

# 411 Seniors Centre Society

KEEPING CONNECTED

APRIL 2013

704-333 Terminal Avenue, Vancouver, V6A 4C1  
(604) 684 8171 • [www.411seniors.bc.ca](http://www.411seniors.bc.ca)

## Income Tax Clinic

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

Monday to Friday

9:00 am – 1:30 pm

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

For more details contact Maribel at 604 684 8171 or email

[mmoroni@411seniors.bc.ca](mailto:mmoroni@411seniors.bc.ca).

### Upcoming Event!

**Walking Club starting up Wednesday, April 17<sup>th</sup>**  
**Meet at 10:30 am for an 11:00 am start**

Interested in being part of a weekly walk routine? Up for the challenge? Register your name, phone number and email address at the Reception Desk. The Walking Club meets every Wednesday morning at the 411 Centre at 10:30 am for an 11:00 am start. Walking paths are typically on flat services, however, there may be some incline.

All Members are welcome; bring your friends! Free to members. \$2.00 non-members.

## BOARD MEMBERS

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1<sup>st</sup> Vice President

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2<sup>nd</sup> Vice President

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## Contact the Board

[gcharmer1@gmail.com](mailto:gcharmer1@gmail.com)

or leave a message at  
(604) 684-8171

# Lunch & Learn

Join the 411 Seniors Centre Society for a series of informative and fun workshops followed by lunch! All events are free for members, \$5 for non-members.

Note: All Attendees must pre-register.

To pre-register call Alexandra at (604) 684-8171 or e-mail ahaines@411seniors.bc.ca

## Free Hearing Screening

**10:00 am – 11:00 am Tuesday, April 9<sup>th</sup>**  
Come along and learn how hearing changes with aging! Free complimentary hearing screening.

## BC Hydro Workshop

**10:00 am – 11:00 am Wednesday, April 10<sup>th</sup>**  
Save Energy! Save Money! Learn how to lower your monthly hydro bills.

## Healing Crystals & Colour Meditation Workshop

**10:00 am – 11:00 am Tuesday, April 16<sup>th</sup>**  
Learn about the healing quality of gemstones. Colour meditation has a profound effect on your vitality, mood and well-being. Experience how.

## Better Meals Free Food Samples

**10:00 am – 11:00 am Wednesday, April 17<sup>th</sup>**  
Sometimes we need a little extra help with eating healthy meals. Learn how prepared meals have more nutrition than you may think.

## Genealogy Workshop

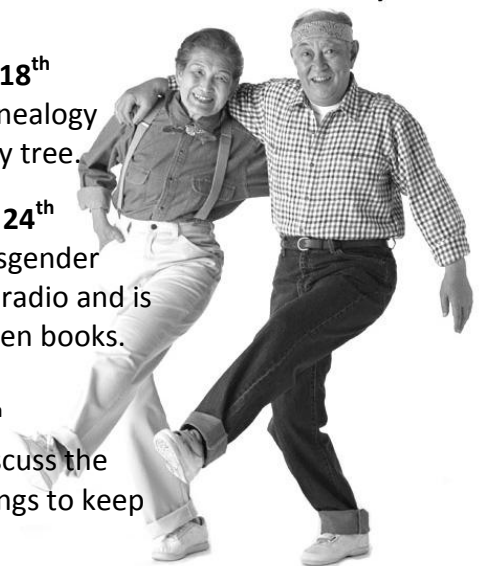
**10:00 am – 11:30 am Thursday, April 18<sup>th</sup>**  
Receive expert advice from the BC Genealogy Society on how to research your family tree.

## Gayle Roberts Speakers Series

**1:00 pm – 2:00 pm Wednesday, April 24<sup>th</sup>**  
Gayle will speak on “My Life as a Transgender Woman”. Gayle has appeared on CBC radio and is one of the Human Library Project’s open books.

## Writing Your Will

**10:00 am – 11:00am Friday, April 26<sup>th</sup>**  
Vancouver lawyer David Watts will discuss the process for writing a will and what things to keep in mind.



**Spring Hat Contest**

Come join the fun on Friday, April 19<sup>th</sup> at 11:30. Everyone wearing a Spring bonnet is automatically entered into the Best Spring Bonnet contest. First, Second and Third Prize winners! Treats will be served.

*Free to all hat wearers!*



**Is Your Birthday in April?**

Join us for a celebration for your birthday at the 411 Seniors Centre Society on Friday, April 19<sup>th</sup>, 11:00 am.

Enjoy a movie, popcorn and birthday cake. Free for members, \$2.00 per guest. To be followed by the Spring Hat contest at 11:30 am.

**APRIL MOVIE LINE UP – 1:00 pm Fridays**

April 5<sup>th</sup> - We Bought a Zoo (2011)

April 12<sup>th</sup> - The Best Exotic Marigold Hotel (2011)

April 19<sup>th</sup>- Hugo (2011)

Weekly Program Schedule			Special Events
MONDAYS	9:00 am – 1:30 pm	Income Tax Clinic	<i>April Birthday Celebrations with Spring Hat Contest April 19<sup>th</sup>, 11:00 am -12:00 pm</i>  <i>411 Seniors April Trip – Granville Island Market &amp; Lunch, April 30<sup>th</sup>, meet at Centre 12:00 pm for a 12:30 pm start</i>  <i>Lunch &amp; Learn Workshops (see page 2)</i>
	9:00 am – 3:00 pm	Mahjong	
TUESDAYS	9:00 am – 1:30 pm	Income Tax Clinic	
	1:00 pm – 3:00 pm	Informal Instructor French Conversation	
WEDNESDAYS	9:00 am – 1:30 pm	Income Tax Clinic	
	10:00 am – 11:30 am	Yoga	
THURSDAYS	9:00 am – 1:30 am	Income Tax Clinic	
	9:30 am – 10:30 am Starting April 11 <sup>th</sup>	Computer Training: Beginners	
	10:45 am – 11:45 am Starting April 11 <sup>th</sup>	Computer Training: Intermediate	
FRIDAYS	9:00 am – 1:30 pm	Income Tax Clinic	
	9:00 am – 3:00 pm	Mahjong	
	1:00 pm	Popcorn and a Movie	

## Hours of Operation

Monday to Friday  
9:00 am — 4:00 pm

Information & Referral  
9:00 am — last client  
seen at 3:00 pm

Social Drop-In  
9:00 am — 3:00 pm



## 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 \_\_\_\_\_