

411 Seniors Centre Society

OCTOBER 2013

KEEPING CONNECTED

Huge Turnout for AGM September 18, 2013



Elsie Dean addressing the membership.



Guest Speaker Nancy Gale

Over 60 members attended the **Annual General Meeting (AGM)**, to vote on the Board Incumbents

and Nominees and to elect the new Board members. **(Please see list of newly elected board members in side bar.)** Special guest speaker, **Nancy Gale, Executive Director, Child Development Centre, Williams Lake** gave a presentation on the **History and Development of the Central Interior Community Services Coop – Working Better by Working Together** outlining the process of moving to a team model of service delivery using several agencies, and how this could work as a “co-op model” for the 411 Seniors Centre.

UPDATE - Multicultural Information & Referral Volunteer Training

Funded by New Horizons, 20 older immigrant adults who are bi-lingual or multi-lingual, and comfortable communicating in English are being trained in **information and resources relevant to seniors**. Once training is completed, the participants will be able to assist older immigrants who do not speak English or are uncomfortable communicating in English, to access information & resources. **Training will include: Housing, Tenants Rights, Pensions & Benefits, Seniors' Safety, Wills, Power of Attorney, the History of Indigenous Peoples in Canada and key issues for LGBTQ seniors.**

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

NEWLY ELECTED BOARD MEMBERS 2013 & 2014

Stuart Alcock

Patsy Craig

Elsie Dean

Linda Forsythe

Charan Gill

Mohinder Grewal

David Handelman

Andy Ross

Ranjit Soniassy

Charmaine Spencer

David Yorke

411 STAFF DIRECTORY

Sandra Gebhardt

Executive Director

Suzi Kennedy

Operations Manager

Alexandra Haines

Programs & Volunteer
Coordinator

Monica Murguia

Member/Support
Coordinator

Janis Kaleta

Office Manager

Special Events

Note: All Attendees must pre-register.

REGISTRATION - call Alexandra at 604 684-8171 or e-mail ahaines@411seniors.bc.ca

Don't Grow Old

BBC Documentary

For Ages 50+

Tuesday, October 8th

11:00am – 12:00Noon

Remarkable new discoveries are suggesting that ageing is something flexible that can ultimately be manipulated.

Brain Games

(Part 5 of a Monthly Series)

LUNCH & LEARN

REGISTRATION REQUIRED

Thursday, October 10th

11:00am – 12:00Noon

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

FREE for Members, \$5 Non-members

Thanksgiving Day Tea

featuring

Theatre Terrific

Supporting Artists of All Abilities

REGISTRATION REQUIRED

Wednesday, October 16th

11:00am – 12:30pm

Thanksgiving cake and tea. Entertainment provided by a group of professional and emerging artists with or without developmental, physical, or mental health issues, gender or language challenges.

Appreciating Western Art through Stamp Collecting

LUNCH & LEARN

REGISTRATION REQUIRED

Tuesday, October 22nd

11:00am – 1:00pm

Presenter Tom Liu teaches participants to appreciate stamps as miniature works of art.

Heads Up: An Introduction to Brain Health

Alzheimer Society of BC

Tuesday, October 29th

11:00am – 12:00Noon

Healthy aging is important for everyone. Learn strategies and set goals for improving the health of your mind, body and spirit.

Halloween Tea Party

Thursday, October 31st

11:00am – 12:00pm

Drop-in for tea and cupcakes, Halloween decorations, and listen to spooky music.

Upcoming Events – Mark Your Calendars!

ANNUAL CRAFT FAIR
Friday, November 8th 10-2:00pm

- 50 / 50 Draw
- Afghan Square Quilt Draw - Tickets \$2
- Door Prizes!



Afghan Quilt donated by Linda Quilty

411 Seniors October Bus Trip –
Wesham Farm Pumpkin Patch & Tour -
October 18th, Meet at 333 Terminal Avenue
- 9:45am - Cost \$20 – Includes Lunch, Travel

IS YOUR BIRTHDAY IN OCTOBER?
 Join us for a celebration for your birthday on
Friday, October 18th, 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	11:00am – 1:00pm	See Special Events Page
WEDNESDAYS	10:00am – 11:30am	Yoga - \$3.50 per drop-in class
	12:30Noon – 2:30pm	Card Games
	1:00pm – 2:30pm	Draw & Paint – 8 weeks - Members \$24.00 / Non-members \$30 (Classes held October 2nd, 9th, November 20th, 27th, December 4th, 11th)
THURSDAYS	9:30am – 10:30am	Computer Training Beginners – DROP IN BASIS \$8 / Next Semester Starts November 7th to December 12th 6 WEEK SEMESTERS – CALL TO REGISTER FOR WAITING LIST
	10:45am – 11:45am	Computer Training Intermediate – Consecutive attendance required for a minimum of 6 weeks. \$8 / Next Semester Starts November 7th to December 12th 6 WEEK SEMESTERS – CALL TO REGISTER FOR WAITING LIST
	1:00pm – 2:30pm	Latin American Group
FRIDAYS	9:00am – 3:00pm	Mahjong
	1:00pm	Movies – FREE for Members / \$2 Non-members Friday October 11 th – Cirque de Soliel: World's Away Friday October 18 th – We Bought a Zoo Friday October 25 th – Eat, Pray, Love
	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
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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 _____