




Social Programs Events Calendar



September 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
					1 Lunch Club <i>Cockney Kings</i> (\$1 bus fee) p/u: 10:00 AM	2
3	4 	5 Call 604-789-7942 from 9AM-4PM to book a spot for this week and September 11. Dining Club <i>Swiss Chalet</i> (\$12+\$2 Bus Fee) p/u: 4:00 pm	6 Shopping Lougheed Mall (\$2 Bus fee) p/u: 10:00 AM Dining Club <i>Gino's</i> (\$10+\$1 Bus Fee) p/u: 4:00 pm	7 Nordic Walking @ Century House Start time: 9:00am Osteofit (\$1 Bus Fee) p/u: 12:00 PM Seniors to the Market p/u: 3:30pm	8 Lunch Club <i>Angelina's</i> (\$1 bus fee) p/u: 10:00 AM	9
10	11 Call 604-789-7942 from 9AM-4PM to book a spot for this week Out & About <i>Wine Tour in Langley</i> (\$10+ \$2 Bus Fee) p/u: 10:00 am	12 Value Village p/u: 9:30 AM (\$1 Bus Fee) Dining Club <i>6th Street Grill</i> (\$12+\$1 Bus Fee) p/u: 4:00 pm	13 Dining Club <i>Waffle House</i> (\$12+\$1 Bus Fee) p/u: 4:00 PM	14 Nordic Walking @ Century House Start time: 9:00am Osteofit (\$1 Bus Fee) p/u: 12:00 PM Seniors to the Market p/u: 3:30pm	15 Lunch Club <i>Castle Pub</i> (\$1 bus fee) p/u: 10:00 AM	16
17	18 Call 604-789-7942 from 9AM-4PM to book a spot for this week and September 25.	19 Quest Food Shuttle p/u: 9:30 AM Dining Club <i>Coquitlam Grill</i> (\$12+\$2 Bus Fee) p/u: 4:00 pm	20 Dining Club <i>Gino's</i> (\$10+\$1 Bus Fee) p/u: 4:00 pm	21 Osteofit (\$1 Bus Fee) p/u: 12:00 PM Seniors to the Market p/u: 3:30pm	22 Lunch Club <i>Lunch, Movie, & Dessert</i> (\$2 bus fee) p/u: 10:00 AM	23
24	25 Call 604-789-7942 from 9AM-4PM to book a spot for this week Out & About <i>FlyOver Canada & Paddlewheeler Pub</i> (\$2 Bus Fee) p/u: 10:00 am	26 Dining Club <i>6th Street Grill</i> (\$12+\$1 Bus Fee) p/u: 4:00 pm	27 No Frills Coquitlam p/u: 9:30 AM Dining Club <i>Waffle House</i> (\$12+\$1 Bus Fee) p/u: 4:00 PM	28 Osteofit (\$1 Bus Fee) p/u: 12:00 PM Seniors to the Market p/u: 3:30pm	29 Lunch Club <i>Chan's Garden</i> (\$1 bus fee) p/u: 10:00 AM	30



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September 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>
September 5 th Swiss Chalet	September 6 th Gino's	September 1 st Cockney Kings
September 12 th 6th Street Grill	September 13 th Waffle House	September 8 th Angelina's
September 19 th Coquitlam Grill	September 20 th Gino's	September 15 th Castle Pub
September 26 th 6th Street Grill	September 27 th Waffle House	September 22 nd Lunch, Movie, & Dessert
		September 29 th Chan's Garden

**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, September 6th	Wednesday, September 27th	Tuesday, September 19th
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.