




Social Programs Events Calendar



August 2017

Supporting New West seniors (60+) to be involved in their community! **Phone 604-789-7942 to register.**

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
	<p>Call 604-789-7942 from 9AM-4PM to book a spot for this week</p>	<p>1 Dining Club 6th Street Grill (\$12+\$1 Bus Fee) p/u: 4:00 pm</p>	<p>2 Dining Club Waffle House (\$12+\$1 Bus Fee) p/u: 4:00 PM</p>	<p>3 Nordic Walking @ Century House Start time: 9:00am</p> <p>Osteofit (\$1 Bus Fee) p/u: 12:00 PM</p> <p>Seniors to the Market p/u: 3:30pm</p>	<p>4 Lunch Club Cockney Kings (\$1 bus fee) p/u: 10:00 AM</p>	5
6	<p>7</p> 	<p>Call 604-789-7942 from 9AM-4PM to book a spot for this week and AUG. 14.</p> <p>8 Dining Club Swiss Chalet (\$2 Bus Fee) p/u: 4:00 pm</p>	<p>9 Shopping Lougheed Mall (\$2 Bus fee) p/u: 10:00 AM</p> <p>Dining Club Gino's (\$10+\$1 Bus Fee) p/u: 4:00 pm</p>	<p>10 Nordic Walking @ Century House Start time: 9:00am</p> <p>Osteofit (\$1 Bus Fee) p/u: 12:00 PM</p> <p>Seniors to the Market p/u: 3:30pm</p>	<p>11 Lunch Club Angelina's (\$1 bus fee) p/u: 10:00 AM</p>	12
13	<p>Call 604-789-7942 from 9AM-4PM to book a spot for this week</p> <p>Out & About Trip to Ladner (\$3+ \$2 Bus Fee) p/u: 10:00 am</p>	<p>15 Dining Club 6th Street Grill (\$12+\$1 Bus Fee) p/u: 4:00 pm</p>	<p>16 Dining Club Waffle House (\$12+\$1 Bus Fee) p/u: 4:00 PM</p>	<p>17 Nordic Walking @ Century House Start time: 9:00am</p> <p>Osteofit (\$1 Bus Fee) p/u: 12:00 PM</p> <p>Seniors to the Market p/u: 3:30pm</p>	<p>18 Lunch Club ABC Restaurant (\$2 bus fee) p/u: 10:00 AM</p>	19
20	<p>Call 604-789-7942 from 9AM-4PM to book a spot for this week and AUG. 28.</p>	<p>22 Quest Food Shuttle p/u: 9:30 AM</p> <p>Dining Club Townhall Public House- Coquitlam (\$2 Bus Fee) p/u: 4:00 pm</p>	<p>23 Dining Club Gino's (\$10+\$1 Bus Fee) p/u: 4:00 pm</p>	<p>24 Nordic Walking @ Century House Start time: 9:00am</p> <p>Osteofit (\$1 Bus Fee) p/u: 12:00 PM</p> <p>Seniors to the Market p/u: 3:30pm</p>	<p>25 Lunch Club Jimoco Cafe & Bistro (\$2 bus fee) p/u: 10:00 AM</p>	26
27	<p>Call 604-789-7942 from 9AM-4PM to book a spot for this week</p> <p>Out & About Picnic at Burnaby Mountain (\$2 Bus Fee) p/u: 10:00 am</p>	<p>29 Dining Club 6th Street Grill (\$12+\$1 Bus Fee) p/u: 4:00 pm</p>	<p>30 No Frills Coquitlam p/u: 9:30 AM</p> <p>Dining Club Waffle House (\$12+\$1 Bus Fee) p/u: 4:00 PM</p>	<p>31 Nordic Walking @ Century House Start time: 9:00am</p> <p>Osteofit (\$1 Bus Fee) p/u: 12:00 PM</p> <p>Seniors to the Market p/u: 3:30pm</p>	<p>Sept. 1 Lunch Club Cockney Kings (\$1 bus fee) p/u: 10:00 AM</p>	Sept 2.



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August at a Glance

SENIORS DISTRESS LINE

If you or someone you know is enduring an emotional distress, please call **604-872-1234**. The phone lines below are available in over 140 languages using a language service. Let them know which language you or the person you are calling for requires and they will try and provide an interpreter.

604-872-1234

Dining & Lunch Club

<i>Tuesday Dining Club</i>	<i>Wednesday Dining Club</i>	<i>Friday Lunch Club</i>
August 1 st 6th Street Grill	August 2 nd Waffle House	August 4 th Cockney Kings
August 8 th Swiss Chalet	August 9 th Gino's	August 11 th Angelina's
August 15 th 6th Street Grill	August 16 th Waffle House	August 18 th ABC Restaurant
August 22 Townhall Public House	August 23 rd Gino's	August 25 th Jimoco Cafe & Bistro
August 29 th 6th Street Grill	August 30 th Waffle House	

**all inclusive prices (taxes, tip, and drink) are noted; otherwise ordering is off the regular priced menu.*

Independent Shopping

Shopping Lougheed Mall	Grocery Shopping in No Frills	Quest Food Exchange
Wednesday, August 9th	Wednesday, August 30th	Tuesday, August 22nd
Fee: \$2.00 Bus Fee Pick up time: 10:00 AM	Fee: No Bus Fee Pick up time: 9:30 AM	Fee: No Bus Fee Pick up time: 9:30 AM

Free Elder Law Clinic

Seniors First BC (formerly BC Centre for Elder Advocacy and Support) is now offering a **FREE ELDER LAW CLINIC** at **Seniors Services Society** office on **750 Carnarvon Street** (across the New Westminster skytrain station). The clinic is offered the **1st Tuesday** of every month from **2pm to 4pm**. Please contact Seniors First BC to book an appointment with the elder law clinic at **604-688-1927(extension 258)**.

Please read the newsletter for more details and important messages.