






Social Programs Events Calendar

May 2017

Supporting New West seniors (55+) to be involved in their community! **Phone 604-789-7942 to register.**

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
	1 Call 604-789-7942 from 9AM-4PM to book a spot for this week and the 8th.	2 Dining Club Townhall Public House- Coquitlam (\$2 Bus Fee) p/u: 4:00 pm	3 Dining Club Gino's (\$10+\$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 Card Making w/ Joan p/u: 10:00AM	9 Dining Club 6 th Street Grill (\$12+\$1 Bus Fee) p/u: 4:00 pm	10 Shopping Lougheed Mall (\$2 Bus fee) p/u: 10:00 AM Dining Club Waffle House (\$12+\$1 Bus Fee) p/u: 4:00 PM	11 Osteofit (\$1 Bus Fee) p/u: 12:00 PM	12 Lunch & Learn New Westminster Fire & Rescue: Emergency Preparedness (\$1 Bus fee+\$10) p/u: 10:00 AM	13
14 	15 Call 604-789-7942 from 9AM-4PM to book a spot for this week	16 Quest Food Shuttle p/u: 9:30 AM Dining Club Denny's (Kingsway-Burnaby) (\$2 Bus Fee) p/u: 4:00 pm	17 Dining Club Gino's (\$10+\$1 Bus Fee) p/u: 4:00 pm	18 Nordic Walking @ Century House Start time: 9:00am Osteofit (\$1 Bus Fee) p/u: 12:00 PM	19 Lunch Club Angelina's (\$1 bus fee) p/u: 10:00 AM	20
21	22 Office Closed 	23 Call 604-789-7942 from 9AM-4PM to book a spot for this week and May 29 th Dining Club 6 th Street Grill (\$12+\$1 Bus Fee) p/u: 4:00 pm	24 Dining Club Waffle House (\$12+\$1 Bus Fee) p/u: 4:00 PM	25 Nordic Walking @ Century House Start time: 9:00am Osteofit (\$1 Bus Fee) p/u: 12:00 PM	26 Lunch Club Boston Pizza @ Columbia (\$1 Bus fee) p/u: 10:00 AM	27 Hyack Parade! 
28	29 Call 604-789-7942 from 9AM-4PM to book a spot for this week Out & About Fort Langley National Historic Site (\$2 Bus Fee) p/u: 10:00 am	30 Dining Club Spring Garden (\$1 Bus Fee) p/u: 4:00 pm	31 No Frills Coquitlam p/u: 9:30 AM Dining Club Gino's (\$10+\$1 Bus Fee) p/u: 4:00 pm	June 1 Nordic Walking @ Century House Start time: 9:00am Osteofit (\$1 Bus Fee) p/u: 12:00 PM	June 2 Lunch Club Cockney Kings (\$1 bus fee) p/u: 10:00 AM	June 3

Please read the newsletter for more details and important messages.



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May 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>
May 2 nd Town Hall Public House-Coquitlam	May 3 rd Gino's	May 5 th Cockney Kings
May 9 th 6th Street Grill	May 10 th Waffle House	May 12 th Lunch & Learn @ SSS
May 16 th Denny's	May 17 th Gino's	May 19 th Angelina's
May 23 rd 6th Street Grill	May 24 th Waffle House	May 26 th Boston Pizza
May 30 th Spring Garden	May 31 st Gino's	

**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, May 10th	Wednesday, May 31st	Tuesday, May 16th
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)**.