

411

Seniors
Centre
Society

News & Views



A United Way Member Agency



BRITISH
COLUMBIA



Volume 33, Number 3

April - May 2009

Chn Im-s-cut

Thank-you

Spasibo

Tashakkur

National Volunteer Week

April 19th – 25th, 2009

From Compassion to Action

Helen Dyer once said, “Volunteerism is the voice of people put into action. These actions shape and mold the present into a future of which we can all be proud”.

Here at the 411 Seniors Centre we take this quote to heart! We understand that volunteers are the very foundations of our centre and that their work makes it possible to offer all of the programs, services and activities that we do. The voices, input and efforts of volunteers shape the future of this organization and allow us to continually develop, expand and refine services, programs and initiatives. 411’s 250 volunteers contribute an astounding 40,000 hours per year of their time.

Volunteer staffed services at the 411 Seniors Centre include the thrift store, the host & membership desks, the program ticket office, food services, information and referral counseling, outreach, program instruction, income tax preparation, production of the 411 radio show, administration, security, maintenance and events. Volunteers are also involved in the governance of the centre as volunteers serve on the 411’s Board of Directors & all Board Committees.

So if you are a volunteer reading this we would like to take this opportunity to say **Thank You!!!** We value your unique contribution, your dedication and the countless hours that you spend in the service of others.

For information regarding all the exciting volunteer opportunities here at the 411 Seniors Centre please contact Carrie at 604.684.8171.

Arigato

Grazie

Haw'aa

Gracias

Xie xie

Tujechhe

News from the Thrift Store

Thank you to all those who made our annual Spring Sale a success! We raised a grand total of \$858.89 during the three days! AA! (Absolutely Amazing)

Special thanks to those who donated merchandise, volunteered during the sale, and purchased items – your generosity and support are greatly appreciated! All sale proceeds go directly to the 411 Seniors Centre to help us continue offering services and programs to seniors. The dates of the next store sale will be in next edition of the newsletter.

Stay tuned as we discuss ideas on how to better market the Thrift store - both on getting customers and receiving donations. If you have any suggestions, please forward them to Celine at: chuang@411seniors.bc.ca or by phone at 604.684.8171. Thanks. (You may have read elsewhere, that our suggestion box has been installed on the 1st floor)

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

411 Dunsmuir Street

Vancouver, BC

V6B 1X4

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Fax: (604) 681-3589

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.

Board List 2008-2009**Executive Committee:**

Clive Mallory - President

Joyce Jones - Past President

Elaine Peacock - 1st Vice President

Karen Rango - 2nd Vice President

Judy Board - Secretary

Lowell Willie - Treasurer

Directors:

Nancy Wells - Fundraising Committee

Shams Jilani - Multicultural Committee

Surjit Lalli - Multicultural Committee

Vicki Trerise - Constitution Committee

Linda Quilty - Social & Travel Committee

Henry Lee. - Nomination Committee

Stuart Lyster - Board Member

John Beatty - Building Management Committee

411 Hours

Administration (Mon to Fri)	8:30 - 4:30
Cafeteria (Mon to Fri)	8:00 - 2:30
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)	9:00 - 3:00
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
Podiatrist - Dr. Low See (Schedule)	8:30

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.

411 Staff

Executive Director	Margaret Coates
Director of Operations	Neil Stark
Client & Volunteer Services Coordinator	Carrie Belanger
Program, Member and Vol.Services Coord.	Celine Huang
Event & Activities Coord.	Bonnie O'Sullivan
Administrative Assistant	Mary Lu Tripp
Food Services Worker 1	Ming Fung Yu
Food Services Worker	May Louie
Food Services Worker	Saran Crystal
WE*ACT Coordinator	Jan Westlund
Building Projects Coordinator	Janis Kaleta
Maintenance Staff Member	Edgar Bernal
Financial Resources	Richard Bell
Seniors Advocacy Project Coordinator	Colleen McKenna
Voices of Wisdom Project Coordinator	Jose Mendoza
Consultant	Mike Maguire

Editorial Information

Editor:	Michael Maguire
Associate Editor:	Neil Stark and Carrie Belanger

Contributors

Jan Westlund	Carrie Belanger	Margaret Coates
Gregg Schiller	Neil Stark	Janis Kaleta
Celine Huang	Bonnie O'Sullivan	Jose Mendoza
Colleen McKenna	Clive R. Mallory	

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 Neil Stark at **604-684-8171** or email nstark@411seniors.bc.ca.

President's Notes



It's fun to talk about the 411 Seniors Centre!!

Fellow passengers on HandiDART, patients and caregivers at healthcare venues, tai chi classmates, friendly people at coffee houses, grocery stores and more, often ask me what I do to keep active and busy.

I tell them that I am an active volunteer at the 411 Seniors Centre; at present the President of the organization. Most are aware of 411's existence and ask for additional information. Others have more explicit questions that require me to inform them of our trained and qualified I & R Counsellors. Of course, one can't talk about the 411 without mentioning our myriad of programs and services and our cafeteria.

Occasionally I come across individuals who, through either actions or verbal comments of their own, demonstrate an unwillingness to embrace the notions of diversity, inclusivity, multiculturalism and differentness. It is my belief that these principles should be celebrated and embraced, and that's what we also try to do at 411.

Additionally I feel that furthering diversity and differentness, involves reassuring "the aforesaid resisters" that their personal identity, resources and/or services will not be challenged / diminished by accepting the validity of any differentness.

During my community travels, I am often told of the warmth and helpfulness extended to individuals by both the volunteers and staff at the 411.

Well done and thank you all!!

Clive R. Mallory

Executive Director's Notes



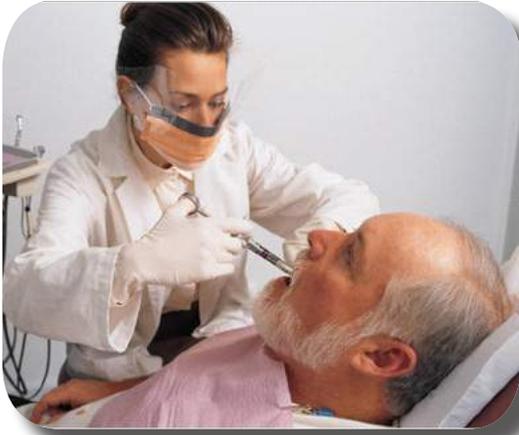
It seems like spring is finally here – hopefully no more snow to deal with. The spring season is always my favorite because it feels like new beginnings. Often at this time of year, because of our financial year end and upcoming Annual General Meeting, we begin again to reflect on the last year, the great things we have accomplished and the great things to come.

In April, as is tradition, we look forward to Volunteer Week, when we will honour the volunteers who put in so many hours in the community. At our 411, senior volunteers work in all areas of the centre, taking on such jobs as: store clerks, assistants in the kitchen, those who help out in administration and do reception, those who counsel Seniors about benefits, those who put together the radio show, our tireless board and committee members, those who help people on the hostess desk, pick up goods for sale, sell memberships, work at the bingo at Main and 12th, move furniture, do recycling, volunteer for special projects, and much more. Thank you everyone, and I hope you are never tired of hearing we couldn't have the vibrant centre that we do without your invaluable and wonderful work.

Our Income Tax clinic seems to be a going concern – and I wish to thank all the tireless volunteers who have been assisting seniors at this time of year. I know how much this service means to them.

Continued on page 20

Dental Care Workshops



April 16th – Periodontal Disease- why, how and prevention
 April 23rd – Effective use of dental floss and proper way of brushing
 April 30th – Denture and Implant

1:00pm to 2:00pm

Seniors are often at risk for a number of oral health problems so there is certainly a need for proper dental care. An Outreach Coordinator from Strathcona Community Dental Clinic will discuss ways to keep your teeth healthy and to prevent tooth problems. Workshops combine videos, handouts, demonstrations and tool samples. Attend all three sessions for only \$1.00 for members and \$2.00 for non-members. Registration deadline date: April 9th.



Edgewater Casino

Friday April 17
 9:30am to 3:00pm

Come visit this exciting downtown casino filled with hundreds of slot machines, keno, and table games. This will certainly provide entertainment for everyone! Meet at the 411 and walk over to the casino as a group (note that it is a 15 minute walk). Price includes: muffin & coffee/tea, soup & sandwich, \$5.00 slot play coupon, and a free gift! The cost is only \$5.00 for members and \$6.00 for non-members. Please register at the program ticket office by April 10th.



Fashion Show

Tuesday April 21
 1:00pm to 3:00pm

Back by popular demand ... Our 4th annual 411 FASHION SHOW! Come watch our fabulous volunteers model clothing and accessories from the Thrift store. You also get the opportunity to buy their outfits after the show! Snacks will be served and exciting door prizes will be won! The cost is \$4 for members and \$6 for non-members. Registration deadline date: April 14th.

Tour of Olympic Oval Lunch at White Spot

Thursday May 7
 10:15am to 3:00pm

The 2010 Olympic Games are coming to Vancouver in less than a year (that's a fact). Be sure to check out the construction of the Olympic Oval before the start of the Olympics! First enjoy a delicious lunch at White Spot in Richmond Centre. Then, take part in a guided tour of the official speed skating venue for the 2010 Olympic and Paralympic Winter Games. Public transportation will be taken. The cost is \$15 for members and \$18 for non-members. Registration deadline date: April 30th.



New Members Social

Thursday, May 14th
 11:00 am to 12:00 pm

Have you joined 411 in the past four months? If so, you may be interested in joining us at our welcoming social! It's a great opportunity to meet other members and learn about all the services we have to offer. Light refreshments are included. Free! Registration deadline date: May 7th.

Sing-a-long and Scrumptious Desserts

Tuesday May 19
1:00pm to 3:00pm

Listen and sing-a-long to your favourite songs while enjoying a variety of delicious desserts! Join Gwen Gouchee, well-known local performer, as she sings to Jazz, Ballads, Rock & Roll, Pop, Country, Show Tunes, Old Time Sing-Alongs and many others. This is sure to be an entertaining time for all! The cost is \$5 for members and \$6 for non-members. You must register by May 12th.



“411 Eats Out”

Do you enjoy eating out and meeting new friends? If so, join us on our monthly “411 Eats Out” gathering! Every month, we plan to get together as a group to enjoy lunch at a different ethnic restaurant in Vancouver. The cuisine scene in Vancouver is world renowned. Each person pays for their own meal, but we can arrange to have a group discount should the numbers warrant. If you plan to attend, please leave your name and number at the program ticket office or call Celine at 604.684.8171. A volunteer will get in touch with you to confirm your attendance.

Bon appetite!

Upcoming Restaurants:

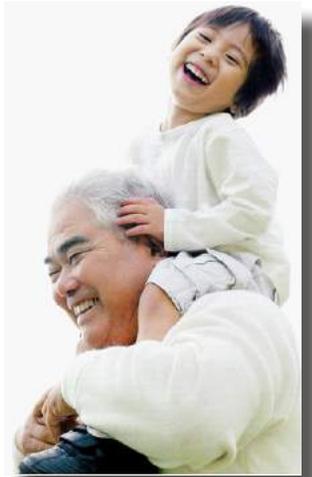
Saturday, April 25th at 12:00pm
Swiss Chalet Rotisserie & Grill (Canadian)
3204 West Broadway, Vancouver
RSVP by Thursday, April 23rd
Known for its delicious signature rotisserie chicken, fresh cut fries and popular dipping sauce!

Tuesday, May 12th at 11:00am
Takis Taverna (Greek)
1105 Davie Street, Vancouver
RSVP by Friday, May 8th
Dishes include souvlaki, rice, potatoes, and Greek salad!

Humour and Aging Workshop

Thursday May 28
1:00pm to 3:00pm

Is Humour always the best medicine? Our regular workshop presenter, Larry Anderson, Psychology Professor at Kwantlin University, is back again to discuss humour and aging. The presentation will provide participants with opportunities to evaluate various ageist jokes and birthday card messages and come to their own conclusions about their influence and impact on older Canadians. This is FREE for members and \$2 for non-members. You must register by May 21st.



Suggestion box up and running!

Your center, your thoughts.

We are happy to reintroduce the suggestion box which can now be found on the 1st floor to the left of the elevator. It's been re-sanded, re-stained and recycled. Please leave your questions, suggestions, and comments in the box. Thank you!

Life Events

Vivet Marie Francisca (“Madge”) De Netto, a long-term volunteer and life member, has passed away peacefully at age 84 at the Royal Arch Masonic Home on January 24 2009, due to complications resulting from cancer. Madge will be deeply missed for those who had the pleasure of knowing her.

Seniors Cultural Buddy Project

2008 / 2009 Direct Mail Campaign Recent Donors

Hyndman, Vera
 Issak, Alan
 Shah, Gunvantrai. K
 Markowsky, Doris
 Grant, Sheila
 Lathwell, Margaret Jean
 Kube, Arthur
 Victoria, H.R.
 West, Alice
 McCulloch, Margaret
 Chung, Caterina

Donors

Telus Community Connections
 Amica Helping Hands
 Berg, Aili
 Macleod, John Ronald
 Sherman, Phyllis
 Pallen, Amy
 Hunter, Basil

The funding from New Horizons, for the Seniors Cultural Buddy Project, has just come to an end. Unfortunately, the project and my contract with the 411 Seniors Centre has also ended. I am finding it hard to say good bye, as I will miss all the volunteers and staff that I have met here at the 411 since March 2008.

The project - matching new immigrant seniors with volunteers - has been challenging along the way but we all pulled together and made it a great success. We successfully recruited more than 20 volunteers. We made more than 17 matches and organized three small interactive groups. Many participants shared their gratitude for being part of the project.

I believe that the friendships forged will go on and last for a very long time. I am confident that this is just the beginning of more great relationships and friendships to come. I have enjoyed working at the 411 Seniors Centre promoting multiculturalism and volunteerism.

I hope that our lives will cross again in the future. I will miss working with everyone and wish you all well.

Pisa Lam, Project Coordinator

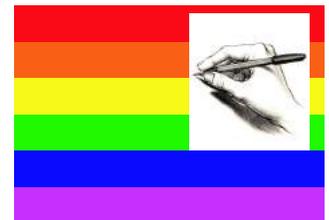
LGTB Readings

Brought to you by the Lesbian, Gay, Transgendered and Bi-Sexual Committee at the 411 Seniors Centre.

When: Thursday April 9th, 1-3pm

Where: West Wing 3rd Floor

All are welcome!! Free Admission!!



The 411 Seniors Centre is proud to present LGTB Readings. This event will feature the prose and poetry of LGTB elders including members of Quirk-E -Queer Imaging and Riting Kollektive for Elders.

Please join us in celebrating the voices of LGTB elders. Writers will read their original poetry and short stories. Refreshments will be served.

If you would be interested in reading some of your work, there will be an open microphone near the end of the event. In respect of all participants, readings should be kept to under five minutes in duration.

St. Patrick's Day at the 411

Tuesday, March 17th, 2009.

(A Retrospect)



Some memories from our St. Patrick's Day Social. Thanks to all those who volunteered and who helped out, and to all those who came out and participated in the day's event. The event was sold out and it was great that the social was actually held on St. Patrick's Day; the 17th. We think that may have contributed to the wonderful turnout (50 people). We really appreciate the efforts of the kitchen staff and volunteer team in putting together a great "lamb stew". Thanks.

We hope to see you at our next
social / special event.



Getting to Know Alicja



"I enjoy myself. I like to be happy," says Alicja, a Thrift Shop volunteer for the past year at the 411. "Be positive regardless of what happens. If you think positively, good things will happen to you. My deep belief in God helps me do positive things. It is incredible if you believe. You also get to discover your own potential."

Selling and providing good customer service are Alicja's priorities when she volunteers at the Thrift Shop. She mentioned that last fall the shop relocated from the third floor to the first floor. Sales have increased as more people have dropped by to this more suitable location. "I like to work at the Thrift Shop. All sorts of people from different nationalities and cultures drop in, and this gives me the opportunity to learn, understand, and admire others."

When Alicja lived in Poland, she worked as a secretary in a construction company. She applied for landed immigrant status in Canada. She has been living in Canada for thirty years, working in the retail business. "It wasn't easy as I found it really different from Europe. It took me some time to assimilate." She really loves Canada and appreciates the beauty of Vancouver.

Alicja enjoys life. Other interests of hers include singing, cooking, going for walks, and interacting with people. As we concluded the conversation, Alicja paused and reflected. "What can be more rewarding to a person than helping others? It is rewarding for a person to be a giver and a receiver."

~Nancy M. MacLean

ATTENTION Members of the 411 Seniors Centre Society

ANNUAL GENERAL MEETING AND BOARD MEMBER ELECTIONS

Wednesday, June 10, 2009 1:30pm to 3:30pm

3rd Floor, West Wing

Snacks and beverages will be served.

Call 604.684.8171 for more information

Seeking Members to join 411's Board of Directors

In the last few years, the 411 Seniors Centre has seen many changes and overcome many challenges as we become familiar with our role as property owners. The Board of Directors has successfully managed this transition with a great deal of expertise and commitment to ensuring the future of the 411 Seniors Centre. Their work continues and the 411 Seniors Centre needs your help.

We are looking for new board members to join this dynamic team in promoting the 411 Seniors Centre as a sustainable, innovative and leading organization in seniors' issues and services. Particularly, we are looking for individuals with the following skills:

- Building / Property Management ~ understands building systems, property leasing, market factors with a background in real estate and/or the building industry (engineering, architecture, construction).
- Fundraising ~ experienced in working with a team to develop a fundraising action plan to ensure long-term sustainability.

If you are over the age of 55, knowledgeable of the social issues facing seniors and can work as part of a team with members, volunteers and staff, please contact Carrie Belanger by email at cbelanger@411seniors.bc.ca or by phone at 604-684-8171 extension 227.

Membership Fee Increase Proposal

The Board of Directors is forwarding a proposal to the membership to increase the membership fee from \$10.00 to \$12.00.

The cost of a 411 membership has been set at \$10.00 since August 2005. Since that time, the 411 Seniors Centre has been vigilantly working to ensure members are receiving fair value for their membership. Members are entitled to the following:

- Discount prices in the cafeteria
- Access to a variety of low-cost education, art and fitness classes
- Discount prices on bus trips and social events
- Free or low-cost workshops relating to seniors' issues (e.g. health, safety, well-being)
- Free drop-in activities such as: Walking Club, Blood Pressure, Fun & Fitness, Internet Club, Mahjong, GOH and Janggi, Bridge, Scrabble, Carpet Bowling, Table Tennis, Movie Matinees, etc.
- Voting privileges at the committee level and at the Annual General Meeting.

Since August of 2005, the 411 Seniors Centre has also taken ownership of the building in which we are located, hired a new staff person to oversee the maintenance of the building, and underwent several renovation projects. We have also taken a lead role in launching several successful projects including the BC Seniors Advocacy Project, Seniors Cultural Buddy Program, Voices of Wisdom and other diversity-related projects.

In comparison to similar non-profits seniors' centre in the Lower Mainland, an increase of \$2.00 to our membership fee will keep the 411 Seniors Centre the affordable and accessible centre we are known to be.

As stated in the Constitution, the annual membership fee must be set at the Annual General Meeting. Please be advised that members of the 411 Seniors Centre will be asked to vote on this proposed membership fee increase at our upcoming Annual General Meeting to be held on Wednesday, June 10th from 1:30 pm to 3:30 pm. All members, 55 years and older, are invited to attend this meeting to vote on this, and other, important matters.

Weekly Drop-In Programs

These activities do not require pre-registration unless otherwise specified. However, participation for any programs requires a 411 membership. All of these programs are run by volunteers who generously donate their time and talents to offer these great activities. Volunteers at this center donate over 40,000 hours of work each year. That's truly amazing!

In addition to the programs listed below, we offer a variety of daily activities. These include ping-pong (paddles and balls can be picked up at second floor reception), puzzles, and chess, all located on the third floor.

MONDAYS:

Alterations & Mending with Margaret
12:00pm to 2:00pm (East Classroom, Third Floor)
Away until further notice.

Bridge

12:30pm to 3:00pm (East Classroom, Third Floor)
All skill levels are welcome! Experienced players are available for instruction. Free!

TUESDAYS:

Internet and Computer Club
9:00am to 1:00pm (Second Floor)
Surf the internet, check email and word processing in our computer lab. A volunteer is on site for support. Pre-registration at the program ticket office is necessary. Available Wednesdays and Thursdays as well. Free!

THURSDAYS:

Internet Club and Typing Service
9:00am to 12:00pm (Second Floor)
Stop by and surf the net or receive help typing or filling out an electronic form in our second floor computer lab. Typing service is by donation and all confidentiality is maintained.

Carpet Bowling

12:00pm to 2:00pm (East Wing, Third Floor)
New players are welcome! An experienced player is available to instruct and teach the fundamentals. Also available on Fridays. Free!

Fun and Fitness

10:00am to 11:00am (East Wing, Third Floor)
Join our volunteer-run class to improve posture, balance, flexibility and strength in an enjoyable way. Fitness balls, resistant bands, free weights and other equipment are available for use. An orientation to equipment is required before use. Free!

GOH (Go) and Janggi

1:00pm to 3:00pm (Multipurpose Room 2, First Floor)
Come and learn these ancient Japanese and Korean board games! These will be facilitated by Jim Hahn (Korean Janggi instructor) and P.C. Chang (Japanese GOH instructor). Free!

FRIDAYS:

Mahjong
9:00am to 12:00pm (East Classroom, Third Floor)
Please see Wednesday's description for more information.

WEDNESDAYS:

Internet and Computer Club
9:00am to 1:00pm (Second Floor)
See Tuesday's description for more information.

Tai Chi

9:30am to 11:30am (East Wing, Third Floor)
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. \$1.00 per class, payable at the program ticket office.

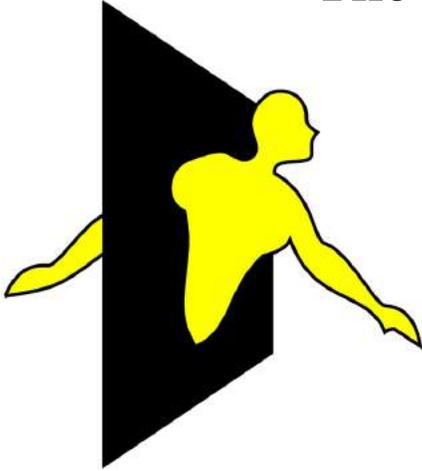
Mahjong

9:00am to 12:00pm (East Classroom, Third Floor)
Come to meet and play with other mahjong enthusiasts. Our experienced volunteer instructor, Virginia, is available for beginners. Also offered on Fridays. Free!

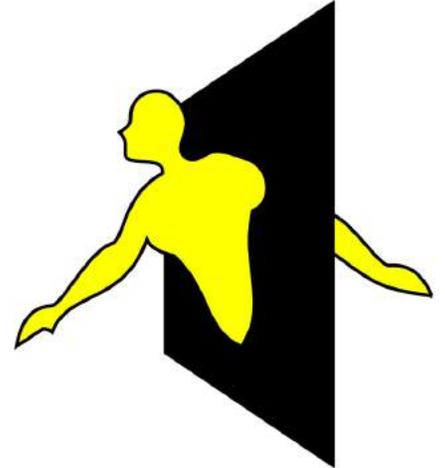
Carpet Bowling

12:00pm to 2:00pm (East Wing, Third Floor)
Please see Tuesday's description for more information.

The Access-Ability Roundtable



11:00am to 12:30pm.
Wednesday, April 29th
Multipurpose Room 1, First Floor



The Access-Ability Committee fosters and encourages the welcoming, supportive and inclusive environment found at the 411 Seniors Centre for persons with visible or invisible disabilities.

Do you want to know more about the work of the Access-Ability Committee here at the 411 Seniors Centre? Do you have ideas or suggestions for the committee? Would you like to become more involved in activities, events and programs here at the 411 Seniors Centre?

This event provides you an opportunity to meet the Access-Ability Committee and to learn more about Access-Ability issues here at the 411 Seniors Centre, participate in an open table discussion forum, watch the screening of the Access-Ability Committee's brand new PowerPoint presentation and contribute to committee development.

All are welcome!! No registration necessary!
For more information please contact Bonnie at 604.684.8171

Health Services News

Podiatrist:

Dr. Low's next scheduled visits to the 411 Seniors Centre are Friday, **April 24th** and Friday, **May 22nd**, 2009. He starts around 8:30 am and leaves when the last person who is waiting has been served. As such, it is in your best interest to arrive promptly.

Important: 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:

The Blood Pressure Clinic has been cancelled for the months of April and May.



Note: The Podiatrist is located in the kitchen area, 3rd floor and the Blood Pressure Clinic is in the conference room 3rd floor. Clinics operate on a first come first served basis. We suggest you arrive a little early and we appreciate your patience if you find yourself waiting. Please call a day ahead to confirm.

Amica Helping Hands

Our Sincerest Thanks to Amica Helping Hands for their generous donation of a new big screen television, DVD, Sound System, Wii, and a Reading Machine!!

Stayed tuned for News on Upcoming Programming:

- Watch movies/operas on the big screen!
- Play Wii sports and other games. Wii Sports includes Tennis, Boxing, Bowling, Golf and much more!
- Bring books, papers, newspapers or correspondence in and use the reading machine to magnify, and clear text without straining your vision!

Stay tuned for announcements for training on the new equipment. Or, stop by one of our Movie Matinees or Opera Screenings to enjoy these fantastic additions to the New Multipurpose room on the 1st floor.



Movie Matinee Fridays

1:00pm to 3:00pm

Multipurpose Room (MP1) on the 1st floor.



Friday, April 17th – Marley and Me

Plot Summary: The heartwarming and unforgettable story of a family in the making and the wondrously neurotic dog who taught them what really matters in life. Starring Jennifer Aniston and Owen Wilson (Rogersplus.ca).

Friday, May 15th – Slumdog Millionaire

Plot Summary: Jamal Malik is just one question away from winning a fortune on India's version of "Who Wants To Be A Millionaire?" But how has this uneducated young man from the slums succeeded in providing correct responses to questions that have stumped countless scholars before him? And will he ultimately win it all or lose everything, including his true love? Starring Dev Patel and Freida Pinto (Rogersplus.ca).

This is a FREE event.

Movie suggestions may be dropped off with the Program Ticket Office Volunteer.

Sponsored by Rogers Video

Photo Release Statement



During your visit to the 411 Seniors Centre, your picture may be taken by one of our roving photographers to remember all the good times we have together. These photos may be posted on our website, in our newsletter, and in other communications materials. If you wish to exclude yourself from these photos, please let the photographer know. If a photo has already been taken, we will erase it on the spot!



Opera Appreciation

What is opera?

Answer: An opera is a staged dramatic work that is entirely sung. However, there are many exceptions to this rule. There are operas in which the actors sing in between spoken dialogue, and others that are semi-staged. It's an art form in which singers and musician perform a dramatic work (called an opera) which combines a text (called a libretto) and a musical score.

Join Jim Hahn and the group of devoted opera enthusiasts to watch and learn about this beautiful art form. Opera is held every Wednesday at 1:00pm (most films run for 2 hours long). The cost is \$1.00 per session (drop-in fee).

Location: 1st Floor, Multipurpose Room 1 (MP1)

Special thanks to Amica Helping Hands for donating a brand new entertainment system!

- | | | | |
|--------|--|--------|---|
| Apr 1 | The Two Foscari by G. Verdi | May 6 | Fidelio by L. V. Beethoven |
| Apr 8 | Falstaff by G. Verdi | May 13 | The Bat by J. Strauss |
| Apr 15 | The Girls of the Golden West by G. Puccini | May 20 | The Love Stricken Brother by G.B. Pergolesi |
| Apr 22 | Idomeneo by W. A. Mozart | May 27 | La Gioconda by A. Ponchielli |
| Apr 29 | Fedora by U. Giordano | | |

LGTB Afternoon at the Movies

The 24th Day

Friday April 3rd

1:00pm to 3:00pm, Multipurpose Room. 1st floor

Tom (Speedman) and Dan (Marsden) meet in a bar and proceed to Tom's apartment together. While there, Dan realizes that he had been in that same apartment before. Five years earlier, Dan and Tom had a one night stand (Tom's one and only homosexual experience) years later Tom's wife was found to be HIV positive.

Distressed after receiving the news about her HIV she ran a red light and was killed in the ensuing collision. Subsequent to these events, medical tests reveal that Tom himself is also HIV positive. Tom blames himself for passing the HIV virus on to his wife and, in turn, blames Dan for passing the virus on to him. Tom devises a plan to exact revenge by holding Dan hostage and testing him for HIV to determine whether Dan is responsible for his disease and his wife's death. If he is HIV positive Tom vows to kill him; if negative he promises to set him free.

This is a free event!! All are welcome!!

Voices of Wisdom Project Completed

The Voices of Wisdom (VOW) Project is now completed, leaving a lasting legacy and valuable internet resource in the form of the VOW digital archive. This ten-month project sought to honour and recognize seniors as makers of Canada's multicultural history by recording the oral histories of selected community leaders and making these available over the internet. As a result of the project, seniors and other internet users can now visit the very user-friendly VOW digital archive to listen to, learn from and be inspired by the personal stories of 13 outstanding individuals who have contributed significantly to shaping the multicultural society Canadians enjoy today.

The VOW digital archive is available on the 411 Seniors Centre website at www.411seniors.bc.ca/Vow

Six VOW featured speakers presented their stories and shared their reflections on multiculturalism at recent community events in Vancouver and Burnaby. Interviews with four of them were also broadcast in the 411 Seniors Centre Radio Show and a sampling of the stories are now available on the very popular video sharing website, YouTube.

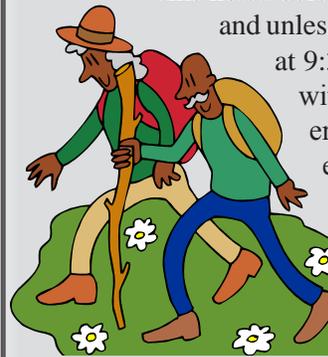
During the recent Multiculturalism Day Celebration and in community events held soon thereafter, the 411 Seniors Centre Society presented Certificates of Appreciation to the VOW featured speakers in recognition of their valuable contributions to the project. Special thanks and congratulations also to Michael Maguire, our IT consultant, for his outstanding work on the website and the YouTube material.

The VOW project was made possible by a grant from the Ministry of Attorney General, BC Anti-Racism and Multiculturalism Program.

Submitted by: Jose Mendoza, Project Coordinator

Multi-Ethnic Walking Club

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 marked with an asterisk, please see the flyers in the 411's lobby (next to the elevator) for more information about meeting time and place.



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 (604-274-2946), Martin Quay (604-327-7649) and Jack Yang (604-431-8028). Please direct any questions to them at the appropriate numbers.

- Apr 2 Byrne Creek Ravine, Burnaby (1-2) NEW (Leader: Jack) *
- Apr 9 Burns Bog, Delta (1) (Leader: Martin) *
- Apr 16 Rice Lake & Lynn Canyon Regional Park (2)(Leader: Jim) *
- Apr 23 Green Timbers Urban Forest, Surrey (Leader: Martin) *
- Apr 30 Jack Point, Nanaimo (1) NEW (Leader: Jim) *
- May 7 PNE to Confederation Park, Burnaby (1-2) (Leader: Jack)
- May 14 Brunette River, Burnaby (1-2) (Leader: Martin) *
- May 2 Newcastle Island, Nanaimo (2-3) (Leader: Jim) *

NOTE: 1 walk leaves from 411 Dunsmuir; 8 walks do not leave from 411 Dunsmuir; 5 departure times are unusual.

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

WE*ACTivity

INFORMATION SESSION - YOUR CHANCE TO PREPARE FOR THE BC-SINGLE TRANSFERABLE VOTE REFERENDUM MAY 12:

WE*ACT and 411 Seniors Centre are hosting this information session to help you better understand this proposed new proportional representation voting system. BC-STV is recommended by the Citizen's Assembly on Electoral Reform. One of their members will speak to seniors in the West Wing, 3rd floor from 1:00pm to 3:00pm on Friday April 24. You're encouraged to attend so that you can make your referendum vote an informed one!

WE*ACT Consults with the POVERTY and HUMAN RIGHTS CENTRE:

This organization has received funds from the BC Law Foundation to investigate the most effective means of fostering strategic public test case litigation and related legal research, law reform and legal advocacy to advance the social rights of poor women. It seeks to assess how the social rights claims of poor women in BC can best be brought forward in a variety of venues.

This past March 5th, 2009, Elsie Dean, Alice West and Marion Smith met with Shelagh Day to discuss those areas of pension policy in Canada that fail to meet the needs of women. In addition, the lack of pay equity was readily identified as leading to shortfalls in retirement income for women. Of course, no conversation about poverty for women would be complete without mentioning the lack of affordable housing. This was recognized as one of the largest deterrents to senior women's financial well-being.

Ms. Day was happy to receive the seniors' perspective as she and her colleagues scour the horizon for strategic areas to pursue.

Lessons Learned: the Lives and Times of Elder Women in BC. Our team of recorders in Smithers, BC are: Linda Bayes, Lorraine Doiron and Judy Kerr. They are hard at work and filing stories from the North. At the same time, Bernice Gehring is busily working on both ends of Vancouver Island.

Our urban recorders are still taking stories in Vancouver and several volunteers are frantically transcribing stories in a bid to keep up with them!

In order to maximize our efforts in story "theming" we've had to divide our Consolidation Committee in two. Additionally we have recently put together a Committee to develop cover art for our publication as we've been unable to identify, for copyright purposes, the profile of an aging woman that we had hoped to use.

We thought capturing the stories of women around the province would be challenging but that work almost pales in comparison to the task provided in processing them into something we can share with many others. Stay tuned or give us your suggestions if you have some.

Also, keep in mind that, it's our plan to offer our finished publication as a fund raiser for non-profit groups (seniors', women's, community centres, etc.) who might like to sell it. They can keep the entire selling price (tentatively set at \$10 a copy) for helping us get it widely distributed.

If this plan interests you, give Jan a call at 604.684.8171, extension 228

FOCUS ON THE FOURTH FLOOR –

-- BC PETS & FRIENDS --

"Pets Visiting People"

BC Pets & Friends is a volunteer organization with a difference—besides humans, the volunteers include dogs and cats. They form pet/human teams which travel to hospitals, hospices, adult day care centres and long-term care facilities for weekly visits with people who are unable to have a pet of their own. The effect of the one-hour visits will be no surprise to anyone who has experienced the healing power of a special pet: the animals bring great joy and big smiles; love, comfort and companionship flow between pet and resident. Stress levels are reduced and outlooks brighten—for both residents and pets!—as they have something new to look forward to on a regular basis.

Phyllis Brown, a member of Pets & Friends' Board of Directors, believes the amount of time the volunteer organization has been around speaks volumes about its value to the folks it visits. "We have been around for 27 years now and we definitely do make a difference to people no longer able to care for themselves", says Phyllis. "At the moment, we have about 260 facilities wanting pets to visit and about 230 volunteer pet teams. We always need more volunteers."



Board member Phyllis Brown of BC Pets & Friends

Pets and Friends has its administrative office on the 4th floor of the 411. As the office is operated solely on a volunteer basis, its hours are sporadic. The best way to contact the group is by leaving a phone message at 604-688-1766 or by emailing info@petsandfriends.org. For more information about their program, you can visit their website at www.petsandfriends.org.

Reading Service For Low Vision Seniors

We are pleased to offer a new service for people who are blind or have low vision. A volunteer is available to read aloud letters, forms, invoices and other correspondence for seniors who are unable to do so themselves due to low vision or blindness. The service is currently available on an on-call/as-needed basis. If you or someone you know would like to avail of this assistance, please contact Bonnie O'Sullivan at 604-684-8171.

FREE INCOME TAX CLINIC

March 1st ~ May 2, 2009
Monday to Friday
8:30 am to 1:30 pm



The rush may be over, but don't wait until the last minute! Returns should be filed by April 30th.

You are eligible if:

- You are 55 years of age or older, and/or receive a disability pension;
- Your 2008 income was less than \$25,000/person or \$30,000/couple;
- Your return is simple, with no complex stocks, bonds or dividends;
- Your investment income is less than \$1,000.

Please bring all necessary documentation and, if possible, a copy of your previous year's income tax return. If you have received a seniors' tax package in the mail, please bring that too.

No appointment required
First-come, first-served
Free of Charge
(Donations are appreciated)

We also do Guaranteed Income Supplement (GIS) renewal applications.

We can help with more than just taxes...

Information & Referral Counsellors are available all year round to make sure you are receiving all the benefits to which you are entitled. Come see us if you have questions about:

- Seniors Benefits – Canada Pension, Old Age Security, Disability Pension, Guaranteed Income Supplement, SAFER and BC Benefits.
- Income Tax – We can help you with your back taxes. You are at risk of losing benefits if you are not caught up to date with your taxes.
- Other – We can help with bus pass applications, consumer protection, legal assistance referrals, housing, health issues and simple will preparation.

To speak with an Information & Referral Counsellors, please speak to the receptionist on the 2nd floor. They are available Monday to Friday, 8:30am – 4:00pm. No appointment is necessary.

This service is also offered in several languages. Call us at 604-684-8171 to find out more.

Can't make it down to the 411 Seniors Centre?

If you are unable to travel down to us, let us come to you.

Seniors Outreach Counsellors will visit seniors over the age of 55, and persons with disabilities, who have barriers to leaving their homes. These outreach counsellors are qualified to assist with any of the issues mentioned above.

Please call Carrie Belanger at 604.684.8171 to make a referral for either yourself, a family member or a friend.

Registering for 411 Classes

In order to register for classes you must have a 411 membership card. Purchase or renew your membership today from the membership desk from 10:00am to 2:00pm. You must register for these classes with the program ticket volunteer 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 program ticket volunteer, or contact Celine at 604.684.8171.

Semester Classes

The Spring semester classes offered at 411 start the week of April 14th (unless otherwise indicated), and run for either 6, 8 or 10 weeks. You must register for the entire semester of classes (no drop-in payments accepted). MEMBERS CAN REGISTER FOR CLASSES STARTING MARCH 17th.

MONDAYS:

Cards, Crafts and Calligraphy (Note: Starting April 20th)

9:30am to 11:30am, third floor, west wing. The cost is \$16.00 for 8 weeks of classes. All levels welcome! Learn easy, fun, and formal writing styles. Great way to improve your handwriting. Create your own greeting cards and learn new crafts. Come join us!

Mandarin Classes (Beginner and Intermediate) (Note: Starting April 20th)

10:00am to 12:00pm, third floor, east classroom. The cost is \$10.00 for 8 weeks of classes. Emphasis will be placed on developing listening and speaking skills, as well as writing skills.

Spanish Conversation (Note: Starting April 20th)

12:30pm to 2:00pm, third floor, west wing. The cost is \$6.00 for 5 weeks of classes. Emphasis is on conversation with instruction in grammar and writing included.

TUESDAYS:

English as a Second Language (ESL)

1:00pm to 3:00pm, third floor, offered on Tuesdays and Thursdays. The cost is \$10.00 for 20 classes. Improve your spoken and written English for everyday conversation. Basic or intermediate levels.

Ballroom Dancing

2:00pm to 3:00pm, third floor, east wing. The cost is \$16.00 for 8 weeks. Enjoy music, learn dance steps and have fun exercising. Single participants are welcome.

WEDNESDAYS:

Draw & Paint (Beginners to Advanced)

1:00pm to 2:30pm, third floor, sewing room. The cost is \$15.00 for 8 weeks. This class is intended to improve your drawing and painting techniques in the medium of your choice.

Gentle Yoga For Seniors

10:00am to 11:30am, third floor, west wing. The cost is \$16.00 for 8 weeks of classes. Join Heidi in a unique combination of gentle stretching and strengthening exercises, plus dynamic breathing and relaxation exercises that reduce stress. (Also available on Fridays with Mary).

Continued on page 19

Continued from page 18

Intermediate French

1:00 pm to 2:00 pm, third floor, west wing. The cost is \$8.00 for 8 weeks of classes. Parlez-vous Francais? If so, join this class in practicing your conversational skills through fun interactive games and activities. This class is designed for students who have a basic understanding of French.

* Recommended for students who have taken "French Fri's" with Marie from previous semesters.

THURSDAYS:

English as a Second Language (ESL)

1:00pm to 3:00pm, third floor, offered on Tuesdays and Thursdays. The cost is \$10.00 for 20 classes. Improve your spoken and written English for everyday conversation. Basic or intermediate levels.

Spanish Conversation (Intermediate level)

1:00pm to 2:00pm, third floor, west wing. The cost is \$6.00 for 6 classes. Join Ironelys to learn Intermediate Spanish. This class is designed for students who have a basic understanding Spanish, and would like to practice and learn with others.

FRIDAYS:

Gentle Yoga For Seniors

10:00am to 11:30am, third floor, west wing. The cost is \$16.00 for 8 weeks of classes. Join our instructor, Mary, in a unique combination of gentle stretching and strengthening exercises plus dynamic breathing and relaxation exercises that reduce stress. (Also available on Wednesday with Heidi).

Beginners French

2:00pm to 3:00pm, third floor, sewing room. The cost is \$8.00 for 8 weeks of classes. Interested in learning French? This class is designed for people who have little or no knowledge of French. Focus on conversation and basic grammar and writing. A bientôt!

BC Seniors Advocacy Network (BC SAN)

The BC SAN is continuing to recruit and train volunteer advocates in the Lower Mainland. Since January, trainings have been held on the North Shore and in Cloverdale.

Thanks to funding from the United Way and the City of Vancouver, we have trained fifty new advocates since September.

Over the past few months, advocates in the Lower Mainland have been responding to requests for assistance from seniors who are facing housing issues among which include: homelessness, concerns about quality of residential care, challenges dealing with other tenants and landlords in rental housing and challenges in accessing income support and home support.

The BC SAN is continuing to recruit and train new advocates. If you would like to learn more about how an advocate can assist you or if you are interested in becoming a volunteer advocate, please contact the Seniors Advocacy Project Coordinator at 604.684.8171 ext. 232.

Margaret Coates - Continued from page 3

It is that time again where we are looking for new board members, and if you are interested please contact the Nominating Chairperson Joyce Jones or me, and I will pass the information on to Joyce. We have about three new vacancies and the nominating committee is looking for likely candidates, particularly in the areas of Fundraising and Building Management. Remember everyone we will be following our fairly new procedure which is to post a list of candidates 4 weeks before the Annual General Meeting which will be held June 10th this year. If anyone wishes to be on the slate and your name is not there you must find 8 members to nominate you and then get your nomination to the Nominations Committee in the next week, at which time we will post the new list.

At the AGM we are going to ask members to approve a \$2.00 increase to the membership fee. As people may be aware we haven't had an increase for quite some time, and this increase will assist us in our fundraising efforts and match the fee elsewhere in the seniors community.

Did you know everyone - 411 has a wonderful new and improved web site; and that we are on You Tube (see VOW article, p. 14)? Check them out!

Thanks again to the City of Vancouver for the two continuing grants for 411, and in addition for a fairly new grant for the Seniors Advocacy Project. I would also like to thank the New Horizon's for Seniors for a capital grant. Again, thanks everyone for the ongoing contributions through the Direct Mail Campaign.

Finally, I would like to thank all those who continue to contribute to 411 in so many ways: volunteering, staffing and just being here.

Happy spring to everyone.

Dates to Remember

April 1	The Two Foscari by G. Verdi (Opera)	May 6	Fidelio by L. V. Beethoven (Opera)
April 3	LGTB Afternoon At The Movies	May 7	Tour of Olympic Oval and Lunch at White Spot
April 8	Falstaff by G. Verdi (Opera)	May 13	The Bat by J. Strauss (Opera)
April 9	LGTB Readings	May 14	New Members Social
April 15	Girls of the Golden West by G. Puccini (Opera)	May 15	Movie Matinee-Slumdogg Millionaire
April 16	Periodontal Disease- why, how and prevention	May 19	Sing-a-long and Scrumptious Desserts
April 17	Edgewater Casino	May 20	Love Stricken Brother by G.B. Pergolesi (Opera)
April 17	Movie Matinee-Marley and Me	May 27	La Gioconda by A. Ponchielli (Opera)
April 19	National Volunteer Week Starts	May 28	Humour and Aging Workshop
April 21	Fashion Show	May 12	Takis Taverna (Greek) 411 Eats Out
April 22	Idomeneo by W. A. Mozart (Opera)	May 22	Podiatrist
April 23	Effective use of dental floss and proper way of brushing	June 10	ANNUAL GENERAL MEETING AND BOARD MEMBER ELECTIONS
April 23	Swiss Chalet Rotisserie & Grill (Canadian)		
April 24	Podiatrist		
April 29	Fedora by U. Giordano (Opera)		
April 29	The Access-Ability Roundtable		
April 30	Denture and Implant		

Please see page 14 for Multi-Ethnic Walking Club dates and walks