




# Social Programs Events Calendar



## October 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
<b>1</b> International Day for Older Persons  Evening in Tuscany Fundraiser	<b>2</b> Call 604-789-7942 from 9AM-4PM to book a spot for this week and Oct. 23 <sup>rd</sup> .	<b>3</b> <b>Dining Club</b> <i>Rozzini's</i> (\$1 Bus Fee) p/u: 4:00 pm	<b>4</b> <b>Dining Club</b> <i>Gino's</i> (\$10+\$1 Bus Fee) p/u: 4:00 pm	<b>5</b> <b>Osteofit</b> (\$1 Bus Fee) p/u: 12:00 PM  <b>Seniors to the Market</b> p/u: 3:30pm	<b>6</b> <b>Lunch Club</b> <i>Cockney Kings</i> (\$1 bus fee) p/u: 10:00 AM	<b>7</b>
<b>8</b>	<b>9</b> <b>Thanksgiving Day</b> <b>Office Closed</b>  	<b>10</b> Call 604-789-7942 from 9AM-4PM to book a spot for this week.  <b>Dining Club</b> <i>6<sup>th</sup> Street Grill</i> (\$12+\$1 Bus Fee) p/u: 4:00 pm  <b>World Mental Health Day</b>	<b>11</b> <b>Dining Club</b> <i>Waffle House</i> (\$12+\$1 Bus Fee) p/u: 4:00 PM	<b>12</b> <b>Osteofit</b> (\$1 Bus Fee) p/u: 12:00 PM	<b>13</b> <b>Lunch Club</b> <i>Angelina's</i> (\$1 bus fee) p/u: 10:00 AM	<b>14</b> <b>Seniors to the Market</b> p/u: 9:00am
<b>15</b>	<b>16</b> Call 604-789-7942 from 9AM-4PM to book a spot for this week	<b>17</b> <b>Quest Food Shuttle</b> p/u: 9:30 AM  <b>Dining Club</b> <i>Denny's</i> (\$2 Bus Fee) p/u: 4:00 pm  International Day for the Eradication of Poverty	<b>18</b> <b>Dining Club</b> <i>Gino's</i> (\$10+\$1 Bus Fee) p/u: 4:00 pm	<b>19</b> <b>Osteofit</b> (\$1 Bus Fee) p/u: 12:00 PM	<b>20</b> <b>Lunch Club</b> <i>Patsara (Thai Restaurant)</i> (\$1 bus fee) p/u: 10:00 AM	<b>21</b> <b>Seniors Fest @ Century House</b> <b>10am-3pm</b> <b>(No SSS Bus)</b>
<b>22</b>	<b>23</b> Call 604-789-7942 from 9AM-4PM to book a spot for this week. <b>Out &amp; About:</b> <i>Stanley Park Ghost Train</i> p/u: 3:30 pm (\$2 + \$13.70)	<b>24</b> <b>Dining Club</b> <i>6<sup>th</sup> Street Grill</i> (\$12+\$1 Bus Fee) p/u: 4:00 pm  <b>United Nations Day</b>	<b>25</b> <b>No Frills Coquitlam</b> p/u: 9:30 AM  <b>Dining Club</b> <i>Waffle House</i> (\$12+\$1 Bus Fee) p/u: 4:00 PM	<b>26</b> <b>Osteofit</b> (\$1 Bus Fee) p/u: 12:00 PM	<b>27</b> <b>Lunch Club</b> <i>Hard Rock Casino</i> (\$2 bus fee) p/u: 10:00 AM	<b>28</b> <b>Seniors to the Market</b> p/u: 9:00am
<b>29</b>	<b>30</b> Call 604-789-7942 from 9AM-4PM to book a spot for this week	<b>31</b> <b>Dining Club</b> <i>Ho Fung</i> (\$1 Bus Fee) p/u: 4:00 pm  <b>Halloween</b>	<b>Nov. 1</b> <b>Dining Club</b> <i>Gino's</i> (\$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> <i>Cockney Kings</i> (\$1 bus fee) p/u: 10:00 AM	<b>Nov. 4</b>



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### October 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>
October 3 <sup>rd</sup> <b>Rozzini's</b>	October 4 <sup>th</sup> <b>Gino's</b>	October 6 <sup>th</sup> <b>Cockney Kings</b>
October 10 <sup>th</sup> <b>6<sup>th</sup> Street Grill</b>	October 11 <sup>th</sup> <b>Waffle House</b>	October 13 <sup>th</sup> <b>Angelina's</b>
October 17 <sup>th</sup> <b>Denny's</b>	October 18 <sup>th</sup> <b>Gino's</b>	October 20 <sup>th</sup> <b>Patsara</b>
October 24 <sup>th</sup> <b>6<sup>th</sup> Street Grill</b>	October 25 <sup>th</sup> <b>Waffle House</b>	October 27 <sup>th</sup> <b>Hard Rock Casino</b>
October 31 <sup>st</sup> <b>Ho Fung</b>		

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

#### Independent Shopping

<p><b>Grocery Shopping in No Frills</b></p> <p>Wednesday, <b>October 25<sup>th</sup></b></p> <p><b>Fee: No Bus Fee</b> <b>Pick up time: 9:30 AM</b></p>	<p><b>Quest Food Exchange</b></p> <p>Tuesday, <b>October 17<sup>th</sup></b></p> <p><b>Fee: No Bus Fee</b> <b>Pick up time: 9:30 AM</b></p>
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#### 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.**