171.

Semester Classes

The spring semester classes offered at 411 run from the week of April 14 and finish the week of June 16. The programs listed in this newsletter are those that run regularly, and/or are offered on a drop-in basis.

MONDAYS:

Calligraphy Intermediate:

9:30 am to 11:30 am, west wing, third floor. The cost is \$20.00 for ten weeks. Discover the writing styles of the Italic, Gothic and other alphabets.

Mandarin Classes (Beginner and Intermediate):

10:00 am to 12:00 pm, sewing room, third floor. The cost is \$10.00 for eight weeks of classes. Emphasis will be placed on developing listening and speaking skills, as well as the written form. A volunteer is available to teach beginners during this time.

Ballroom Dancing - See Drop-In Schedule.

Spanish Conversation:

12:30 pm to 2:00 pm. The cost is \$10.00 for eight weeks. Emphasis is on conversation with instruction in grammar and writing included.

TUESDAYS:

English as a Second Language (ESL):

1:00 pm to 3:00 pm, third floor, beginner and intermediate, \$10.00 for 20 classes. Improve your spoken and written English for everyday conversation. Also on Thursdays.

Chinese Paint and Calligraphy

10:00 am to 11:00 am, sewing room, third floor. The cost is \$15.00 for eight weeks of classes. Learn from an experienced artist who will guide you through Chinese calligraphy and water colour techniques. All art tools are supplied. You supply the creativity!

WEDNESDAYS:

Draw & Paint (Beginners to Advanced):

1:00 pm to 2:30 pm, sewing room, third floor. The cost is \$15.00 for eight classes. This class is intended to improve your drawing and painting techniques in the medium of your choice.

Gentle Yoga For Seniors:

10:00 am to 11:30 am, west wing, third floor. Cost is \$16.00 for eight weeks of classes. A unique combination of gentle stretching and strengthening exercises plus dynamic breathing and relaxation exercises that reduce stress. Also on Fridays.

THURSDAYS:

English as a Second Language (ESL):

1:00 pm to 3:00 pm, third floor, beginner and intermediate. The cost is \$10.00 for 20 classes. This class focuses on improving your spoken and written English for everyday conversation. Also on Tuesdays.

FRIDAYS:

Gentle Yoga For Seniors:

10:00 am to 11:30 am, west wing, third floor. Cost is \$16.00 for eight weeks of classes. A unique combination of gentle stretching and strengthening exercises plus dynamic breathing and relaxation exercises that reduce stress.

Multi-Ethnic Walking Club Schedule (February and March)



Our Walking Club welcomes you to join them on their walks listed below. They meet every Thursday, and unless posted, walks depart from 411 at 9:30 am. For those dates with an asterisk, please see the flyers in 411's lobby (next to elevator) for more information. Public transportation may be taken to certain destinations. Please dress appropriately for the weather, and bring a lunch. The Walking Club leaders are Jim McDowell (604-216-2946), Jack Yang (604-431-8028), and Martin Quay (604-327-7649). Please direct any questions to them at the respective numbers.

Feb 7 Lost Lagoon (1)
Feb 14 Tatlow Park to Granville Island (1)
Feb 21 Brunette River to Lougheed Mall (1-2)
Feb 28 Boundary Bay (1)

Mar 6 Renfrew Triangle (1-2)
Mar 13 False Creek – North Side (1)
Mar 20 Old Marine Drive to UBC (1)
Mar 27 Burns Bog (1)

Levels of difficulty: (1=flat, 2=mostly level, 3=undulating, 4=challenging, 5=rugged)

Please see the Walking Club flyer in the lobby for more information about departure times and meet up locations.

Refund Policy for Classes, Socials and Trips

Classes, Socials and Day Trips:

In the following circumstances, refunds may be provided to those individuals who have registered and paid:

- (1) The program ticket office has been notified at least 48 hours prior to the class, social or day trip. A \$2.00 service charge will be deducted from the refund. A refund will not be provided under any circumstance with less than 48 hours notice.
- (2) A full refund will be given if the member can prove that they were given the wrong information by the program office regarding the class, social or day trip.

Overnight Trips:

Summarized below are our refund rates, formulated based on the actual refund rates of the facilities and services that we use for trips.

- (1) A full refund will be given when notice of cancellation is provided at least 30 days prior to the trip commencement.
- (2) A 70% refund will be given when notice of cancellation is provided 15 to 29 days prior to the trip commencement.
- (3) A 50% refund will be given when notice of cancellation is provided 7 to 14 days prior to the trip commencement.
- (4) A refund will not be given when notice of cancellation is provided less than 7 days prior to the trip commencement.

International Day to Eliminate Racism



International Day to Eliminate Racism, traditionally observed each year on March 21, was established in 1966 following the tragic massacre of students peacefully protesting Apartheid laws in South Africa. Please join us on March 20 (411 is closed on the 21st for Good Friday) for a discussion forum in honour of the champions in the fight against racism. Please contact Bonnie O'Sullivan 604-684-8171 for more information, or to submit discussion topic ideas.



WE*ACT-ivity



Progress on the Seniors' Charter: January's Radio Program on CJSF Simon Fraser University Radio 90.1 FM: Frieda Werden, Spoken Word Coordinator at CJSF, recorded federal NDP Seniors' Critic, MP Chris Charlton, as she spoke to an audience of about 40 hosted by MP Libby Davies at the Lions Den. Elsie Dean and Jan Westlund added further details later in the studio to produce an hour long program on current seniors' issues that ran in WE*ACT's regular timeslot from 4:00 pm to 5:00 pm the fourth Wednesday of the month..

Charlton, a very able and humorous speaker, covered a great deal of territory but primarily focused on the Seniors' Charter that the NDP championed through parliament in 2006. She was highly articulate about the glaring absence of government progress on these initiatives in the intervening months.

You be the judge: In a nutshell, the Motion that passed 231 to 52 in June 2006 stated that the government should work with the provinces to recognize older Canadians as creative, active and valued. In addition to creating a Seniors' Advocate, the Charter is supposed to enshrine the right of every senior living in Canada to the following:

- 1) Income security through protected pensions and indexed public income support that provides a reasonable state of economic welfare.
- 2) Housing through secure, accessible, and affordable housing.
- 3) Wellness, through health promotion and preventative care.
- 4) Health care, through secure, public, accessible, universal health care including primary care, dental care, homecare, palliative and geriatric care and Pharmacare.
- 5) Self-development through lifelong access to affordable recreation, education and training.
- 6) Government services, through timely access to all federal government services and programs, including family re-unification.

MP Charlton is currently spearheading a campaign to have seniors reimbursed for the under funding of Old Age Pension and Canada Pension Plan payments that occurred when Statistics Canada made an error in calculating the cost of living index from 2001 and 2006. According to her, despite considerable support from unions across Canada for this request, it's unlikely that repayment will be made as it opens the doors to the same kind of treatment for every other category of recipient who's dependent on cost of living increases to adjust income.

Alberta and BC Review Pension Acts: WE*ACT is currently analyzing the complex issues that arise when these two provinces seek to harmonize regulations affecting private pensions. Public hearings are slated for later this spring.

Headed Back to Ottawa: WE*ACT received an invitation to give witness to the Senate Special Committee on Aging in mid February. Alice West, Elsie Dean and I hope eagerly responded to the opportunity to speak up for seniors who are NOT experiencing wealth. They particularly relished the opportunity to articulate the position of the 40% of women in the labour force today who are employed in part-time, contract and temporary work with few benefits. The considerable efforts of these workers, both inside and outside the home, will not result in economic security down the road despite assurances from the bureaucrats that poverty in old age is pretty much a thing of the past.

~Jan Westlund

Multicultural Day at 411 Seniors Centre



**Tuesday, February 19, 2008
1:00 pm am to 3:00 pm
411 Seniors Centre
411 Dunsmuir Street
Vancouver, BC V6B 1X4**

Come join us as we celebrate the diversity of our community's elders during BC's Multicultural week. Featuring music, entertainment and a sampling of food from around the world! Everyone is encouraged to celebrate their heritage by coming in traditional dress. Admission is free, contributions of ethnic dishes welcome. For more information call Bonnie at 604-684-8171.

BC SAN (Seniors Advocacy Network) Report



The BC Seniors Advocacy Network (BC SAN) has been recruiting volunteers to become seniors advocates for situations which require extra follow up and supports after meeting with an Information and Referral (I&R) Counsellor. Gregg Schiller is the Project Coordinator and will make the connection between the individual requiring advocacy services and the Advocates. All the BC SAN Advocates are fully trained to take on issues regarding a wide variety of issues including: tenants' rights; ensuring appropriate care and treatment at all care facilities; abusive relationships including financial, physical and sexual abuse; dealing with government bureaucracies and departments including the Office of the Public Guardian and Trustee; appeals of decisions; etc.

Currently, a majority of the calls BC SAN has been receiving deal with the need for better monitoring and standards of care in many care facilities across BC. Many of these calls tend to focus on the low nutritional standards, verbal abuse of staff towards patients and residents, and the need for more choices and options for seniors to have more control of where they live and who they live with either in the community or in residential placements for extra services.

There will be a training workshop held in Penticton for the Okanagan Valley group of new seniors advocates joining BC SAN the week of March 10 to 14, 2008. There will also be training workshops offered for new advocates in the lower mainland tentatively scheduled for June 2008. If you are interested in becoming an Advocate or know of someone including yourself who may be in need of an Advocate, please feel free to contact Gregg Schiller at 604-684-8171, local 239, or by e-mail at gschiller@411seniors.bc.ca.