






# Social Programs Events Calendar

## February 2018



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

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
				<b>1</b> <b>Osteofit</b> (\$1 Bus Fee) p/u: 12:00 pm	<b>2</b> <b>Lunch Club</b> Cockney Kings (\$1 bus fee) p/u: 10:00 AM	<b>3</b>
<b>4</b>	<b>5</b> Call 604-789-7942 from 9AM-4PM to book a spot for this week	<b>6</b> <b>Shopping</b> Value Village-Queensborough (\$1 Bus Fee) p/u: 9:30 am  <b>Dining Club</b> Denny's (Burnaby) (\$2 Bus Fee) p/u: 4:00 pm	<b>7</b> <b>Dining Club</b> Waffle House (\$12+\$1 Bus Fee) p/u: 4:00 PM	<b>8</b> <b>Osteofit</b> (\$1 Bus Fee) p/u: 12:00 pm	<b>9</b> <b>Lunch Club</b> Angelina's (\$1 bus fee) p/u: 10:00 am	<b>10</b>
<b>11</b>	<b>12</b> Family Day 	<b>13</b> Call 604-789-7942 from 9AM-4PM to book a spot for this week <b>Dining Club</b> 6 <sup>th</sup> Street Grill (\$12+\$1 Bus Fee) p/u: 4:00 pm	<b>14</b> <b>Dining Club</b> Gino's (\$10+\$1 Bus Fee) p/u: <b>2:30pm</b> 	<b>15</b> <b>Osteofit</b> (\$1 Bus Fee) p/u: 12:00 pm	<b>16</b> <b>Lunch Club</b> Swiss Chalet (\$2 bus fee) p/u: 10:00 am	<b>17</b> <b>Winter Farmers Market In Belmont</b> p/u: 10:30am
<b>18</b>	<b>19</b> Call 604-789-7942 from 9AM-4PM to book a spot for this week	<b>20</b> <b>Quest Food Shuttle</b> p/u: 9:30 am  <b>Dining Club</b> Ho Fung (\$1 Bus Fee) p/u: 4:00 pm	<b>21</b> <b>Dining Club</b> Old Spaghetti Factory (\$1 Bus Fee) p/u: 4:00 PM	<b>22</b> <b>Osteofit</b> (\$1 Bus Fee) p/u: 12:00 pm	<b>23</b> <b>Lunch Club</b> ABC Restaurant & Movies (\$2 bus fee) p/u: 10:00 am	 <b>Coldest Night of the Year!</b>
<b>25</b>	<b>26</b> Call 604-789-7942 from 9AM-4PM to book a spot for this week	<b>27</b> <b>Dining Club</b> Cozmos Café-Burnaby (\$2 Bus Fee) p/u: 4:00 pm	<b>28</b> <b>No Frills Coquitlam</b> p/u: 9:30 am  <b>Dining Club</b> Gino's (\$10+\$1 Bus Fee) p/u: 4:00 pm	<b>March 1</b> <b>Osteofit</b> (\$1 Bus Fee) p/u: 12:00 pm	<b>March 2</b> <b>Lunch Club</b> Cockney Kings (\$1 bus fee) p/u: 10:00 AM	<b>March 3</b> <b>Winter Farmers Market In Belmont</b> p/u: 10:30am



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### February 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>
		February 2, <b>Cockney Kings</b>
February 6, <b>Denny's</b>	February 7, <b>Waffle House</b>	February 9, <b>Angelina's</b>
February 13, <b>6<sup>th</sup> Street Grill</b>	February 14, <b>Gino's</b>	February 16, <b>Swiss Chalet</b>
February 20, <b>Ho Fung</b>	February 21, <b>Old Spaghetti Factory</b>	February 23, <b>ABC Restaurant &amp; Movies</b>
February 27, <b>Cozmos Cafe</b>	February 28, <b>Gino's</b>	
<i>*all inclusive prices (taxes, tip, and drink) are noted; otherwise ordering is off the regular priced menu.</i>		

#### Independent Shopping

<b>Shopping- Value Village</b>	<b>Grocery Shopping in No Frills</b>	<b>Quest Food Exchange</b>
Tuesday, February 6	Wednesday, February 28	Tuesday, February 20
Fee: \$1.00 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.**