

# 411 Seniors Centre Society

KEEPING CONNECTED

MAY 2013

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

## Members' April Birthdays Celebrated in Style!



Members' Birthday celebrations held on April 19<sup>th</sup> were great fun! Over 20 people joined in to sing "Happy Birthday" before feasting on birthday cake. Singer Kaye Atkinson led seniors on a "popular hits" sing-along.

The Birthday members were invited to judge the "Spring Bonnet" contest for the categories of: Funniest, Most Outrageous and Most Glamorous hats. Great fun for everyone!

We can hardly wait until the **next Birthday celebration to be held Friday, May 17<sup>th</sup> when we will have entertainment from Enrico and his accordion!**



## New Programs!

### Announcing Two New Programs!

**English as a Second Language** is back by popular demand. Come along and learn English in a supportive environment. Lessons are based on conversation and the practical use of the English language in everyday life. **Starts Thursday, May 9<sup>th</sup> at 1:00 pm – 2:30 pm.**

The **Latin Group** is a fun group, which meets weekly for social get-togethers, to learn new things, share experiences and to chat in their own language. It also **starts Thursday, May 9<sup>th</sup> at 1:00 pm – 2:30 pm.**

## BOARD MEMBERS

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Member/Support  
Coordinator

## Contact the Board

gcharmer1@gmail.com

or leave a message at  
(604) 684-8171

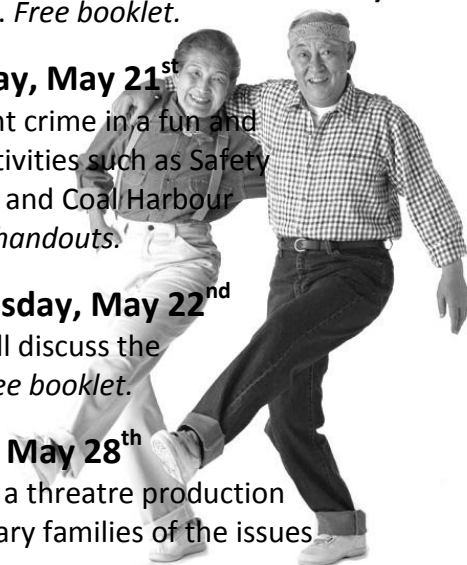
# Lunch & Learn

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

- What a Difference A Pair of Pants Makes!**  
“The History of Women and Pants”  
**12:30 pm – 2:30 pm Tuesday, May 7<sup>th</sup>**  
Join us for lunch at 12:30 Noon followed by a fun-filled, audio-visual romp through the history of women and pants.
- Brain Games**  
(Part 1 of a Monthly Series)  
**11:00 am – 12:00 Noon Thursday, May 9<sup>th</sup>**  
Engage your brain. Stimulate your mind and increase memory. Slow down the Aging Process.
- Health & Wellness Information Day**  
VCC Nursing Department  
**11:00 am – 1:00 pm Monday, May 13<sup>th</sup>**  
*Free blood pressure check.* The Vancouver Community College Nursing Department will provide information on Diabetes, Hypertension, and Arthritis.
- Power of Attorney**  
“What are the Legal Implications?”  
**11:00 am – 12:00 Noon Wednesday, May 15<sup>th</sup>**  
Vancouver lawyer David Watts will discuss the legal implications of Power of Attorney. *Free booklet.*
- Safe Seniors**  
West End & Coal Harbour Community Policing Centre  
**12:00 Noon – 1:00 pm Tuesday, May 21<sup>st</sup>**  
Learn how to stay safe and prevent crime in a fun and informative workshop through activities such as Safety Trivia. Presented by the West End and Coal Harbour Community Policing Centre. *Free handouts.*
- Being an Executor**  
“What are the Responsibilities?”  
**10:00 am – 11:00 am Wednesday, May 22<sup>nd</sup>**  
Vancouver lawyer David Watts will discuss the responsibilities of an Executor. *Free booklet.*
- Older Driver Safety**  
“Exploring Issues Concerning Older Drivers”  
**11:00 – 12:00 Noon Tuesday, May 28<sup>th</sup>**  
Presented in a DVD format, this is a theatre production that explores the impact on ordinary families of the issues surrounding older driver safety.



# PROGRAM & EVENTS: MAY 2013



## Volunteer Appreciation Event - Thursday, May 2, 2013 – 12:00 Noon

In recognition of the wonderful contribution and dedication the Volunteers make to the 411 Seniors Centre Society, we are pleased to invite all our Volunteers to our Volunteer Appreciation Lunch.

Join us for a delicious Italian Lunch (vegetarian available), fun, music and prizes! Doors Open at: 11:30 am. Registration is required. Contact Maribel at [moroni@411seniors.bc.ca](mailto:moroni@411seniors.bc.ca) or call her at [604 684 8171](tel:6046848171).

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

May 3<sup>rd</sup> – The Queen of Versailles (2012)

May 10<sup>th</sup> – The Backup Plan (2010)

May 17<sup>th</sup> – Date Night (2010)

May 24<sup>th</sup> – The Hunger Games (2012)

May 31<sup>st</sup> – 127 Hours (2010)

**411 Seniors May Trip** – Police Museum Tour, Wednesday, May 8<sup>th</sup> - meet at Centre 1:30 pm

### Is Your Birthday in May?

Join us for a celebration for your birthday on Friday, May 17<sup>th</sup>, 11:00am. Enjoy a movie, birthday cake and **live entertainment with Enrico Donofrio, accordion player in a sing-along while he performs well-known classics from around the world!**

Free for members, \$2.00 for per guest.

Weekly Program Schedule			Special Events
MONDAYS	9:00am – 3:00pm	Mahjong	May 13 <sup>th</sup> 11:00am – 1:00pm Health & Wellness Information Day
TUESDAYS	1:00pm – 3:00pm	Informal Instructor French Conversation	May 7 <sup>th</sup> 12:30pm – 2:30pm What a Difference A Pair of Pants Makes!
			May 21 <sup>st</sup> 12:00Noon – 1:00pm Safe Seniors
			May 28 <sup>th</sup> 11:00am – 12:00Noon Older Driver Safety
WEDNESDAYS	10:00am – 11:30am	Yoga	May 15 <sup>th</sup> 11:00am – 12:00Noon Power of Attorney
			May 22 <sup>nd</sup> 10:00am – 11:00am Being an Executor
THURSDAYS	9:30am – 10:30am	Computer Training: Beginners	May 2 <sup>th</sup> 12:00Noon Volunteer Appreciation Event
	10:45am – 11:45am	Computer Training: Intermediate	May 9 <sup>th</sup> 11:00am – Noon Brain Games
	1:00pm – 2:30pm	ESL	
	1:00pm – 2:30pm	Latin Group	
FRIDAYS	9:00am – 3:00pm	Mahjong	May 17 <sup>th</sup> 11:00am Birthday Celebration
	1:00pm	Popcorn & a Movie	
	10:00am – 12:00pm	Crafts Cafe	

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