



Social Programs Events Calendar

September 2019



Supporting New West seniors (60+) to be involved in their community! Phone **604-789-7942** from 9AM-4PM to register and to book your spot on the bus.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	Sept 2 Labour Day SSS Closed	Sept 3 Lunch Club <i>Taqueria Playa Tropical</i> <i>(Mexican)</i> \$1 Bus Fee p/u: 11:00 am Call to book your spot this week	Sept 4 Dining Club <i>Waffle House</i> \$1 Bus Fee p/u: 4:00 pm	Sept 5 Seniors to the Market p/u: 3:00 pm	Sept 6	
	9 Call to book your spot this week	10 Lunch Club <i>Cockney Kings</i> \$1 Bus Fee p/u: 10:00 am	11 Dining Club <i>Gino's</i> \$1 Bus Fee p/u: 4:00 pm	12	13	
	16 Call to book your spot this week	17 Lunch Club <i>6th Street Grill</i> \$1 Bus Fee p/u: 11:00 am	18 Dining Club <i>Red Robin</i> \$2 Bus Fee p/u: 4:00 pm	19 Seniors to the Market p/u: 3:00 pm (Health Literacy Talk at the market – see newsletter for details)	20	
	23 Call to book your spot this week	24 Shopping <i>No Frills Coquitlam</i> p/u: 10:30 am	25 Dining Club <i>Gino's</i> \$1 Bus Fee p/u: 4:00 pm	26	27	
	30 Call to book your spot this week	October 1 Lunch Club <i>Cora's</i> \$2 Bus Fee p/u: 11:00 am	2 Dining Club <i>Waffle House</i> \$1 Bus Fee p/u: 4:00 pm	3 Seniors to the Market p/u: 3:00 pm	4	



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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.

DINING & LUNCH CLUB

Tuesday Lunch Club	Wednesday Dining Club
September 3 – Taqueria Playa Tropical	September 4 – Waffle House
September 10 – Cockney Kings	September 11 – Gino’s
September 17 – 6 th Street Grill	September 18 – Red Robin
	September 25 – Gino’s
<i>*all inclusive prices (taxes, tip, and drink) are noted; otherwise ordering is off the regular priced menu.</i>	

INDEPENDENT SHOPPING

Grocery Shopping at No Frills	Seniors to the Market
September 24 th Fee: none Pick up time: 10:30 am	September 5 September 19 p/u at 3:00 pm

Please read the newsletter for more details and important messages.

FREE ELDER LAW CLINIC

Seniors First BC offers a **FREE ELDER LAW CLINIC** at Seniors Services Society on 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)**.