

# 411 Seniors Centre Society

KEEPING CONNECTED

JUNE 2013

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

## 411 Focuses on Keeping Seniors Safe

On May 21<sup>st</sup> a group of seniors gathered to play "Safety Trivia" and listen to Neighbourhood Police Officers, Strathcona Constable Gailus and West End Coal Harbour Constable Luccock as they showed our members how to stay safe.



In collaboration with the People's Law School, Vancouver lawyer David Watts continued with his 3 part series in May on the legal aspects of: Power of Attorney and Being an Executor. We had a large turnout for this popular series. Look for the return of David's workshops in the Fall of 2013.

**Back by Popular Demand!**

### Seniors Foot Care Clinic

**Don Velie, Foot Care Nurse is available June 4<sup>th</sup>, 12<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup> from 12:00 to 3:30 pm for all your foot care needs. (Attend his workshop on June 4<sup>th</sup> from 12:00 Noon to 1:00 pm.)**

Services include general and more advanced treatment of toenails, corns and calluses, diabetic feet as well as advice on foot health, and referral for more specialized treatment.

Members \$23, Non-Members \$25, (Annual membership \$12).

**To book your appointment (First Come, First Served), call**

**Alexandra at 604 684 8171 or email**

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

## BOARD MEMBERS

**Elsie Dean**  
President

**Patrice Pratt**  
1<sup>st</sup> Vice President

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

**Gail Harmer**  
Secretary

**David Yorke**  
Treasurer

**Linda Forsythe**

**Cheryl Hewitt**

**Ann Hyldtoft**

**Anne Judge**

**Ranjit Soniassy**

**Charmaine Spencer**

## 411 STAFF DIRECTORY

**Sandra Gebhardt**  
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

[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

## How to Grow & Maintain Houseplants Series 1 of 3

**11:00 am – 12:00 Noon Tuesday, June 4<sup>th</sup>**  
How to have healthy houseplants, which ones are most reliable, which ones prefer low or sunny light and tips.  
**Presented by Art Knapp The Urban Gardener.**

## Healthy Foot Care

**12:00 Noon – 1:00pm Tuesday, June 4<sup>th</sup>**  
Don Velie, Foot Care Nurse will explain the anatomy of the foot and the various conditions that can develop and how best to treat them. **(Foot Care appointments available after the workshop \$23 Members/\$25 Non-Members.)**

## Brain Games (Part 2 of a Monthly Series)

**11:00am – 12:00 Noon Thursday, June 13<sup>th</sup>**  
Engage your brain. Stimulate your mind and increase memory. Slow down the Aging process.

## World Elder Abuse Awareness Day

**8:00am – 9:00am Friday, June 14<sup>th</sup>**  
A breakfast meeting presentation by COSCO and the BC Community Response Network. How to recognize the signs of elder abuse and what you can do about it.

## Herbs for Healthy Living Series 2 of 3

**11:00am – 12:00 Noon Tuesday, June 18<sup>th</sup>**  
Learn some ancient knowledge about herbs and how to grow them. **Presented by Art Knapp The Urban Gardener.**

## HandyDART It's the HandyDART Way to Get Around

**11:00am – 12:00 Noon Wednesday, June 19<sup>th</sup>**  
Everything you need to know about getting around Vancouver via HandyDART: how to apply, book your trip and save money on fare.

## Growing Vegetables in Containers Series 3 of 3

**11:00am – 12:00 Noon Tuesday, June 25<sup>th</sup>**  
Learn which vegetables are the easiest to grow all year round on your balcony. **Presented by Art Knapp The Urban Gardener.**

# PROGRAM & EVENTS: JUNE 2013

**Seniors Celebratory Tea!** Join us Friday, June 21<sup>st</sup> at 11:30 for Tea and Cake as we celebrate **Seniors Week June 2<sup>nd</sup> to June 8<sup>th</sup>**! Please RSVP to Monica at 604 684 8171 or email [mmurguia@411seniors.bc.ca](mailto:mmurguia@411seniors.bc.ca).

The **Seniors Gay Straight Alliance**, New West Century House will be honouring the **Stonewall Riots Anniversary** at their June meeting. Contact Shelly at 604 519 1066 or email [sschnee@newwestcity.ca](mailto:sschnee@newwestcity.ca)

### June Movie Line up – 1:00 pm Fridays

June 7<sup>th</sup> – How to Steal a Million  
 June 14<sup>th</sup> – Water for Elephants  
 June 21<sup>st</sup> – Dear John  
 June 28<sup>th</sup> – Thor

**411 Seniors June Trip – Wednesday, June 12<sup>th</sup>**  
**- Museum of Anthropology – Adult \$16.75, Senior 65+ \$14.50.** *Meet at the 411 Centre at 10:00 am and bring your bus pass!*

### Is Your Birthday in June?

**Join us for a celebration for your birthday on Friday, June 21<sup>st</sup>, 11:00am.** Enjoy popcorn, birthday cake and a movie.

Free for members, \$2.00 per guest.

### ANNUAL GENERAL MEETING NOTICE

**Mark Your Calendar!** The AGM is on **Thursday, September 12, 2013.** Watch this space for further information.

Weekly Program Schedule			Special Events
<b>MONDAYS</b>	9:00am – 3:00pm	Mahjong	
<b>TUESDAYS</b>	1:00pm – 3:00pm	French Conversation	June 4 <sup>th</sup> 11:00am – 12:00pm How to Grow & Maintain Houseplants
	12:00Noon – 3:30pm	Foot Care Clinic June 4 <sup>th</sup> , 18 <sup>th</sup> & 25 <sup>th</sup>	June 18 <sup>th</sup> 11:00am – 12:00Noon Herbs for Healthy Living  June 25 <sup>th</sup> 11:00am – 12:00 Noon Growing Vegetables in Containers
<b>WEDNESDAYS</b>	10:00am – 11:30am	Yoga	June 19 <sup>th</sup> 11:00am – 12:00Noon HandyDART
	12:00Noon-3.30pm	Foot Care Clinic June 12th	June 12 <sup>th</sup> 10:00am Seniors June Trip – Museum of Anthropology (see above)
	1:00pm – 2:30pm	Draw & Paint -Finishes June 19 <sup>th</sup> -Starts September	
<b>THURSDAYS</b>	9:30am – 10:30am	Computer Training: Beginners	June 13 <sup>th</sup> 11:00am – 12:00Noon Brain Games
	10:45am – 11:45am	Computer Training: Intermediate	
	1:00pm – 2:30pm	ESL	
	1:00pm – 2:30pm	Latin Group	
<b>FRIDAYS</b>	9:00am – 3:00pm	Mahjong	June 14 <sup>th</sup> 8:00am – 9:00am World Elder Abuse Awareness Day
	1:00pm	Popcorn & a Movie	
	10:00am – 12:00Noon	Crafts Cafe	June 21 <sup>st</sup> 11:00am Members Birthday Celebrations, 11:30am Seniors Celebratory Tea

## 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



---

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