

VOLUNTEER APPRECIATION EVENT: AUGUST 2011

The 2011 Summer Volunteer Appreciation Celebration was nothing short of a success. We would like to extend our gratitude to our former summer students, Cory and Samantha, for organizing and planning every detail. The energy in the room was fantastic, from the dancing, to the great turn out, to the food and of course the entertainment. We would also like to thank musicians Eva and Erik, who provided us with wonderful music and lent us their incredible voices for the afternoon.

Additionally a heap of thanks must be extended to Dan Hare, our guest speaker at the event. He provided us all with an overview on many topics including: self-discovery, living without regret and living a meaningful life.

And last but not least a big thank you to all the volunteers; thank you for all you do and for dedicating your time and sharing your abilities with us every week.



Eva



Betty & Amal



Erik



Poppy

411 News & Views

Who we are:

The 411 Seniors Centre is an inclusive, versatile, resource and drop-in centre for seniors.

We provide tools, services, programs and activities that enable low income seniors to live independent lives and thrive in our community.

Through our organizational governance and volunteer constitution we provide opportunities for seniors to take a leadership and proactive role. We strive to empower older adults to build and strengthen community capacity and to change and enhance their quality of life.

411 Board List 2010/2011

| | |
|-----------------|---------------------------|
| Styart Lyster | President |
| Judith Stark | 1st Vice President |
| Elsie Dean | 2nd Vice President |
| Clive Mallory | Ex-Officio Past President |
| Lisa Clarke | Treasurer |
| Brian Burke | Secretary |
| Kelly Ip | Director |
| Sandra Gebhardt | Director |
| Mohinder Grewal | Director |

411 Hours of Operation

| | |
|-------------------------------------|------------|
| Administration (Mon to Fri) | 8:30-3:45 |
| Cafeteria (Mon to Fri) | 8:30-1:30 |
| Information & Referral (Mon to Fri) | 8:30-3:45 |
| Program Ticket Office (Mon to Fri) | 10:00-2:00 |
| Membership Desk (Mon to Fri) | 10:00-2:00 |
| Thrift Store (Mon to Fri) | 9:00-3:00 |
| 411 Radio Show (Thurs on 102.7 FM) | 2:00-2:30 |
| Podiatrist. Dr. Low (See Schedule) | 8:30 |

The 411 Seniors Centre Society

411 Dunsmuir Street. Vancouver, BC. V6B 1X4
 Phone: (604) 684.8171 / Fax: (604) 681.3589
 General Email: s411@411seniors.bc.ca
 Website: www.411seniors.bc.ca

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Staff Directory 2011

| | |
|--|-----------------|
| Executive Director | Donald King |
| Director of Operations | Neil Stark |
| Building Projects Manager | Janis Kaleta |
| Manager of Client & Volunteer Services | Jemma Templeton |
| Programs & Events Coordinator | Sara Tinaburri |
| Manager of Fund Development | Ray Lam |
| Executive Administrative Assistant | Maribel Moroni |
| Administrative Assistant | Monica Murguia |
| Food Services Worker 1 | Ming Fung |
| Food Services Worker | Saran Crystal |

Editorial Information

Associate Editor: Neil Stark.
 Layout: Zahida Mikus - Sunray Graphics
 Printing: Harbour Centre Printing

Contributors: 411 Staff

Editor's Note: The News & Views is devoted to the members of the 411 Seniors Centre Society. To submit an article or advertising ad, contact Neil Stark at: 604.684.8171 or at: nstark@411seniors.bc.ca.

VOLUNTEER OPPORTUNITIES

- Are you a good listener who is passionate about social justice?
- Are you interested in assisting seniors in the community find services, benefits and programs they rightfully have access to?

If you are interested in becoming a volunteer, we have positions for Reception and Information and Referral. To inquire if you are a suitable candidate for any of those positions, please contact the information provided below.

We are looking for those special individuals who are interested in being front-line workers within the senior community. Our volunteers work one-to-one with seniors helping with income tax, housing, accessing benefits, and other information and referral services.

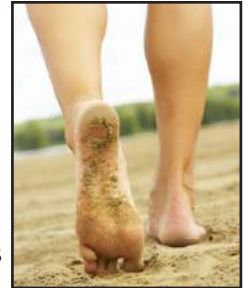
Please come to the centre and fill out a Volunteer Application form, or contact Jemma Templeton, Manager of Client & Volunteer Services, for additional information. Telephone: 604.684.8171 ext 227 (Monday to Friday from 9:00am-4:00pm).



HEALTH AND WELLNESS

PODIATRIST

There is No October date
Next scheduled visit:
NOVEMBER 4TH



The Podiatrist, Dr. Low, visits the 411 almost every month. He starts around 8:30 am and leaves for the day when the last person who has been waiting has been seen, so please arrive as early as possible. 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 will be charged for those who are not on premium assistance. This service is on a first-come, first-serve basis and is located on the 3rd floor - kitchen. No appointments accepted.



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!

HAVE YOU HEARD OF “DISC WORMS”?

COME AND FIND OUT THE ANSWER TO THIS AND MUCH MORE AT OUR

SPINAL STABILITY WORKSHOP

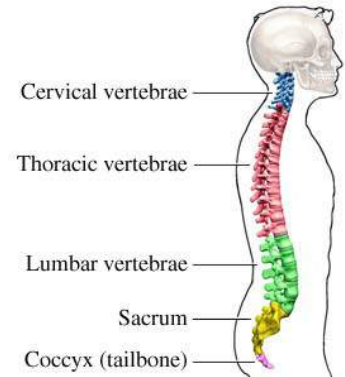
Presented by Dr. Terry Tucker D.C. From THE POINT GREY CHIROPRACTIC CLINIC

Date: Monday, October 24th
 Time: 10am to 12 noon.
 Where: Sewing Room, 3rd Floor.
 Cost: \$2 for members & \$4 for non-members

Discussion points will be on:

The latest evidence based research from Dr. S. McGill U of Waterloo

- safe and easy exercises/postures to build a strong and stable back
- how we injure the spine through improper sitting, standing and exercise postures
- the what and why's of spinal pain and disability
- Dr. Tucker will go over safe lifting techniques for all ages and recommend postures and exercises during the teaching session



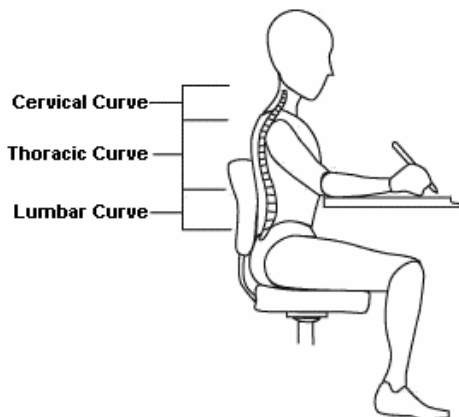
Q&A:

What exercises are safe to do and are best to build a strong stable spine

- what can I do to help my aching back
- how can I improve my athletic performance

PLEASE NOTE: Workshops will run about 2 hours(+) and be hands and interactive in nature with an emphasis on practical take home things to put into practice.

*Relaxed clothing is recommended



Dr. Terry practiced 28 years in Kingston Ontario where he directed two clinics and was team doctor for several sports teams and the Kidd Carruthers Running Club.

Between 2003 - 2007 Dr. Terry developed two clinics in Lisbon and Cascais Portugal and enjoyed a wide exposure to patients between 3 and 94 years of age.

Please register at the Program Ticket Desk which is open Monday to Friday from 10am to 2pm.

For more information please contact Sara at (604) 684-8171 Ext. 237 or email stinaburri@411seniors.bc.ca

FREE BLOOD PRESSURE TESTING/HEALTH & WELLNESS INFORMATION BOOTH

When: November 28th and November 29th &
December 5th and 6th

Time: 9:30am to 2pm

Where: 411 Seniors Centre - Lobby Entrance

Vancouver Community College (BScN) 4th year Nursing Students will conduct blood pressure tests as well as provide health information for all drop-in clients and members to the centre. A survey will also be conducted, by the students, on-site in regards to health and wellness needs and concerns.

Your participation in this survey will be highly appreciated, as the survey is intended to address community concerns. The survey is intended to provide us with insight into your challenges, fears, problem areas, barriers and stressors in relations to health and well-being. A contribution from both future health service providers and recipients is the recipe for success in gathering important information regarding your health. Join us and let the sharing of knowledge begin here.

For questions please contact Sara at 604-684-8171 or email stinaburri@411seniors.bc.ca

CENTRE MEMBERSHIP

Eligibility: 55+ years of age for regular membership; less than 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 \$12.00 / 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 trips, programs, and drop-in activities.

INFORMATION AND REFERRAL SUPPORT

The 411 Seniors Center Society has an Information and Referral volunteer team. If you require assistance from our I & R volunteers, please drop-in Monday to Friday from 9am to 3pm (the building closes at 3:45pm). If you require assistance in a language other than English, we have volunteers who speak: Punjabi, German, Farsi, Chinese, Japanese, Korean and Dutch. To inquire when those volunteers are available, please call 604.684.8171 and ask our volunteer receptionist.

INFORMATION AND REFERRAL SERVICES:

Volunteers assist in connecting seniors and those on disability with resources and services within the community. This is a free service; however, *donations are greatly appreciated!*

Volunteer support staff can help client's access information regarding the following issues:

- Seniors' Benefits (CPP, OAS, GIS, Disability Pension)
- Housing (shelter referrals, BC Housing programs, SAFER)
- Income Tax
- Referrals for Legal Information
- Commissioner of Affidavits services & filling out Applications
- Other information includes, but not limited to: health issues, consumer protection, low-income community and health services (dental, medical etc), and government service referrals.

SENIORS OUTREACH SERVICES:

If you are unable to travel to the 411 Seniors Centre and you live in Vancouver, we have Seniors Outreach Volunteers that provide the same services as our in-house Information and Referral Volunteers, and can come to your home. Please call Jemma (Manager of Client and Volunteer Services) at 604.684.8171 ext.227 to make a referral for yourself, a family member or a friend

VANCOUVER 125TH ANNIVERSARY

CELEBRATING VANCOUVER'S ELDEST CITIZENS

The 411 Seniors Centre along with 23 other agencies, community centres, neighbourhood houses and secondary institutions has been asked, by the Vancouver Board of Parks and Recreation, to participate in community project in celebrating Vancouver's eldest citizens through a series of interactive, inter-generational and inter-cultural social events at 14 locations in Vancouver.

Interviews will commence at the end of September and continue into October. The idea is to have youth interview seniors that currently live in Vancouver and contribute to an organization within the surrounding community. The purpose of the interviews is to create a Lifelong Journey Poster, which will be displayed at the City Wide Senior's Event in order showcase the project to family, friends and anyone interested in viewing the exhibit.

In turn the project will be a collection of Lifelong Journey stories including digital photography, short biographical stories, which will all be related to the lives of Vancouver's Eldest Citizens who

come from diverse background and communities in Vancouver. There is no doubt that the unique lives of these seniors are representative of the evolution of Vancouver's rich history in local communities. The project will ultimately engage, inspire honour and celebrate Vancouver's older adults in our community through community social events and the Lifelong Journey mini biographies documented in a Poster Project.

Betty Porteous and John Collins have been selected to represent the 411 Seniors Centre and take part in the 125th Vancouver Celebration project. Betty has been a volunteer, in the Thrift Store, since 2002 and has been a member of the centre since 2006 and volunteers at all 411 events throughout the year. John has been 411's ESL volunteer instructor since 1998 and volunteered as an Information and Referral Volunteer from 2008 to 2011 and has been a member since 1996. We thank them both for volunteering their time and participating in the interviews segment as well as being part of such a unique project!

OPENING & CLOSING HOURS

The 411 Seniors Centre opens at 8:30 am and closes at **3:45 pm**. If you are a volunteer or member that is participating in a 411 program in the late afternoon, you are expected to ensure that you and your colleagues and friends have exited the building before the front doors are locked at 3:45pm. This collaborative effort will both help in ensuring the safety of others in the building and the overall security of the building and its contents. We cannot stress enough; how important it is to be cognizant of the time in relation to the

closing hours of the building. Your assistance in adhering to this imperative is greatly needed and appreciated. Please note: any contravening of this imperative may result in a review of the delivery and scheduling of programs, classes and activities in the afternoon.

The 411 Senior's Centre welcomes all members to participate in leisure programs throughout the day and encourages groups to come together and partake in activities! Thank you for your cooperation, it is truly appreciated.

FOOD SERVICES DEPARTMENT

The cafeteria offers a great selection of nutritious hot meal lunches on Wednesdays, Thursdays and Fridays from 11:00 to 1:30. To accommodate the hot lunch program, no hot lunch sandwiches or lunch specials are offered on the days of the hot lunch.

We invite you to start the day off right with an old-fashioned breakfast at 411. We are open for breakfast patrons from 8:30 to 9:30. Stop by and enjoy one of our breakfast omelet specials, a plate full of pancakes or two eggs and toast with a side order of bacon.

In addition to breakfast, we also serve lunch to include; a selection of hot sandwiches, hot lunch specials, salads and various side orders. We invite you and your friends to come in and enjoy a meal with us.

Cafeteria Hours of Operation:

Monday to Friday from 8:30 to 1:30

Breakfast Service:

Daily from 8:30 to 9:30.



Hot Lunch Meal Service:

Daily from 11:00 to 1:30.

RECENTLY SERVED HOT MEALS INCLUDE:

- Beef Stew served with couscous.
- Chicken Legs (orange glazed) with mashed potatoes and butternut squash.
- Souvlaki (Choice of beef, chicken, or lamb) served with couscous and vegetables.
- Grilled Chicken served with rice and vegetables.
- Pork chops served with vegetables and rice.
- Spaghetti and meatballs.
- Pork Ribs with Thai Sauce served with rice and vegetables.

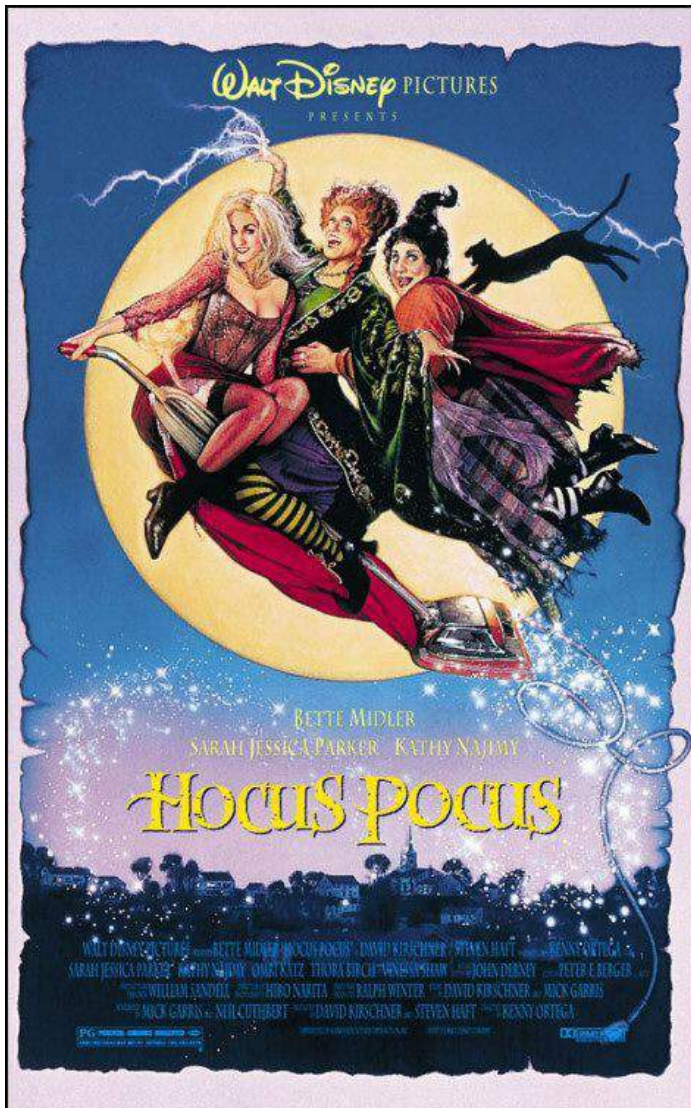
411 RADIO TEAM

The 411 Seniors Centre Radio show airs every Thursday and includes radio team members: Carol Graham, Roger Allford and Ray Wagner. With their combined efforts they produce a show “from seniors to seniors” within the Lower Mainland. The radio program features a wide range of interviews and discussions on matter pertaining to the interest of seniors. The show also consists of 1950 and 1960’s music such as Frank Sinatra, Dean Martin and Nat King Cole. The show airs every Thursday from 2:00pm to 2:30pm on CFRO-FM 102.7 on the dial. For more information on the radio team, please contact the Manager of Programs & Events at: 604.684.8171.

WELCOME TO THE 411 STAFF TEAM

Hello Everyone! My name is Maribel Moroni and I have recently been hired as the Executive Administrator. I am delighted to be the newest addition to the 411 staff compliment and hope to contribute in making the 411 a pleasant and welcoming place. My office is on the 2nd floor.

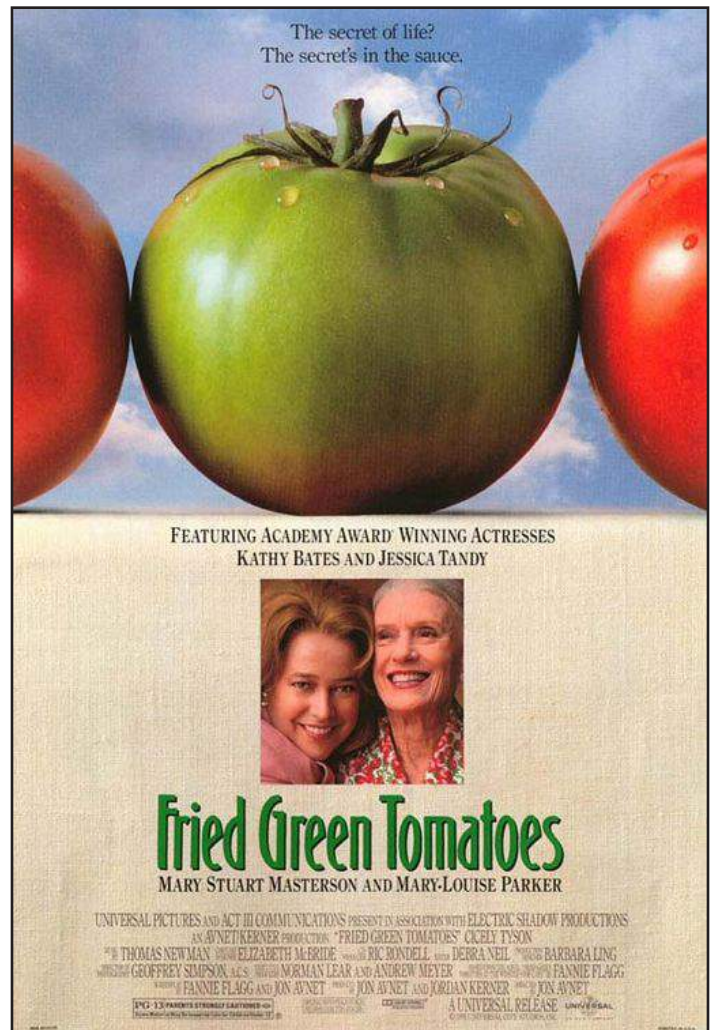
FRIDAY MOVIE MATINEE



HOCUS POCUS

Date: Friday, October 28th
Start time: 1pm
Length: 97 minutes
Where: Multipurpose Room #1, 1st Floor
Fee: By Donation

After 300 years, three sister witches are resurrected in Salem Massachusetts on Halloween night, and it us up to two teenagers, a young girl, and an immortal cat to put an end to the witches reign of terror once and for all.



FRIED GREEN TOMATOES

Date: Friday, November 18th
Start time: 1pm
Length: 130 minutes
Where: Multipurpose Room #1, 1st Floor
Fee: By Donation

While visiting her aunt at a nursing home Evelyn learns the value of friendship when she begins talking to one of the patients who shares with her the lessons that she has learned over the course of her long life.

PROGRAM SERVICES & ACTIVITIES

INTERESTED IN BEING PART OF A WEEKLY WALK ROUTINE AND BEING PART OF A DYNAMIC WALKING CLUB?

Up for the challenge...if so please register your name and phone number, at the Program Ticket Desk, if you would be interested in being part of our walking club. The walking club meets every Wednesday morning for 4 weeks at a time at various sites in the lower mainland – Vancouver, North Vancouver, Richmond and other areas in the surrounding community. Walks will begin again in January so please register as early as December.

All are welcome, bring your friends, walking paths are typically on flat services, however some do incline and can become more difficult with rockier paths. All members are welcome and all walks are free to attend!

Past walks have included:

Deer Lake, Burnaby
Sturgeon Bank Dyke Trail, Richmond
Everett Crowley Park, Burnaby
Tynehead Regional Park, North Surrey
Green Timbers Urban Forest, Surrey
Renfrew Triangle
Burns Bog, North Delta
Stanley Park, Vancouver
Central Park Route, Burnaby

The Program Ticket Desk is open from Monday to Friday 10am to 2pm. For more information please contact Sara at (604) 684-8171 Ext. 237 or email stinaburri@411seniors.bc.ca

CREATIVE WRITING - FUNDAMENTALS

When: Every Thursday from October 20th to November 24th

Time: 10 to 11:30am

Location: West Wing, 3rd Floor

Cost: \$24 for 6 weeks or \$4 per drop-in
(Must be a member to join this class)

Please note this program is available as either a pre-registered class (recommended) or as a drop-in class.

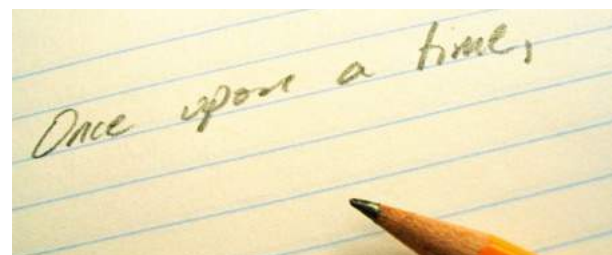
Join our instructor, Carol, in one hour and a half writing class and learn the basics of writing a short story. The class will consist of writing exercises to strengthen each participants writing and grammar. The ultimate goal of the class is for each participant to create a short story to take with them and share with others.

This course is designed for beginning writers who are interested in writing and learning about some of the different genres of creative writing. This class will focus on genres such as creative fiction, poetry, autobiography/memoir and creative non-fiction.

You'll have the opportunity to express your thoughts, feelings and experiences through the art of story writing. Each participant must provide their writing material for each class.

Please register or pick up your drop-in payment slip at the Program Ticket Desk open Monday to Friday 10am-2pm. The instructor will not be accepting drop-in payments; you must pay the Program Ticket Desk Volunteer.

If you have any questions please contact Sara at 604.684.8171 Ext. 237 or email stinaburri@411seniors.bc.ca



REGISTERING FOR WINTER PROGRAMS & CLASSES:

NEXT SEMESTER STARTS IN JANUARY.

Please note: Registration for the winter semester of classes and programs will take place in December. Stay tuned, in the next edition of the newsletter, for the registration dates. Thanks.

REFUND POLICY

Classes, Socials and Day Trips:

In the following circumstances, refunds may be provided to those individuals that 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 circumstances, if notice is given less than 48 hours.

(2) A full refund will occur if the member can prove that they were given the wrong information by the programs office regarding the class, social or day trip.

WOODY PAIGE'S CHALKBOARD QUIPS

- Small dogs are made of hard bark.
- I have seen the truth, and it makes no sense
- When it pours it rains
- Dwn wth vwls
- Don't talk about yourself here; we will do plenty of that when you leave.
- Today is the tomorrow you worried about yesterday

OPERA APPRECIATION



If you're passionate about opera and would like to experience more, we have just the thing for you! Come and join Jim, the host and provider of all the Opera showings, and the other Opera enthusiasts as they watch and learn more about this classical form of art on our 52" HD TV! Opera Appreciation is held each Wednesday at 12:30pm - the cost is \$1.00 per drop-in – membership is required.

The 411 is now offering double the showings...

Wednesdays at 12:30pm and now Thursdays at 10:30am

| Date: | Showing: |
|--------------|---|
| Oct. 5 & 6 | Nabucco by G. Verdi, 2 hr 10 min |
| Oct. 12 & 13 | The Marriage of Figaro by W.A. Mozart, 3hr 10 min |
| Oct. 19 & 20 | Orfeo and Euridice by C. W. Gluck, 1 hr 40 min |
| Oct.26 & 27 | Otello by G. Verdi, 2 hr 20 min |

Opera showings for the month of November & December

| Date: | Showing: |
|----------------|---|
| Nov. 2 & 3 | The Queen of Spades by P. Tchaikovsky, 3 hrs |
| Nov. 9 & 10 | Porgy and Bess by G. Gershwin, 3 hrs |
| Nov. 16 & 17 | The Rakes Progress by I. Stravinsky, 2 hr 30 min |
| Nov. 23 & 24 | Rusalka by A. Dvorak, 2 hr 30 min |
| Nov 30 & Dec 1 | The Return of Ulysses in His Country by Monteverdi, 3 hrs |

DROP-IN PROGRAMS

These activities do not require pre-registration unless otherwise specified. However, participation for any programs requires a 411 membership. 411 staff may periodically drop-in to classes throughout the year to ensure participants have updated memberships, so please be sure to carry your membership card on you if you plan to drop-in for programs. In addition to the programs listed below, we offer a variety of daily activities. These include puzzles, scrabble and chess, all located on the third floor. Dates, times and room locations are subject to change. On occasion drop-in programs suspend for brief periods of time to ensure program instructors are afforded breaks throughout the year - so if you are interested in attending a program please contact reception to ensure the program is running during that time. Thank

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| <p>Mandarin 10-12 Sewing Room, 3rd Floor \$3 per drop-in Both at beginners and advanced levels. Instructor: Susan</p> | <p>Conversational French 12:30-1:45 - West Wing, 3rd Floor. \$3 per drop-in This class consists of learning basic common phrases, meeting and greetings, and basic French words. Instructor: Emile</p> | <p>Computer & Internet Service 9-12:45 - Computer Lab, 2nd Floor. By Donation Charge for printing Microsoft office applications also available. A volunteer is on site for support. All confidentiality is maintained On-site Volunteer: Barry</p> | <p>Creative Writing 10-11:30 October 20 to November 24 West Wing, 3rd. \$4 per drop-in. Instructor: Carol <i>Please note:</i> There is a registration option. Please see the Creative Writing: Fundamentals write-up for more information.</p> | <p>Mahjong 9-3 East Classroom, 3rd Floor Please see Wednesday's description for more information On-site Volunteer: Virginia</p> |
| <p>Computer & Internet Service 9-1 - Computer Lab, 2nd Floor By donation. Charge for printing. Microsoft office applications also available. A volunteer is on site for support. All confidentiality is maintained On-site Volunteer: Tor</p> | <p>Multicultural Choir 10-12 West Wing, 3rd Fl. Free. Join 411 members for a casual sing-a-long to old time tunes. With May McDonell at the piano, Bob Poutt conducting. No experience necessary, smiles and laughter required!</p> | <p>Mahjong 9-3 East Classroom, 3rd Floor Free Come meet and play with other mahjong enthusiasts, beginners welcomed. On-site Volunteer: Virginia</p> | <p>Opera 10:30-12:30 (end time may vary) \$1 per drop-in. Multipurpose Room #1, 1st Floor See the 'Opera Appreciation' section for more details. Volunteer Host: Jim</p> | <p>Carpet Bowling 12-2 East Wing, 3rd Floor Free Please see Tuesday's description for more information.</p> |
| | <p>Carpet Bowling 12-2 East Wing, 3rd Floor Free. New players are welcomed! An experienced player is available to instruct and teach the fundamentals</p> | <p>Bridge 12:30-3 East Classroom, 3rd Floor Free All skill levels are welcome! Experienced players are available for instruction</p> | | <p>Computer & Internet Service 9-1 - Computer Lab, 2nd Floor. By donation. Charge for printing. Microsoft office applications also available. A volunteer is on site for support. All confidentiality is maintained On-site Volunteer: Negar</p> |
| | <p>Spanish Dance Class 2:45-3:30 East Wing, 3rd Floor. \$4 per drop-in Learn salsa (fast Latin American jazz) and merengue (Caribbean style of ballroom dance) in a casual setting. Instructor: Ironelys</p> | <p>Opera 12:30-2:30 (end time may vary) Multipurpose Room #1, 1st Floor \$1 per drop-in See the 'Opera Appreciation' section for more details. Volunteer Host: Jim</p> | | <p>Tai Chi To be announced – please stay tuned for more details.</p> |

FUNDRAISER DONATION OPPORTUNITIES

GENERAL DONATION:

Every dollar counts! Your gift will have an immediate and meaningful impact on the lives of marginalized seniors and their families. Your gift will support the delivery of program and services that enable low income seniors to live independent lives and thrive in our community.

MONTHLY GIVING:

A monthly gift of \$10 to \$20 dollars has a profound impact on the daily lives of marginalized seniors in our community. These gifts contribute to 411 programs that: support seniors in crises, help to draw seniors out of isolation and provide them with the tools they need to live independent lives and thrive in our – their respective communities. We depend on individuals such as yourself to sustain and enhance the delivery of these vital programs and services.

TRIBUTE CONTRIBUTIONS:

Honorary and memorial gifts are an excellent way to acknowledge, celebrate and honour people you care about and those who have made a difference in your life. This giving program invites you to leave a lasting legacy that will better the lives of seniors in the community.

HONORARY GIFTS:

A donation made to 411 Seniors Centre is honour of friends and family is a meaningful and unique way to show your appreciation. Honour them by making a donation in their name to help support programs and services that engage, empower, advocate and keep seniors living independently.

HONORARY GIFTS CAN CELEBRATE:

- Birthdays
- Holidays
- Anniversaries or other special occasions

MEMORIAL GIFTS:

Acknowledge and celebrate the lives of those who have passed away by giving a gift of independence, comfort and empowerment to seniors in our community. A memorial contribution provides an on-going legacy to honour a life well lived!

TAX RECEIPTS:

Tax receipts are issues for all donations and if you wish, we will send you a note to the next of kin telling them of your gracious contribution.

CATEGORIES OF GIVING:

- Folding Tables - \$250.00
- PC & Monitor - \$700.00
- Laptops - \$700.00
- LCD Projector and screen- \$2,500
- Cash contribution in memory of a loved one.

For more information on the categories mentioned above and/or how to get involved, please contact Ray Lam, Manager of Fund Development at: rlam@411seniors.bc.ca or at: 604.684.8171 (233).



WOMEN'S CORNER

Women's Corner is a bi-monthly addition to the 411 Seniors Centre's News and Views. All works are submitted by women elders at the 411 Senior Centre.

This was developed with funding from the Government of Canada's New Horizons for Seniors Initiative

SOMETIMES FORGETFUL

Maggie Shore

Excuse me? I didn't quite hear what you said.
 What? What? What?
 What did you say? Speak up.
 My gosh you have a low voice.
 And you may be my best friend, but I'm sorry,
 I can't remember your name.

Today I had a great time at the mall.
 What was I saying?
 Are you voting today?
 I'm voting for what's his name.
 The clock says 4:30 but I think it's wrong.
 I'm sorry, I can't remember your name.

This week was just crazy for me, I lost things.
 I lost my gloves, a lottery ticket and my bus pass.
 My apartment has elves and they steal things.
 Sometimes I can't even remember where I am
 Or who I am.
 Have you ever been alone, like really, really alone?
 Maybe I should insure my mind for when I lose it
 completely.

Okay, okay, okay, what, what, what?
 I hate this forgetting stuff, can't recall, can't recall
 What, what, what?
 I can't recall that, can't recall that.
 Let's chat and remember that – what's that? What?
 What was I saying?

Now where did I put the butter? And the butter knife?
 Such is my life. I am my own wife, sometimes forgetful.
 I wonder if one day I'll forget to forget
 Then I won't know if it's yesterday or today
 But I do have lots of things to look forward to --
 I just can't recall what they are.

MIRAGE

Alegria Imperial

Shredded blooms,
 hair parted in the wind,
 the pavement wavering—
 my cane unwilling
 to step with me.

Light shimmers ahead
 I swear I am on solid land.
 But the air has turned into water
 and I suddenly shed tears—
 but I'm not crying.

The girl behind me
 races a breeze and she stumbles.
 My cane falls but I remain
 suspended between air
 and water uncertain—

I think I'm flying,
 flying with the sparrows:
 could they be lost?
 Or falling wingless like the moths
 from a pink tree.

Oh, my cane tiptoes
 back to me winged, its crook a hand,
 growing fingers, prodding me
 to rise. I rise, stilled
 between white air and water

—the ground at least, has
 ceased spinning.

(honorable mention 2007 Passager* Poetry contest)

WOMEN'S CORNER

DIGOS: A RITUAL

Alegria Albano-Imperial

When I was growing up in Ilocos north of Manila, my grandmother's bath ritual happened mostly on fiercely sunny days, the sun being the heater for her bathwater.

Ka Dora, the maid who would bathe and wash her hair, arrives early on those days, going straight to greet my grandmother, who waited for her, reclined on a rattan lounge by the window a purple berry tree shaded.

Ka Dora soon ducks into the barn to get three bunches of sun-dried rice straw, sets these to burn on the pounding floor, and then gathering the ash, soaks it in vinegary water.

She goes to the bathhouse next, and squatting on a flat stone, pulps with water a piece of shredded bark squeezing its juice into a tin can. Turning to the kitchen, she checks on the coconut cream that has been simmering since early morning; if it has settled into oil, she pours a cupful into a porcelain tub. Ka Dora then picks two large fruits from the lime tree. If the bath water in two clay jars has turned tepid enough, she goes back to the house for my grandmother.

By noon, my grandmother would be dozing in her lounge, exuding a bouquet I can now conjure only from memory – musky from the straw shampoo, citrus-y from the bark and lime conditioner, and headily sweetish from the oiled coconut cream. Gazing at her, I would at times touch the scoop-sized peppered vanilla tiara she wore, a knot that was all of her hair.

REMEMBRANCE DAY

Remembrance Day is a memorial day observed in Commonwealth countries to remember the members of their armed forces who have died on duty since World War I. This day, or alternative dates, is also recognized as special days for war remembrances in many non-Commonwealth countries. Remembrance Day is observed on November 11th to recall the official end of World War I on that date in 1918, as the major hostilities of World War I were formally ended "at the 11th hour of the 11th day of the 11th month" of 1918 with the German signing of the Armistice.

The red remembrance poppy has become a familiar emblem of Remembrance Day due to the poem *In Flanders Fields*. These poppies bloomed across some of the worst battlefields of Flanders in World War I, their brilliant red colour an appropriate symbol for the blood spilt in the war.

*In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.*

*We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.*

*Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.*



UNITED WAY HALLOWEEN FUN FAIR

Friday, October 28th

10:30am-1pm

The Fun Fair will be set up in the 411 Seniors Centre entrance

Halloween is fast approaching and once again the 411 Seniors Centre will be celebrating this much anticipated day with a fun fair to help raise funds for the United Way of the Lower Mainland.

Come and enjoy some great treats and baked goods and shop around for knitted hats, slippers and scarves! There will also be a 50/50 draw – you can purchase your tickets between 10:30am and 12pm in the lobby on the day of the fun fair. Please note: the 50/50 draw winning ticket will be announced at 12pm sharp in the lobby entrance area. You must be present to win.

The 411 Seniors Centre is currently an agency partner with the United Way of the Lower Mainland. The United Way continues to support 411 programs as well as provide core funding for on-going services. They also have provided the 411 with 'Special Project Funding' for Seniors Independence and Participation, which ultimately funded the British Columbia Seniors Advocacy Network program. With the support and efforts of 411 staff and volunteers we host an annual campaign to help raise money for our supporters and providers in the community. Please feel free to stop by and help support the United Way!

For more information about this event please contact Sara at 604.684.8171 or email stinaburri@411seniors.bc.ca



THE HISTORY OF HALLOWEEN

Halloween is an annual holiday celebrated on October 31st, which commonly includes activities such as trick-or-treating, attending costume parties, carving jack-o'-lanterns, visiting haunted attractions, playing pranks, telling scary stories, and watching horror films. Halloween is celebrated and observed by all ages. The word Halloween is first started in the 16th century and represents a Scottish variant of the fuller All-Hallows-Even that is, the night before All Hallows Day.

Trick-or-treating is a customary celebration for children on Halloween. Children go in costume from house to house, asking for treats such as candy or sometimes money, with the question, "Trick or treat?" The word "trick" refers to a "threat" to perform mischief on the homeowners or their property if no treat is given. In some parts of Scotland children still go guising. In this custom the child performs some sort of trick, i.e. sings a song or tells a ghost story, to earn their treats.

The practice of dressing up in costumes and begging door to door for treats on holidays dates back to the Middle Ages and includes Christmas wassailing. Trick-or-treating resembles the late medieval practice of souling, when poor folk would go door to door on Hallowmas (November 1), receiving food in return for prayers for the dead on All Souls' Day (November 2). It originated in Ireland and Britain, although similar practices for the souls of the dead were found as far south as Italy.



GOVERNMENT OF CANADA ESTABLISHES NATIONAL SENIORS DAY

OTTAWA, ONTARIO, NOVEMBER 19, 2010 – The Honourable Diane Ablonczy, Minister of State (Seniors), is happy to announce that Canadians now have an official day to celebrate seniors. Bill C-40, An Act to establish National Seniors Day, introduced by Minister of State Ablonczy, received Royal Assent on November 18, 2010. Through this legislation, October 1 is recognized as National Seniors Day.

For more information on National Seniors Day, please visit:
<http://news.gc.ca/web/article-eng.do?nid=574759>

NATIONAL SENIORS DAY – OCTOBER 1, 2011

The 411 Seniors Centre would like to share in acknowledging and promoting National Seniors Day, which this year falls on Saturday, October 1.



Human Resources and
Social Development Canada

Ressources humaines et
Développement social Canada