



Social Programs Events Calendar



January 2019

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 Gino's (\$10+\$1 Bus Fee) p/u: 4:30 pm	3	4 Lunch Club Cockney Kings (\$1 Bus fee) p/u: 10:00 am	5
6	7 Call 604-789-7942 from 9AM-4PM to book a spot for this week	8 Dining Club 6 th Street Grill (\$12+\$1 Bus Fee) p/u: 4:00 pm	9 Dining Club Waffle House (\$12+\$1 Bus Fee) p/u: 4:30 pm	10	11 Lunch Club Angelina's (\$1 Bus fee) p/u: 9:30 am	12
13	14 Call 604-789-7942 from 9AM-4PM to book a spot for this week Quest Food Shuttle p/u: 9:30 am	15 Dining Club Paddlewheeler Pub (\$1 Bus Fee) p/u: 4:00 pm	16 Dining Club Gino's (\$10+\$1 Bus Fee) p/u: 4:30 pm	17	18 Lunch Club Cora's- Burnaby (\$1 Bus Fee) p/u: 10:00 am	19
20	21 Call 604-789-7942 from 9AM-4PM to book a spot for this week Shopping Lougheed Mall (\$2 Bus Fee) p/u: 9:30 am	22 Dining Club Me N Eds (\$2 Bus Fee) p/u: 4:00 pm	23 Dining Club Castle Pub (\$1 Bus Fee) p/u: 4:30 pm	24	25 Lunch Club Chan's Garden (\$1 Bus fee) p/u: 9:30 am	26
27	28 Call 604-789-7942 from 9AM-4PM to book a spot for this week No Frills Coquitlam p/u: 9:30 am	29 Dining Club Red Robin (\$2 Bus Fee) p/u: 4:00 pm	30 Dining Club Gino's (\$10+\$1 Bus Fee) p/u: 4:30 pm	31	Feb. 1 Lunch Club Cockney Kings (\$1 Bus fee) p/u: 10:00 am	Feb. 2



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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 Gino's	January 4 th Cockney Kings
January 8 th 6th Street Grill	January 9 th Waffle House	January 11 th Angelina's
January 15 th Paddlewheeler Pub	January 16 th Gino's	January 18 th River's Reach Pub
January 22 nd Me N' Eds	January 23 rd Castle Pub	January 25 th Chan's Garden
January 29 th Red Robin	January 30 th Gino's	
<i>*all inclusive prices (taxes, tip, and drink) are noted; otherwise ordering is off the regular priced menu.</i>		

Independent Shopping

Shopping @ Lougheed Mall	Grocery Shopping in No Frills	Quest Food Exchange
Monday, January 21st	Monday, January 28th	Monday, January 14th
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.