



# 411 Seniors Centre Society

*Seniors Staying Connected*

## BOARD MEMBERS

**Elsie Dean,**  
President

**Patrice Pratt,**  
1st VP

**N. Michael Ross ,**  
2nd VP

**Ian Buck,** Treasurer

**Gail Harmer,**  
Secretary

**Judith Stark**  
Past President

**Mohinder Grewal**

**Ann Hyldtoft**

**Ponnambalam (P.A.)**  
**Indrajith**

**Arthur (Art) Kube**

**Charmaine Spencer**

## COMMITTEES

**Policy & Planning**  
Chair: Art Kube

**Finance**  
Chair: N. Michael Ross

**Membership**  
Chair: Gail Harmer

## Income Tax Clinic

March 1<sup>st</sup> to April 20<sup>th</sup>, 2012

Monday to Friday

8:30 am to 1:30 pm

(ending time may vary)

East Room, 2<sup>nd</sup> Floor

See Bulletin Boards for more information.



February 1, 2012

The Board is now in the process of looking at rental space that will allow the spirit of 411 Seniors Centre to move with us. As we will continue to provide for the programs that serve our members, the catchment area is in the front of our minds.

Consideration will be given to easy access, connecting transit routes, continuation of programs and space for drop-in etc.

The Board will continue to plan for long term success by sharing information, envisioning the needs of seniors in the future, finding out about other programs out there, meeting with seniors service providers and fostering a spirit of co-operation.

Members' ideas and suggestions are welcome as a means to communicate with the Board. Please use our Suggestion Box in the lobby as we will be reading your comments and they will be answered in our newsletters.

Kind regards,



Elsie Dean, President

## PROGRAM & DROP-IN SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Mandarin</b> 10am - 12pm \$3 per participant Beginners &amp; advanced</p> <p style="font-size: 2em; text-align: center;">你好</p>	<p><b>Conversational French</b> 12:30pm - 1:45pm \$3 per participant</p> <p><b>Computer &amp; Internet Service</b> 9am – 1pm Computer Lab, 2<sup>nd</sup> Fl.</p> 	<p><b>Mahjong</b> 9-3 Drop-In / Free</p> <p><b>Computer &amp; Internet Service</b> 9am – 1pm</p> <p><b>Bridge</b> 12:30-3 Free &amp; all levels welcome!</p>	<p><b>English as a Second Language (ESL)</b> 1pm – 3pm \$20 for 10 weeks</p> <p><b>Computer &amp; Internet Service</b> 9am – 1pm Computer Lab, 2<sup>nd</sup> Fl.</p> 	<p><b>Mahjong</b> 9am – 3pm Drop-In / Free</p> 
<p><b>Computer &amp; Internet Service</b> 9am - 1pm Computer Lab, 2<sup>nd</sup> Fl.</p> 	<p><b>Multicultural Choir</b> moved to <u>Mt Pleasant Neighborhood House.</u> For more info please call (604) 879-8208. Thank you.</p>	<p><b>Gentle Yoga for Seniors</b> 10-11:30 \$35 for 10 weeks.</p> <p><b>Draw &amp; Paint</b> 1-2:30 \$24 for 8 weeks</p>		<p><b>Computer &amp; Internet Service</b> 9am – 1pm Computer Lab, 2<sup>nd</sup> Fl.</p> 
<p><b>Gentle Yoga for Seniors</b> 10am - 11:30am \$35 for 10 weeks. West Wing 3<sup>rd</sup> Fl.</p>	<p><b>Spanish</b> 1:15pm - 2:15pm \$32 for 8 weeks</p> <p><b>ESL</b> 1pm – 3pm \$20 for 10 weeks</p>	<p><b>Opera</b> 12:30pm - 2:30pm (end time may vary) \$1 per participant</p> <p>Multipurpose Room #1, 1<sup>st</sup> Fl</p>		<p><b>Gentle Yoga for Seniors</b> 10am - 11:30am \$35 for 10 weeks</p> <p>West Wing 3<sup>rd</sup> Fl.</p>

### 411 Staff Directory

**Sandra Gebhardt**  
CEO

**Janis Kaleta**  
Building Projects Manager

**Sara Tinaburri**  
Programs and Events  
Manager

**Maribel Maroni**  
Executive Administrator

**Monica Murguia**  
Administrative Assistant

### Coffee Shop Open to Help Seniors Stay Connected

The coffee shop on the ground floor is open for members and volunteers to have a cup of coffee or tea, enjoy a cookie or muffin and get together with friends for a chat.

“Members asked for the cafeteria to be reopened” said Gail Harmer, Membership Committee chair, “and we hope they will take full advantage of the opportunity to connect and enjoy a cup of coffee together.”

Volunteers are running the coffee shop Monday through Friday from 9:30 am to 1:30 pm. If you’re interested in volunteering, please contact Sara Tinaburri for more details.



411 Seniors Centre Society  
Seniors Staying Connected

*Please feel free to contact us at:*  
**Tel.: 604.684.8171**  
**E-mail: [contact411@411seniors.bc.ca](mailto:contact411@411seniors.bc.ca)**



### **Vancouver Community College (VCC) Dental Hygiene Department at the 411 Seniors Centre**

The 411 Seniors Centre would like to thank all VCC faculty members, staff and 4th year dental hygiene students for providing free dental care services to 411 members, volunteers and clients on January 25th, 2012. For the past several years VCC's Dental Department has made a commitment to visit the centre on an annual basis and have continued to provide free dental check-ups, cleanings and additional information for oral care.

The VCC staff and student body, once again, has gone above and beyond in ensuring that our members, volunteers and clients within the community were able to come to a safe and welcoming environment to access a very important service.

Thank you for your commitment to the 411 Seniors Centre, we appreciate what you do!



**Did you know?** “If you have one or more of your natural teeth, then you still have a chance to develop a cavity. Seniors are more likely to have cavities develop around the root of the tooth. It is important to maintain a regular schedule

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## **Use the Suggestion Box in the Main Lobby**

*From last week*

### **Suggestion:**

- Remind people tax time is approaching and we are doing taxes as usual.

### **Response:**

- We have advertised this information in our newsletter, on our website and around the building. As well, posters will be sent to other service providers.

### **Suggestion:**

- Invite people to visit our coffee drop-in in the cafeteria, with pretty new table cloths.

### **Response:**

- Our volunteers started calling our members about two weeks ago to let them know about the coffee drop-in.

## Check Out Our New 411 Seniors Centre Website



[www.411seniors.bc.ca](http://www.411seniors.bc.ca)

**11 Seniors Centre has a new revamped website!**

Go to [www.411seniors.bc.ca](http://www.411seniors.bc.ca) and check out our **News & Updates** section to be up-to-date on all the issues facing seniors and current information.

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**COMPUTER LAB NOW OPEN MONDAY TO FRIDAY  
9-1PM**



As you all may know...

As you all may know, 411 Seniors Centre Society will be relocating in the next few months. During this time, there will be lots of movement around the centre with tenants moving out, junk removals, yard sales and general clean up. We greatly appreciate your patience with all this extra activity.



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**Have you been wondering about the scaffolding going up around the building?**

The hoarding on the Dunsmuir and Homer sides of the building was installed as a safety measure. WorkSafeBC had observed that the window sills of the 411 building were crumbly and believed this presented a possible safety hazard to people walking on the sidewalks below. The purchaser of the building, working with the city engineering department, came up with this solution to protect pedestrians from sill material that might become dislodged and fall from above. The hoarding will remain in place for the duration of our stay at 411 Dunsmuir.

