

# 411 Seniors Centre Society

KEEPING SENIORS CONNECTED

MARCH 2013

(604) 684-8171 • 704-333 Terminal Avenue, Vancouver

## Income Tax Clinic

March 1<sup>st</sup> to April 30<sup>th</sup>, 2013

Monday to Friday

9:00 – 13:30



See us to have your taxes done if:

- You are aged 55 years or older or receive a disability pension
  - Your 2012 income is less than \$30,000/individual or \$40,000/couple
  - Your return is simple – we do not complete taxes which involve rental income, self-employment income, complex stocks, bonds or dividends
  - We do not complete taxes for the deceased
  - Your interest income is less than \$1,000
- ✓ No appointments needed -- first come, first served
  - ✓ Donations are appreciated to cover administration costs
  - ✓ If you receive a form for renewal of any government benefits, see one of our counsellors
  - ✓ Income Taxes prepared for 2011 & 2012. *(if you need income tax prepared for previous years, please ask to see our I&R Counsellors)*

### A Message from Elsie Dean, President of the Board of Directors

On behalf of the 411 Seniors Centre Board of Directors, the Priorities and Planning Committee and the Staff, thank you for your time, input and the great interest you showed at our February 15, 2013 Members Forum. The event was a great success because you, a 411 member shared with us your knowledge and experience. We will be keeping you up to date once we have compiled all the information. Thank you again for your commitment to helping us plan the future in The 411 Seniors Centre Society.

## BOARD MEMBERS

**Elsie Dean**  
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1<sup>st</sup> Vice President

**Mohinder Grewal**  
2<sup>nd</sup> Vice President

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**Anne Judge**

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**Charmaine Spencer**

## 411 STAFF DIRECTORY

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Executive Director

**Janis Kaleta**  
Office Manager

**Alexandra Haines**  
Programs & Special  
Projects Coordinator

**Maribel Moroni**  
Research & Resource  
Coordinator

**Monica Murguia**  
Member/Support  
Coordinator

## Contact the Board

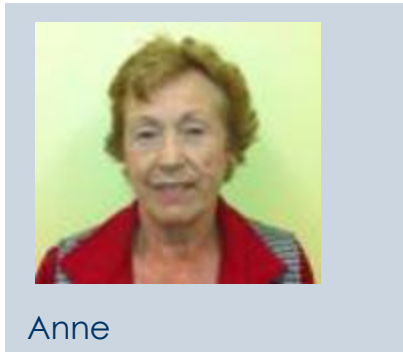
gcharmer@telus.net

or leave a message at  
(604) 684-8171

## Volunteer Recognition

When I first walked into the 411 seniors in 1994, the place was a hive of activity. It was welcoming and friendly. It was a place where I could do good and enjoy the experience. My first job was at the registration desk. I also helped with the 50/50 draws, the gift shop and I organized the Income tax clinic that year.

With this experience, I left soon after to take a position as Coordinator at a small senior Centre in South Vancouver. When I retired in



1999, I returned to the Centre as a Volunteer, this time as an I&R Counsellor, which I have continued to this day. This position has rewards and challenges. You meet all kinds of interesting people and you

do get a chuckle once in a while. One afternoon an older gent came to us for help. He said, "I heard there is an orphan benefit." We replied that at 60+ he was too old for this. He looked at us and said "Well I'm still orphan." My colleague and I just started to laugh and he joined in. He left with a smile on his face.

What does it take to be a volunteer at the 411? You have to be personable, have patience, understanding, a willingness to learn, and most of all a sense of humour.

## Lunch & Learn Workshop Series

Presented in partnership with the Council of Senior Citizens' Organization of BC. Enjoy lunch while you learn about the best practices of maintaining a healthy lifestyle. (See below for schedule.)

All events are free for members, \$5.00 for non-members. All Attendees must pre-register. Please call Alexandra at (604) 684-8171 or e-mail at [ahaines@411seniors.bc.ca](mailto:ahaines@411seniors.bc.ca)

TOPIC	WHEN	DETAILS
<b>STAYING FIT AT HOME</b>	Tuesday, March 5 <sup>th</sup> 10:00 – 11:30	Are you uncomfortable joining fitness groups or going to the gym? Learn simple exercises that can be used at home!
<b>KNOWING YOUR BLADDER</b>	Tuesday, March 12 <sup>th</sup> 10:00 – 11:30	Learn the causes of bladder incontinence and possible remedies to help reduce or eliminate this problem.
<b>HEARING</b>	Thursday, March 14 <sup>th</sup> 10:00 – 11:30	Learn about the ear, common causes of hearing loss, discuss remedies and how to choose hearing aids.
<b>VISION</b>	Tuesday, March 19 <sup>th</sup> 10:00 – 11:30	Do you know the common visionary diseases of older adults? Learn about what they are and how to prevent them.
<b>CHRONIC DISEASES</b>	Thursday, March 28 <sup>th</sup> 10:00 – 11:30	Can you spot the warning signs of the four most common diseases in senior adults?

## PROGRAM & EVENTS: MARCH 2013

### 411 SOCIAL & TRIP: FREE Play Viewing at Granville Island

Pi Theatre presents *Terminus*, Mark O'Rowe's nightmarish vision of one night in Dublin. Join us for a FREE viewing on Wednesday, March 6 at 1:00pm at the Pi Theatre (Pink Ink Theatre Productions) 1411 Cartwright St, Vancouver V6H 3R7

Pick up your FREE ticket at the box office at 12:30pm (look for our Volunteer with the 411 name tag) OR come to the 411 Centre at 12:00 NOON and our Volunteer will take you there.

Pre-registration is required. Phone (604) 684-8171 or e-mail ahaines@411seniorsbc.ca



### Is Your Birthday in March?

Join us for a celebration for your birthday at the 411 Seniors Centre Society on Friday, March 15<sup>th</sup>, 11:00 am

Enjoy a movie, popcorn and birthday cake. Free for members, \$2.00 per guest.

Weekly Program Drop-In Program Schedule			This Month's events
MONDAYS	09:00 – 13:30	Income Tax Clinic	(See previous page for Lunch & Learn details)
	09:00 – 15:00	Mahjong	<i>Lunch &amp; Learn: Staying Fit at Home</i>
TUESDAYS	09:00 – 13:30	Income Tax Clinic	March 5 <sup>th</sup> , 10:00-11:30
	13:00 – 15:00	Informal Instructor French Conversation	<i>411 Social &amp; Trip</i> March 6 <sup>th</sup> , 13:00
WEDNESDAYS	09:00 – 13:30	Income Tax Clinic	<i>SFU Aging Well Project</i> March 8 <sup>th</sup> , 11:00
	09:00 – 15:00	Mahjong (starts Weds March 20 <sup>th</sup> )	Lunch & Learn: Knowing your Bladder
THURSDAYS	09:00 – 13:30	Income Tax Clinic	March 12 <sup>th</sup> , 10:00-11:30
	09:30 – 10:30	Computer Training: Beginners	<i>Lunch &amp; Learn: Hearing</i> March 14 <sup>th</sup> , 10:00-11:30
	10:45 – 11:45	Computer Training: Intermediate	<i>Lunch &amp; Learn: Vision</i> March 19 <sup>th</sup> , 10:00-11:30
FRIDAYS	09:00 – 13:30	Income Tax Clinic	<i>Lunch &amp; Learn: Chronic Diseases</i> March 28 <sup>th</sup> , 10:00-11:30
	09:00 – 14:00	Mahjong	
	13:00	Popcorn and a Movie	

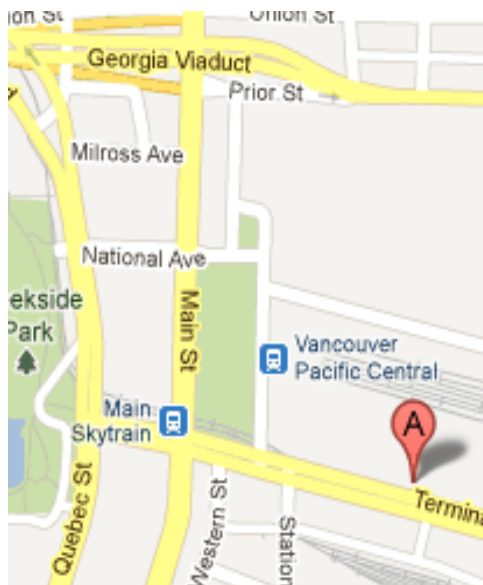
## Hours of Operation

Monday to Friday  
9:00 a.m. — 4:00 p.m.

Information & Referral  
9:00 a.m. — last client  
seen at 3:00 p.m.

Computer Lab  
*cancelled this month*

Social Drop-In  
9:00 a.m.—3:00 p.m.



## Find your way here!

### From the North shore

Take #240, #241 to Vancouver, take the Burrard skytrain station to Main Street station, get off and walk 2 blocks down on left side of street

OR take the seabus to Vancouver, take the Expo line or Millennium line, get off at Main Street station, get off and walk 2 blocks down on left side of street

### From the West End

Take the #23 shuttle bus, Main Street station to the last stop, get off and walk 1 block on left side of street

### From West 4<sup>th</sup> Avenue

Take the Express #84 to Main Street, take #8, 19, 3, go to Terminal get off and walk 2 blocks on left side of street

## In Partnership with...



vancouver  
foundation



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## MEMBERSHIP REGISTRATION (\$12/year)

Mr.  Mrs.  Miss.  Ms. Full Name \_\_\_\_\_

Full Address \_\_\_\_\_

Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Date of Birth (mm/dd/yy) \_\_\_\_/\_\_\_\_/\_\_\_\_ Email Address: \_\_\_\_\_

Who should we contact in the event of an emergency?

Name \_\_\_\_\_ Phone \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Privacy Statement: We do not use or disclose personal information for any purpose other than those for which it was collected, except with consent or as required by law. Personal information is retained only as long as it is necessary for the fulfillment of the purposes for which it was collected, or as required by law.

### For office use only:

Tick One:  NEW  RENEWAL  REPLACEMENT (\$2.50)

Tick One:  REGULAR (55+)  AFFILIATE (54 and under)

DATE \_\_\_\_\_ MEMBERSHIP NUMBER \_\_\_\_\_ MEMBERSHIP FEE \_\_\_\_\_