





Social Programs Events Calendar



March 2018

Supporting New West seniors (60+) to be involved in their community! Phone **604-440-1628** to register.

As of March 5th, please call 604-440-1628 to for SOCIAL PROGRAMS.

| Sun | Mon | Tues | Weds | Thurs | Fri | Sat |
|-----------|--|--|---|--|---|--|
| | | | | 1 Osteofit (\$1 Bus Fee) p/u: 12:00 pm | 2 Lunch Club Cockney Kings (\$1 bus fee) p/u: 10:00 AM | 3 Winter Farmers Market In Belmont p/u: 10:30am |
| 4 | 5 Call 604-440-1628 from 9AM-4PM to book a spot for this week | 6 Dining Club 6 th Street Grill (\$12+\$1 Bus Fee) p/u: 4:00 pm | 7 Dining Club Waffle House (\$12+\$1 Bus Fee) p/u: 4:00 PM | 8 Osteofit (\$1 Bus Fee) p/u: 12:00 pm | 9 Lunch Club Angelina's (\$1 bus fee) p/u: 10:00 am | 10 |
| 11 | 12 Call 604-440-1628 from 9AM-4PM to book a spot for this week | 13 Dining Club Austin Fish House (\$2 Bus Fee) p/u: 4:00 pm | 14 Shopping Lougheed Mall (\$2 Bus Fee) p/u: 10:00 am Dining Club Gino's (\$10+\$1 Bus Fee) p/u: 4:00 pm | 15 | 16 Lunch Club Castle Pub (\$1 bus fee) p/u: 10:00 am | 17 Winter Farmers Market In Belmont p/u: 10:30am  St. Patty's Day |
| 18 | 19 Call 604-440-1628 from 9AM-4PM to book a spot for this week | 20 Quest Food Shuttle p/u: 9:30 am Dining Club Paddle Wheeler Pub (\$1 Bus Fee) p/u: 4:00 pm | 21 Dining Club Tasty Indian Bistro-Burnaby (\$2 Bus Fee) p/u: 4:00 pm | 22 | 23 Lunch Club Buffet @ Hard Rock Casino- Coquitlam (\$2 bus fee) p/u: 10:00 am | 24 |
| 25 | 26 Call 604-440-1628 from 9AM-4PM to book a spot for this week | 27 Dining Club Mr. Ho's-Burnaby (\$2 Bus Fee) p/u: 4:00 pm | 28 No Frills Coquitlam p/u: 9:30 am Dining Club Gino's (\$10+\$1 Bus Fee) p/u: 4:00 pm | 28 | 30 Good Friday Office Is Closed | 31 |
| April 1 | April 2  | April 3 Call 604-440-1628 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 | April 4 Dining Club Waffle House (\$12+\$1 Bus Fee) p/u: 4:00 PM | April 5 | April 6 Lunch Club Cockney Kings (\$1 bus fee) p/u: 10:00 AM | April 7 |



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March 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> |
|--|--------------------------------------|-----------------------------------|
| | | March 2, Cockney Kings |
| March 6, 6th Street Grill | March 7, Waffle House | March 9, Angelina's |
| March 13, Austin Fish House | March 14, Gino's | March 16, Castle Pub |
| March 20, Paddle Wheeler Pub | March 21, Tasty Indian Bistro | March 23, Starlight Casino |
| March 27, Mr. Ho's | March 28, 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 |
|---|--|--|
| Wednesday, March 14 | Wednesday, March 28 | Tuesday, March 20 |
| 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.