

WELCOME



I want to wish everyone a warm welcome back after our holiday break. I hope everyone's holiday season was truly special and filled with everything that brings you happiness and joy. We certainly had a festive time here at the Seniors' Hub.

If you missed our December 7th Holiday Celebration - you missed a grand performance from the Silver Harbour Seniors Choir - We filled every seat in the building. And we used every



coffee mug in the kitchen. Not to mention the best part - those lucky enough to attend were treated to some of the most delectable holiday cookies from our baking extraordinaire and longtime Senior Social volunteer, Anna.

Chinese New Year is upon us in February. We will be holding two events to commemorate the YEAR OF THE DRAGON. The first is a Chinese New Year Cooking Class - which will kick off a series of monthly Asian cooking classes. February also marks the return of our Out-Trips. Our first outing will be to One More Szechuan Chinese Cuisine in Pemberton Plaza on February 22nd.

This holiday season was filled with generosity and I'd like to give a heartfelt THANK YOU to everyone who donated to our holiday fund development campaign. Together we raised \$2,369.99.

From, Austin (Seniors' Hub)

Upcoming Thursday Book Club Books

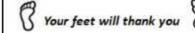
February 15th: The Midnight Library (Matt Haig **March 21st:** The Vanishing Half by Britt Bennett **April 18th:** Looking For Jane by Heather Marshall

Book club meets the 3rd Thursday of each month in the Marine Room at Lions Gate Community Recreation Centre

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UPCOMING SOCIALS

Thursday, February 8th Seniors Social (with The Londoners)

Thursday, March 14th
Seniors Social
(with Allison Berry)
2:00 PM

Thursday, April 11th
Seniors Social
with John Cronin
2:00 PM

Thursday, May 9th
Seniors Social
(Entertainment Suprise)
2:00 PM

SAVE-THE-DATES
FUTURE SENIOR SOCIALS
2ND THURSDAY OF THE MONTH
MUSIC STARTS AT 2:00 PM
JUNE 13TH, SOCIAL BREAK DURING
SUMMER



OUR YEAR ROUND SANTA - RIBA,
OUR AMAZING ENTERTAINER AND
YEAR ROUND GIFT GIVER.



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STAY CONNECTED

ARE YOU SUSCRIBED TO OUR EMAIL NEWSLETTER - SIGN UP OR UPDATE YOUR DETAILS WITH US BY EMAILING AUSTIN@CAPSERVICES.CA

Join Bridge Club

Want to be a part of a fun weekly group of seniors who meet for Bridge every Friday?

Stop in and join the fun. New Players Welcome



When: Every Friday (1:00 PM to 3:00 PM)

Where: 1733 Lions Gate Lane (Canvon Room)

Type: Contract Bridge

The Seniors' Hub offers bus shopping trips every Monday, Tuesday, and Wednesday to Capilano Mall (with an extra stop at Save-On-Foods on Tuesdays).

Contact Chantal@capservices.ca to see if we pick up in your area.

WEEKLY BUS SHOPPING



Join us for Coffee with Cap Services



When: Every Wednesday (9:00 AM to 10:00 AM)

> Where: 1733 Lions Gate Lane (Lobby)

> > Free Coffee!



Everyone is Welcome.

MEET THE STAFF

My name is Omid, a Seniors' Hub
Program Assistant committed to enhancing the wellbeing of seniors on the North Shore. As a medical doctor passionate about improving mental health, my dedication aligns with ongoing research in the field.



From a young age, I had a desire to help others, which led me to one of the top medical schools in Tehran, Iran.

Throughout med school, I balanced academic pursuits with part-time teaching and authored four best-selling biology books to support aspiring medical students. After graduating, I practiced medicine as a family physician and Urgent Care Doctor in remote areas of Iran.

Upon arriving in Canada during the early days of the Covid Pandemic, I chose to stay and support my family. Volunteering with the Canadian Red Cross-HELP, I leveraged my experience living with my grandmother and caring for my father to connect with seniors and understand their needs.

In my view, social isolation is the biggest challenge facing seniors. Despite the use of technology, many seniors struggle to keep pace, leading to loneliness. Families are often unable to spend sufficient time together, and seniors may face difficulty adopting new technologies.

UPCOMING OUT TRIPS

Thursday, February 22nd Out-Trip: One More Szechuan Chinese Cuisine

Thursday, March 28th Out-Trip: White Spot

Thursday, April 25th Out-Trip: Trolls

Thursday, May 23rd Out-Trip Sylvia Hotel

Bus by donation. Each senior pays for their own meal. Want to sign up For an out-trip? Contact austin@capservices.ca

Beyond my role as a Seniors' Hub Program Assistant, I am honored to contribute to mental health research projects at the Mood Disorder Centre, University of British Columbia.

My long term goals are to obtain my medical license and return to practicing medicine in Canada. I am aware of the challenges ahead and am prepared to navigate them. To succeed, I believe it is crucial to understand the needs of Canadians, embracing our diverse society. Through my current role, I aim to learn more about different cultures to better anticipate and address their unique healthcare needs.



Being a senior has its moments. Life at PARC embraces this, whether those moments are funny, over the top or just relatable. Best of all, you get to share them with like-minded people at the same stage of life. You also get to choose from a variety of activities, accommodation options and meals. Live your best years in the best company.

parc retirement living

parcliving.ca/moments

SummerhIII: 604.980.6525

Cedar Springs: 604.986.3633

Westerleigh: 604.922.9888

WEEK AT A GLANCE

Mondays

Painting Social 9:00 AM to 1:00 PM Waitlist - Email austin@capservices.ca Art Studio

My Lions Gate BREAK

Dementia Day Program

Contact chantal@capservices.ca

Tuesdays

Seniors Line Dancing - Returns Feb 20th 9:15 AM to 10:15 AM Drop-In (Peak Room)

English Language Learners (ELL) 11:00 AM to 12:30 PM Drop-In (Marine Room)

Parsian Coffee Group 1:00 PM to 3:00 PM Drop-In (Canyon Room)

Wednesdays

Coffee with Cap Services
Free Coffee in Lobby Every Wednesday
Time: 9:00 AM to 10:00 AM

My Lions Gate BREAK

Dementia Day Program

Contact: Chantal@capservices.ca

Thursdays

Men's Shed (1st and 3rd Thursday) 1:30 PM to 3:30 PM Drop-In (Canyon Room)

Music Jam (1st and 3rd Thursday) 3:30 PM to 4:30 PM Drop-In (Canyon Room)

Lions Gate Book Club (3rd Thursday) 1:00 PM to 2:30 PM Drop In (Marine Room)

Fridays

Backgammon 10:00 AM to 12:30 PM Drop-In (Canyon Room)

Bridge Drop-In 1:00 PM to 3:00 PM Drop-In (Canyon Room)

Special Events

Seniors Social: Every 2nd Thursday 2:00 PM to 3:30 PM (River Room) Email: austin@capservices.ca

Out-Trips: Every 4th Thursday Time and Locations Vary

ALL THE ABOVE PROGRAMS TAKE PLACE AT LIONS GATE COMMUNITY RECREATION CENTRE 1733 LIONS GATE LANE

HOLIDAY GENEROSITY





36 CARE PACKAGES DELIVERED

Thank you to West
Vancouver Foundation
for generously funding
The Out and About Club,
as well as Amica for
their support.



Thank you to Silver Harbour Seniors Choir for an amazing performance here at the Seniors' Hub.







THANK YOU TO CAPILANO SUSPENSION BRIDGE FOR PROVIDING FREE TICKETS TO CANYON LIGHTS FOR OUR SENIORS.

PARSIAN SOCIAL CELEBRATION



PARSIAN SOCIAL IS A WEEKLY MEET UP EVERY TUESDAY FROM 1:00 PM TO 3:00 PM. THIS EVENT BRINGS TOGETHER MEMBERS OF THE FARSI-SPEAKING COMMUNITY AND IS A GREAT WAY FOR NEWLY ARRIVED IMMIGRANTS TO MEET PEOPLE IN THEIR COMMUNITY.



MY LIONS GATE BREAK HOLIDAY CELEBRATIONS





MY LIONS GATE BREAK
HOSTED A HOLIDAY
CELEBRATION WHERE
FAMILY AND
CAREGIVERS WERE
INVITED TO JOIN IN - AND
OUR AMAZING DANCE
INSTRUCTOR PROVIDED
LESSONS FOR EVERYONE.
EACH PERSON WALKED
AWAY WITH A POLAROID
PHOTO.

NORTH SHORE SENIORS

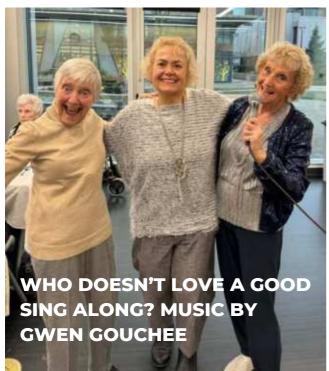
SPOTLIGHT



BACKGAMMON EVERY FRIDAY









COFFEE AT THE LIBRARY EVERY WEDNESDAY



THE MUCH LOVED JOHN CRONIN SINGING ALL THE CLASSICS

REFLECTIONS ON WORKING WITH THOSE EXPERIENCING DEMENTIA.



Lindsay Macklin, gerontology student at Simon Fraser finished her practicum this past January.



Everyone's favourite pup, Nim

As a gerontology student from Simon Fraser University, I began my practicum placement with the My Lions Gate BREAK program in April 2023, looking for experience working with seniors in the community service sector. I was welcomed by a warm group of members, staff, and fellow volunteers who have created a space where care and community meet. They provided time, equipment, and patience for me to learn and experiment with various activities, from air hockey tournaments to the Weekly Chronicle newsletter.

I soon found interest in facilitating discussions on current events, encouraging reminiscence, and fostering connection through storytelling about lived experiences and personal histories. Not to forget the memorable, fun, and mischievous moments sometimes shared training my new puppy and MLGB mascot, Nim!

I will sincerely miss being a part of this group every week, especially the laughter and knowledge sharing. I leave my practicum placement filled with sense of intergenerational connection, a breadth of acquired knowledge, and fond memories.

I am excited to start my new journey backpacking around Europe after graduation. Upon returning to Vancouver, I look forward to sharing my experiences and stories with the folks at MLGB. I hope to continue MLGB's legacy by fostering friendly environments for seniors through equitable, safe, and fun community programming.

My Lions Gate BREAK is a dementia day program offered by the Seniors' Hub every Monday and Wednesday.

FOR MORE MORE INFORMATION: CONTACT CHANTAL **EMAIL: CHANTAL@CAPSERVICES.CA**

PHONE: 604-988-7115 (2008)

Help Wanted: Volunteer Opportunities

LOOKING FOR: FRIENDLY RIDE VOLUNTEER DRIVERS

CCSS REGULARLY RECEIVES REQUESTS FOR DRIVERS TO PICK UP, DROP OFF, AND ACCOMPANY SENIORS TO THEIR MEDICAL APPOINTMENTS.

ARE YOU AVAILABLE TO COMMIT TO BEING A FRIENDLY DRIVER ONCE PER MONTH?

TIME COMMITMENT: 1 TO 3 HOURS PER MONTH.

DESCRIPTION: PICK UP A SENIOR FROM THE NORTH SHORE AND ENSURE THEY GET TO WHERE THEY NEED TO GO.

ALL PICK-UPS AND DROP-OFFS ARE ON THE NORTH SHORE

MY LIONS GATE BREAK VOLUNTEER

INTERESTED IN WORKING WITH THOSE EXPERIENCING THE CHANGES
ASSOCIATED WITH DEMENTIA?

WOULD LIKE TO SHARE WITH OUR
DEMENTIA DAY PROGRAM?

CURRENTLY LOOKING FOR VOLUNTEERS ON MONDAYS AND WEDNESDAYS.

BECOME A HOME TEAM VOLUNTEER

WE ARE BUILDING A HOME TEAM JOIN US

MANY SENIORS IN THE NORTH SHORE NEED A FRIENDLY FACE TO CHECK IN ON THEM AND RUN SMALL ERRANDS FOR THEM.

TIME COMMITTMENT: 4 HOURS PER MONTH

ADMIN VOLUNTEER?

ASSIST WITH THE MAKING OF REMINDER PHONE CALLS ONCE OR TWICE PER MONTH (2-3 HOURS)

RED CROSS VOLUNTEERS NEEDED

CUSTOMER SERVICE VOLUNTEERS
PROVIDE ADMINISTRATIVE SUPPORT
LIKE ANSWERING THE PHONE AND
COORDINATING HEALTH EQUIPMENT
LOANS AND RETURNS AT LIONS GATE
COMMUNITY RECREATION CENTRE.
TRAINING IS PROVIDED.

MINIMUM 4 HOURS PER WEEK

Thank You To Our Volunteers

CAP SERVICES
HAS OVER 100
VOLUNTEERS
AND WE
COULDN'T DO
THIS IMPORTANT
COMMUNITY
WORK WITHOUT
YOUR SUPPORT













INTERESTED IN VOLUNTEERING?

CONTACT MARJORIE AT

MARJORIE@CAPSERVICES.CA

OR CALL 604-988-7115 (EXT

2004)

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SUPPORTING YOUR COMMUNITY

TO LEARN MORE CONTACT MARALYN AT: MARALYN@CAPSERVICES.CA

WANT TO FLEX THOSE CRITICAL THINKING SKILLS AND DISCUSS A VARIETY OF TOPICS OF INTEREST TO SENIORS?

CAPILANO COMMUNITY SERVICES SOCIETY IS PARTNERING WITH CAPILANO UNIVERSITY ON A RESERCH PROJECT FOR SENIORS 55+.

MEET WEEKLY ON MONDAY NIGHT STARTING FEBRUARY 26TH

WHEN: 6:00 PM- 7:30 PM

LOCATION: 1733 LIONS GATE LANE
LIONS GATE COMMUNITY RECREATION CENTRE
(CANYON ROOM)

TO REGISTER: CONTACT
NICHOLASSASHAW@MY.CAPILANOU.CA



THANK YOU TO LOBLAWS CITY MARKET FOR THEIR GENEROUS DONATION OF COOKIES FOR THE FAMILY EVENT AT LGCRC ON FEB 18, 2024.

CONTACT

- **©** 604-988-7115 (ext. 2009)
- mww.capservices.ca
- Capilano Community Services
 Society
- (a) capilano_community_services

Reminder: The Seniors' Hub is a scent free environment.





CONSIDER A DONATION TO THE SENIORS' HUB

WE RELY ON YOUR DONATIONS TO FUND THE SERVICES WE OFFER.

DONATE ONLINE AT OUR WEBSITE OR BY MAILING A CHEQUE

HTTPS://WWW.CAPSERVICES.CA/DONATE



CHEQUES CAN BE MAILED TO: SENIOR'S HUB
LIONS GATE COMMUNITY RECREATION
CENTRE
1733 LIONS GATE LANE
NORTH VANCOUVER, BC V7P 0C7