



Social Programs Events Calendar



January 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
	1	2 Call 604-789-7942 from 9AM-4PM to book a spot for this week Dining Club 6 th Street Grill (\$12+\$1 Bus Fee) p/u: 4:00 pm	3 Dining Club Waffle House (\$12+\$1 Bus Fee) p/u: 4:00 PM	4 Osteofit (\$1 Bus Fee) p/u: 12:00 pm	5 Lunch Club Cockney Kings (\$1 bus fee) p/u: 10:00 AM	6
7	8 Call 604-789-7942 from 9AM-4PM to book a spot for this week	9 Dining Club Townhall Public House- Coquitlam (\$2 Bus Fee) p/u: 4:00 pm	10 Shopping Talize- Delta (\$2 Bus Fee) p/u: 9:30 am Dining Club Gino's (\$10+\$1 Bus Fee) p/u: 4:00 pm	11 Osteofit (\$1 Bus Fee) p/u: 12:00 pm	12 Lunch Club Angelina's (\$1 bus fee) p/u: 10:00 am	13
14	15 Call 604-789-7942 from 9AM-4PM to book a spot for this week	16 Dining Club 6 th Street Grill (\$12+\$1 Bus Fee) p/u: 4:00 pm	17 Dining Club Chan's Garden (\$1 Bus Fee) p/u: 4:00 PM	18 Osteofit (\$1 Bus Fee) p/u: 12:00 pm	19 Lunch Club Jimoco Cafe & Pasta (\$2 bus fee) p/u: 10:00 am	20
21	22 Call 604-789-7942 from 9AM-4PM to book a spot for this week	23 Quest Food Shuttle p/u: 9:30 am Dining Club Castle Pub (\$1 Bus Fee) p/u: 4:00 pm	24 Dining Club Gino's (\$10+\$1 Bus Fee) p/u: 4:00 pm	25 Osteofit (\$1 Bus Fee) p/u: 12:00 pm	26 Lunch Club ABC Restaurant (\$2 bus fee) p/u: 10:00 am	27
28	29 Call 604-789-7942 from 9AM-4PM to book a spot for this week	30 Dining Club 6 th Street Grill (\$12+\$1 Bus Fee) p/u: 4:00 pm	31 No Frills Coquitlam p/u: 9:30 am Dining Club Boston Pizza- NW (\$1 Bus Fee + 15% Gratuity Fee) p/u: 4:00 PM	Feb. 1 Osteofit (\$1 Bus Fee) p/u: 12:00 pm	Feb. 2 Lunch Club Cockney Kings (\$1 bus fee) p/u: 10:00 AM	Feb. 3



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January 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>
January 2 nd 6 th Street Grill	January 3 rd Waffle House	January 5 th Cockney Kings
January 9 th Townhall Public House	January 10 th Gino's	January 12 th Angelina's
January 16 th 6 th Street Grill	January 17 th Chan's Garden	January 19 th Jimoco Cafe & Pasta
January 23 rd Castle Pub	January 24 th Gino's	January 26 th ABC Restaurant
January 30 th 6 th Street Grill	January 31 st Boston Pizza	

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

Independent Shopping

Shopping Talize	Grocery Shopping in No Frills	Quest Food Exchange
Wednesday, January 10	Wednesday, January 31	Tuesday, January 23
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.