

411 Seniors Centre Society

JULY 2013

KEEPING CONNECTED

Seniors Enjoying a Summer of Fun at the 411

In collaboration with **Art Knapp Plantland**, presenter **Radina**, brought in live plant samples for a 3 part series of workshops on houseplants, herbs and growing vegetables in containers, to an enthusiastic group of green thumbed members.



Radina Jevdevic, Art Knapp Plantland

BOARD MEMBERS

Elsie Dean
President

Patrice Pratt
1st Vice President

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2nd Vice President

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Secretary

David Yorke
Treasurer

Linda Forsythe

Cheryl Hewitt

Ann Hyldtoft

Anne Judge

Ranjit Soniassy

Charmaine Spencer



Don Velie, Foot Care Clinic, 2nd from Right

Foot Care Nurse, Don Velie, presented a workshop on **Healthy Foot Care** on June 4th. His **foot care clinic** runs **every Tuesday, 12:00Noon – 3:30pm. Book your appointment at 604 684 8171. Members-\$23/Non-members\$25**

UP & COMING EVENTS AT THE 411

Annual General Meeting

Thursday, September 12, 2013

Registration at 12:45pm - **Meeting starts at 1:30pm Sharp**

Multicultural Seniors Information & Referral Training

A program to train seniors as volunteer Information and Referral Facilitators to reach out to seniors from different ethnic backgrounds who are isolated due to language or cultural barriers and to bring them information about benefits and services that will enhance their life and well being. **Start date to be announced.**

411 STAFF DIRECTORY

Sandra Gebhardt
Executive Director

Janis Kaleta
Office Manager

Alexandra Haines
Programs & Volunteer
Coordinator

Monica Murguia
Member/Support
Coordinator

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

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

Canada Day Celebrations

11:00 am – 1:00 pm Tuesday, July 2nd

Join us for the singing of O! Canada, Trivia Quiz Contest, Sandwich Lunch and Cake, Free Flags, Pins, and general merriment! Prizes for all Members wearing Red & White.

Brian Games (Part 3 of a Monthly Series)

11:00am - 12:00Noon Thursday, July 11th

Engage your brain. Stimulate your mind and increase memory. Slow down the Aging process.

Tenants Resource and Advisory Centre (TRAC)

11:00am – 1:30pm Tuesday, July 16th

TRAC is an educational charity that provides legal information to tenants. Come along and learn how to use TRAC as a resource.

Changing Places The Moving Experts

11:00am – 12:00Noon Thursday, July 18th

A moving services company specializing in helping seniors cope with the stress of moving home. An expert gives advice on how to declutter, downsize and reorganize your home.

BC Housing Addressing Seniors Housing Needs

11:00am – 12:00Noon Tuesday, July 23rd

BC Housing's role is to assist British Columbians in greatest need of affordable and appropriate housing. Our presenter will discuss the range of housing available. Learn how to use their resources for your housing needs.

Totem Poles Symbolism & Their Meanings

11:00am – 12:00Noon Thursday, July 25th

A visual tour of totem poles along the West Coast from Vancouver, BC to Alaska, USA. After the workshop, participants have the choice to participate in a visit to the totem poles in Stanley Park.

Aging with Pride Now in Its 10th Year!!

1:00pm – 3:00pm Tuesday, July 30th

Join us as we celebrate our community's LGBT Elders during Vancouver's Pride Week! Festivities include MC Alexandra Henriques, live entertainment, Trivia Quiz Contest and a fabulous lunch.

PROGRAM & EVENTS: JULY 2013

NEW PROGRAM! NEW PROGRAM! NEW PROGRAM! NEW PROGRAM! NEW PROGRAM!

CALLING ALL CARD PLAYERS!

Join us in the **drop-in area EVERY Wednesday from 12:30Noon to 2:30pm** for a friendly game of cards. Play games or learn new games. RSVP to Alexandra at 604 684 8171 or email ahaines@411seniors.bc.ca.

NOTICE: The **Seniors Gay Straight Alliance** meetings in **New West Century House**, are in recess for July and August resuming in September. Watch this space for more information.

Is Your Birthday in July?

July Movie Line up – 1:00 pm Fridays

- July 5th - Burlesque
- July 12th - Heidi
- July 19th - Unknown
- July 26th – The Best Exotic Marigold Hotel



411 Seniors June Trip – Tuesday, July 9th – VANCOUVER ART GALLERY – Admission by Donation, Meet at the 411 Centre at 4:00pm and bring your bus pass!



Join us for a celebration for your birthday on Friday, July 19th, 11:00am. Enjoy popcorn, birthday cake and a movie.

Free for members, \$2.00 per guest.

WEEKLY PROGRAM SCHEDULE

MONDAYS	9:00am – 3:00pm	Mahjong
TUESDAYS	12:00Noon – 3:30pm Booking Required	Foot Care Clinic
WEDNESDAYS	10:00am – 11:30am	Yoga
	12:30Noon – 2:30pm	Card Games
THURSDAYS	9:30am – 10:30am	Computer Training: Beginners
	10:45am – 11:45am	Computer Training: Intermediate
	1:00pm – 2:30pm	Latin American Group
FRIDAYS	9:00am – 3:00pm	Mahjong
	1:00pm	Popcorn & a Movie
	10:00am–12:00Noon	Crafts Cafe

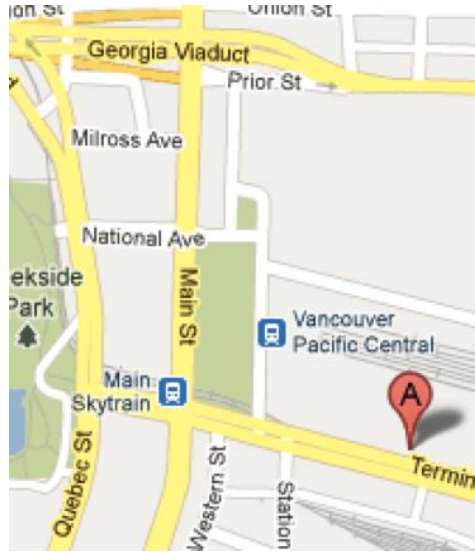
How To Find Us at 704 – 333 Terminal Avenue, Vancouver

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...



vancouver
foundation



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 _____