

411 Seniors Centre Society

AUGUST 2013

KEEPING CONNECTED

Celebrating our LGBT Seniors – Happy Pride 2013!



MC Alexandra Henriques breaks into her comedy routine.

Over 30 people gathered to celebrate our 10th Annual Aging with Pride Event held July 30th. The festivities included MC Alexandra Henriques, the BOBBERS comedy improv group and Barbara Shaw as she performed a sing-along. We want to say a **BIG** thank you to our sponsors: Dahl & Connors Law Firm, Elbow Room Café, Ethical Bean, Spartacus Books, Tim Hortons, and VanCity, Main and Terminal Branch and all our volunteers who helped make the day a huge success.

ANNUAL GENERAL MEETING IMPORTANT NOTICE TO ALL MEMBERS Please Note the Date Change

Wednesday, September 18, 2013

**Registration at 12:45pm - Meeting starts at 1:30pm Sharp
Please Remember to Bring Your 411 Membership Card.**

**RSVP must be received by September 11th to Monica at email
mmurguia@411seniors.bc.ca or phone 604 684 8171.**

We hope to see you there!

411 Seniors Centre Society, 704-333 Terminal Ave, Vancouver, V6A 4C1
604 684 8171 contact411@411seniors.bc.ca www.411seniors.bc.ca

BOARD MEMBERS

Elsie Dean
President

Patrice Pratt
1st Vice President

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411 STAFF DIRECTORY

Sandra Gebhardt
Executive Director

Janis Kaleta
Office Manager

Alexandra Haines
Programs & Volunteer
Coordinator

Monica Murguia
Member/Support
Coordinator

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

<p>British Columbia Day Celebrations</p>	<p>11:00am – 12:30pm Tuesday, August 6th Join us for sandwich lunch, dessert and Trivia Quiz Contest. Live entertainment with the Norm Shackell Quartet.</p>
<p>Theatre Terrific Vancouver's World Famous Theatre</p>	<p>11:00am – 12:30pm Tuesday, August 13th Theatre Terrific features working professionals and emerging artists with or without developmental, physical, or mental health issues. You won't want to miss this World Famous Theatre group! RSVP Now!</p>
<p>Home Health Care Society</p>	<p>11:00am – 12:00Noon Thursday, August 15th Learn all about Meals on Wheels and all of the Society's charitable programs that provide support to seniors, caregivers and people at risk of isolation.</p>
<p>BC Human Rights Coalition Your Rights to Know</p>	<p>10:00am-11:30am Tuesday, August 20th Provides information on the Human Rights Code, how to file a complaint or respond to a complaint and the work of the BC Human Rights Tribunal, and the Ministry of the Attorney General.</p>
<p>Crisis Centre (Crisis Intervention & Suicide Prevention Centre of BC)</p>	<p>11:00am-12:00Noon Thursday, August 22nd An interactive workshop to explore and share ideas that enhance our wellness as we age; to learn about the Crisis Centre services and to connect with others in our community.</p>
<p>Totem Poles Symbolism & Their Meanings</p>	<p>11:00am – 1:00pm Tuesday, August 27th A visual tour and talk outlining the totem poles along the West Coast from Vancouver, BC to Alaska, USA.</p>



The greatest gift of the garden is the restoration of the 5 senses. Hanna Rion

411 Seniors August Trip – VANDUSEN BOTANICAL GARDENS WOOD SCULPTURE SHOW – Wednesday, August 7th, 2:00pm - Admission \$8 Meet Lisa at the ticket booth, she'll be wearing a pinkish-red hat.

August Movies – 1:00 pm Fridays

- August 2nd – That Touch of Mink
- August 9th – Next
- August 16th – Hunger Games
- August 23rd – Won't Take Down
- August 30th – This Means War

Is your Birthday in August?



Join us for a celebration for your birthday on Friday, August 16th, 11:00 AM. Enjoy popcorn, birthday cake and a movie. Free for members, \$2.00 per guest.

WEEKLY PROGRAM SCHEDULE

MONDAYS	9:00am – 3:00pm	Mahjong – Play and Learn
TUESDAYS	12:00Noon – 3:30pm Booking Required	Foot Care Clinic – \$23 Members / \$25 Non-members
WEDNESDAYS	10:00am – 11:30am	Yoga - \$3.50 per drop-in class
	12:30Noon – 2:30pm	Card Games
THURSDAYS	9:30am – 10:30am	Computer Training: Beginners – FREE for Members / \$5 Non-members per class
	10:45am – 11:45am	Computer Training: Intermediate – FREE for Members / \$5 Non-members per class
	1:00pm – 2:30pm	Latin American Group
FRIDAYS	9:00am – 3:00pm	Mahjong
	1:00pm	Popcorn & a Movie – FREE for Members / \$2 Non-members
	10:00am–12:00Noon	Crafts Cafe

How To Find Us at 704 – 333 Terminal Avenue, Vancouver

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



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 4th 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...



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MEMBERSHIP REGISTRATION – (\$10/per 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 _____