

SENIORS' HUB



# SPOKES

**LIVE MUSIC WITH SENIORS  
SOCIALS**

**SOCIAL SPOTLIGHT:  
HOLIDAY CELEBRATIONS**

**THE RETURN OF  
SENIORS' HUB  
OUT-TRIPS**



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*The premiere source of seniors news on the North Shore.*

WINTER 2023/2024



# 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 Surprise)

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**



**IT'S NOT THE HOLIDAYS WITHOUT  
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  
(Canyon 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](mailto: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 well-being 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 Sylvania Hotel**

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



Telling a story they've  
all heard 5 times.

**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.

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**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](mailto:austin@capservices.ca)  
Art Studio

My Lions Gate BREAK  
Dementia Day Program  
Contact [chantal@capservices.ca](mailto: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](mailto: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](mailto: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**



**LOTS OF DOOR PRIZES  
AT OUR SENIOR SOCIALS**



**THE POLYGON GALLERY**



**COFFEE AT THE LIBRARY  
EVERY WEDNESDAY**



**WHO DOESN'T LOVE A GOOD  
SING ALONG? MUSIC BY  
GWEN GOUCHEE**



**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 sometimes mischievous moments 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 a 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](mailto: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?**

**HAVE A TALENT OR SPECIAL SKILL YOU 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 COMMITMENT: 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](mailto:MARJORIE@CAPSERVICES.CA) OR CALL 604-988-7115 (EXT 2004)**

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**WOULD YOU LIKE TO BE THE FIRST TO KNOW ABOUT FUTURE NUTRITION PROGRAMS? EMAIL [AUSTIN@CAPSERVICES.CA](mailto:AUSTIN@CAPSERVICES.CA)**

**JOIN THE SENIORS' HUB FOR A CHINESE NEW YEAR COOKING CLASS + LUNCH**

**What:** Learn to cook a traditional Chinese dish, enjoy lunch with new friends, & take a meal home to go.

**For:** Ages 55+

**When:** Friday, February 23rd (10:00 AM - 1:00 PM)

**Where:** Lions Gate Community Recreation Centre (1733 Lions Gate Lane) - Kitchen

**How Much:** \$10.00

**RESERVE YOUR SPOT:  
EMAIL [AUSTIN@CAPSERVICES.CA](mailto:AUSTIN@CAPSERVICES.CA)**



CAPILANO COMMUNITY SERVICES



# Thank You To Our Sponsors



T H E P O L Y G O N



JOIN OUR COMMUNITY PARTNERS PROGRAM!  
WHEN YOU SUPPORT A PROGRAM, PROJECT OR EVENT - YOU ARE  
SUPPORTING YOUR COMMUNITY  
TO LEARN MORE CONTACT MARALYN AT: [MARALYN@CAPSERVICES.CA](mailto: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 RESEARCH 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)

🌐 [www.capservices.ca](http://www.capservices.ca)

📘 Capilano Community Services Society

📷 [capilano\\_community\\_services](https://www.instagram.com/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](https://www.capservices.ca/donate)**



**CHEQUES CAN BE MAILED TO: SENIOR'S HUB  
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