





# Social Programs Events Calendar



## November 2017

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

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
	Call 604-789-7942 from 9AM-4PM to book a spot for this week		<b>Nov. 1</b> <b>Dining Club</b> Gino's (\$10+\$1 Bus Fee) p/u: 4:00 PM	<b>Nov. 2</b> <b>Osteofit</b> (\$1 Bus Fee) p/u: 12:00 PM	<b>Nov. 3</b> <b>Lunch Club</b> Cockney Kings (\$1 bus fee) p/u: 10:00 AM	<b>Nov. 4</b> <b>Out &amp; About:</b> Century House- Craft Sale & Tea p/u: 9:00 AM (\$1 Bus Fee)
<b>5</b> Daylight Savings: Please turn your clock 1 hour backwards	<b>6</b> Call 604-789-7942 from 9AM-4PM to book a spot for this week and Nov. 27.	<b>7</b> <b>Dining Club</b> Stefano's (\$1 Bus Fee) p/u: 4:00 PM	<b>8</b> <b>Dining Club</b> Waffle House (\$12+\$1 Bus Fee) p/u: 4:00 PM	<b>9</b> <b>Osteofit</b> (\$1 Bus Fee) p/u: 12:00 PM	<b>10</b> <b>Lunch Club</b> Angelina's (\$1 bus fee) p/u: 10:00 AM	<b>11</b>  <b>Lest We Forget</b>
<b>12</b>	<b>13</b> 	<b>14</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>15</b> <b>No Dining Club</b> <b>Bus Not Available</b>	<b>16</b> <b>Osteofit</b> (\$1 Bus Fee) p/u: 12:00 PM	<b>17</b> <b>Lunch Club</b> Movie Day (\$2 Bus fee) p/u: 10:00 AM	<b>18</b>
<b>19</b>	<b>20</b> Call 604-789-7942 from 9AM-4PM to book a spot for this week.	<b>21</b> <b>Quest Food Shuttle</b> p/u: 9:30 AM  <b>Dining Club</b> Me N' Eds Burnaby (\$2 Bus Fee) p/u: 4:00 PM	<b>22</b> <b>Dining Club</b> Gino's (\$10+\$1 Bus Fee) p/u: 4:00 PM	<b>23</b> <b>Osteofit</b> (\$1 Bus Fee) p/u: 12:00 PM	<b>24</b> <b>Lunch &amp; Learn</b> Card Making @ SSS (\$10+\$1 Bus fee) p/u: 10:00 AM	<b>25</b> <b>International Day for the Elimination of Violence against Women</b>
<b>26</b>	<b>27</b> Call 604-789-7942 from 9AM-4PM to book a spot for this week <b>Out &amp; About:</b> Tsawwassen Mills p/u: 10:00 AM (\$2 Bus Fee)	<b>28</b> <b>Dining Club</b> 6 <sup>th</sup> Street Grill (\$12+\$1 Bus Fee) p/u: 4:00 PM	<b>29</b> <b>No Frills Coquitlam</b> p/u: 9:30 AM  <b>Dining Club</b> Waffle House (\$12+\$1 Bus Fee) p/u: 4:00 PM	<b>30</b> <b>Osteofit</b> (\$1 Bus Fee) p/u: 12:00 PM	<b>Dec. 1</b> <b>Lunch Club</b> Cockney Kings (\$1 bus fee) p/u: 10:00 AM	<b>Dec. 2</b>



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### November 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>
	November 1 <sup>st</sup> <b>Gino's</b>	November 3 <sup>rd</sup> <b>Cockney Kings</b>
November 7 <sup>th</sup> <b>Stefano's</b>	November 8 <sup>th</sup> <b>Waffle House</b>	November 10 <sup>th</sup> <b>Angelina's</b>
November 14 <sup>th</sup> <b>6<sup>th</sup> Street Grill</b>	<b>No Dining Club</b>	November 17 <sup>th</sup> <b>Movie Day</b>
November 21 <sup>st</sup> <b>Me N' Eds</b>	November 22 <sup>nd</sup> <b>Gino's</b>	November 24 <sup>th</sup> <b>Card Making</b>
November 28 <sup>th</sup> <b>6<sup>th</sup> Street Grill</b>	November 29 <sup>th</sup> <b>Waffle House</b>	

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

#### Independent Shopping

<b>Grocery Shopping in No Frills</b>	<b>Quest Food Exchange</b>
Wednesday, <b>November 29<sup>th</sup></b>	Tuesday, <b>November 21<sup>st</sup></b>
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.**