

Seniors Garden Spring Rebirth

East Hastings & Jackson
DATE TO BE ANNOUNCED
POSTPONED DUE TO RAIN

We have built new garden beds for the Spring in the Chinese Seniors Garden! Come welcome the new growing season with us.



New gardeners always welcome. No experience necessary and all seniors welcome!

Seniors Tea Time

Thursday, April 11
Thursday, April 25
10:00AM - 11:30AM
3rd Floor Classroom

Needing some help with a seniors issue? Come gather around a cup of tea and meet new people or find new seniors resources in the neighbourhood. All seniors welcome!



One Sight Program

See Doris Chow for assistance with prescription glasses. To qualify, you must be low income and have no other means of obtaining glasses.

COFFEE BAR at Lane Level!

Featuring Fresh, Delicious Coffee

for 50¢ a cup!

Selection of Teas, Juices, Pop



Coffee cards available for \$4.50 & \$9.00 (10 or 20 cups).

Enter to win a 20-cup coffee card!

Good and Welfare for Seniors

If you have been recently hospitalized for 3 or more days you may be eligible for a small stipend.

Check with Doris for details.

Carnegie Seniors are 40 years and older.

The Seniors' Lounge in the Lane Level offers a beverage bar and newspapers.

Local News is shown daily from 12-1pm and 6-7pm.

Movies and sports are shown regularly.

SENIORS

At Carnegie, Seniors are 40 and over

Activities for April 2019



Supported by the Province of British Columbia

401 Main St
Vancouver BC V6A 2T7
604-665-2220

Seniors and Cultural Programs

Doris Chow 周慕怡

Monday - Thursdays 9am - 5pm

Mondays & Tuesdays
3rd Floor Programming office
Wednesdays & Thursdays
Lane Level Office
Office: 604 - 665 - 3005

Monthly Seniors Programs

Chinese Singing Classes

Saturdays 9:30 - 11:30am
in the Theatre with
Olivier Wong



Arts & Health

Fridays 2pm - 4pm
In the Theatre



Work as a group to create spontaneous theatre! Led by artists Amy and Jeff, learn improvisation games and techniques to create characters and tell

Volunteer Appreciation Week

April 14—20

Thank you for all your hard work and dedication senior volunteers! Keep your eye out for special events and activities for volunteers or talk to Luke and Terence.



BINGO

Thursday, April 4, 11 & 25

11:30am - 2pm
In the Theatre

Food and sundries can be won! Be sure to bring your lunch! **Test your luck...you never know!**



Volunteer Coffee Sellers' Meeting
Monday April 29
1pm in the Seniors' Lounge

Seniors Out trips

To qualify, seniors must:

- Have a valid Carnegie Centre membership
- Attend at least 3 monthly Senior meetings
- Sign up for only 1 out trip per month AND can only participate in a maximum of 6 trips for the whole year
- Cannot sign up for 2 months in a row, with the exception of volunteers

Cat Café

Friday, April 19
10:30am

Come spend your morning with some fun and cheerful cats in Vancouver's unique cat café!

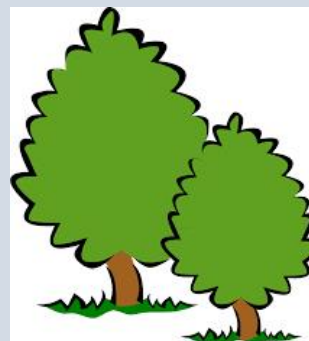


Sign up starting Thursday, April 11 at 9:45AM on the 3rd Floor.

Lynn Canyon Park

Tuesday, April 23
10:00 AM

Spring has finally arrived! Enjoy the fresh air outdoors with a beautiful walk through the forest.



Sign up starting Tuesday, April 16 at 12:00 on the 3rd floor.

NEW! Language Exchange

Tuesday, April 16
Tuesday, April 20
10:00 AM - 12:00 noon
3rd fl. Classroom



Let's teach each other languages! English, Cantonese and Mandarin speakers welcome.

Chinese Folk Dancing

Thursdays
2—4 pm
In the GYM

Led by Carnegie Senior, Eva Cho. This year, work together on a lantern dance to perform for Mid-Autumn Festival!



Maker Mondays

Monday, April 15
2-4pm
3rd Floor Gallery
Mini bunnies



Monday, April 22
2 - 4 pm
3rd Floor Gallery
Self watering planters

Seniors Meeting
Thurs. April 18, 2019
2 PM—In the Theatre