



Mount Pleasant Neighbourhood House

## Winter 2012 Program Guide

Connecting neighbours since 1976.



**Celebrate the 35th Anniversary  
of the  
Mount Pleasant  
Neighbourhood House!**

**You are invited to  
come participate  
in our Open House  
marking 35 years  
of MPNH service to  
the community!**



**Wednesday  
March 28, 2012  
2-6pm**

**Mount Pleasant Neighbourhood House  
800 E. Broadway**



**MPNH**

**604.879.8208**

**www.mpnh.org**

**MPNH Winter 2012 Program Guide  
Table of Contents**

<b>Welcome to MPNH</b>	1-5
A message from the Executive Director	2
<b>Community Development &amp; Programs</b>	6-10
Building Welcoming & Inclusive Communities (BWIN)	6
Volunteer Program	6
JobOptions at MPNH	7
Free Income Tax Clinic	7
Settlement Programs at MPNH	8-9
<b>Children &amp; Family Programs</b>	11-17
Licensed Childcare Programs	11
MPNH Daycare Program	11
MPNH Preschool Program	12
Before & After School Care Program	13
Family Drop-In	16
Aboriginal Family Dinner Night	16
Strong Start Program	17
Latin American Family Drop-In	17
<b>Children &amp; Youth Programs</b>	18-19
Preteen Adventures	18
Youth In Focus	18
The SPOT! Friday Night Drop-in	19
CUBU Cultural Buddy Program	19
Youth InSight Spring Break Intensive	19
<b>Seniors Programs</b>	20-25
Seniors Lunch	20
Seniors Supper Club	20
Conversational English Drop-In	20
Settlement and Adaptation Programs for New Immigrant Seniors	21
Mandarin for Beginners	21
Mah Jong Drop-In	21
Step Out Outings	21
Armchair Fitness Drop-In	22
Recreational Line Dancing	22
Line Dancing for Fun and Fitness	22
Multicultural Arts And Crafts	22
Chinese Calligraphy	23
Seniors Days at the Kingsgate Mall	23
Lifelong Learning Speakers Series	23
Multicultural Health Cooking Class	23
Armchair Fitness	24
Basic Mandarin	24
Mulan Martial Arts	24
Chinese Brush Painting	24
Special Seniors Events & Celebrations	25
<b>Special MPNH Events</b>	26
<b>Funders &amp; Donors</b>	28

## A message from the Executive Director

Welcome to Mount Pleasant Neighbourhood House, and many good wishes for a prosperous 2012 from our House to you and your family, friends and neighbours. But wait, the party isn't over yet as Lunar New Year also falls on January 23, 2012 so there are other opportunities for new beginnings!



The beginning of a new year – whatever calendar we choose to follow -- is a good time for reflection and gratitude, as well as an opportunity to look towards our future. We are very grateful for the many new projects, programs, partnerships and innovations which enhanced our House in 2011, and have achieved much this past year. A few key accomplishments were the completion of our seniors' book project, Showcasing our World: Mount Pleasant, an intergenerational digital story project -- City in Mind – reflecting lives lived in Vancouver, the Family Cooks Program (in partnership with the Unitarian Church of Vancouver), and the launching of our new settlement services. And, after many months of fundraising, we were delighted to receive our new bus in time for Christmas, and while we still have a way to go to reach our funding goal, the bus is already an integral part of our children's programs.

Our reflection process was started this past fall through our strategic planning, and will continue in the early months of 2012. It has been an amazing opportunity for all staff and board members to step back from our very busy work days and look at MPNH's strengths and weaknesses, identify opportunities and threats, and to start identifying strategic directions that will inform our work for the next few years. Once our staff and community board process is complete, we will be able to share our strategic directions with you.

As you have most likely heard, November 2011 marked MPNH's 35th anniversary of programming in the neighbourhood, and spring 2012 will mark our 35th anniversary of establishing our very own facility. Our 35th Anniversary Open House on March 28th will showcase our work and our rich history in Mount Pleasant. We will be collecting stories of your experiences at Mount Pleasant Neighbourhood House for this event and if you are interested in sharing a story for a digital recording you can contact Thor Larson, Youth Community Developer, who will be leading this project.

MPNH is an important community asset -- a lively neighbourhood hub that is a home away from home for young and old alike. I invite you to explore this program guide thoroughly so that you can get a sense of what our house offers the community, and I encourage you to come by often and be part of the MPNH family. Get connected to MPNH and our neighbourhood! We welcome everyone!

A handwritten signature in cursive script, reading "Jocelyne".

Jocelyne Hamel, Executive Director

## Statement of Diversity

We are children, youth, adults and seniors of all races, all religions, all cultures, all abilities and all economic levels.

We speak many languages.

We are men and women of all sexual orientations.

We value diversity.

We endeavor to reflect the diversity of our neighbourhoods in our membership, Community Board, our volunteers and our staff.

We respect all our neighbours.

We expect that all who come to our Houses, all those who provide or receive our services will extend the same respect to all those they meet here.

Therefore, we will act to promote the inclusion of all in our Association and in our community.

## Statement of Values

### *Diversity*

We are a diverse organization whose goal is to celebrate and serve our communities.

### *Integrity*

We act with integrity: equitably, honestly and ethically.

### *Respect*

We are respectful, treating each person or community with dignity and compassion.

### *Responsibility*

We are stewards of our neighbourhoods, communities and environments.

### *Learning*

We strive to learn and to grow, to respond to changing needs with creativity, enthusiasm and determination.

### *Social Justice*

We are committed to social justice; we act out of concern for others.

### *Trust*

We act from a foundation of trust, understanding our interdependency.

## About Us

Mount Pleasant Neighbourhood House is part of the Association of Neighbourhood Houses of British Columbia (ANHBC). We are a community-based, non-profit agency that provides quality services and programs for people of all ages in East Vancouver. We are a registered charity under the Income Tax Act of Canada. For more information about the Association, visit the website at [www.anhbc.org](http://www.anhbc.org). We are pleased to announce that you will be able to access all the information in this guide as well as plenty of other info, photos, videos and more at [www.mpnh.org](http://www.mpnh.org).

Mount Pleasant Neighbourhood House is located at 800 East Broadway, one block east of Fraser on Broadway at Prince Albert.



## How You Can Help

Please help the great work we are doing at Mount Pleasant Neighbourhood House. Contact the front desk or visit our website to donate and find out more ways to help.

For current news and events please visit our webpage

P: 604 879 8208

F: 604 879 4136

E: [info@mpnh.org](mailto:info@mpnh.org)

W: [www.mpnh.org](http://www.mpnh.org)

800 East Broadway  
Vancouver, BC  
V5T 1Y1

## Membership

Please note a current membership is required for all House programs. Annual memberships are \$4 per person or \$6 per family. The membership year runs from May 1<sup>st</sup> to April 30<sup>th</sup> for all Neighbourhood Houses. You can purchase memberships any time at the front desk. You can also get the optional ANHBC membership for only \$2 if you wish to become a member of the ANHBC (which includes ANHBC voting privileges. See [www.anhbc.org](http://www.anhbc.org)).

*Shirley Francisco, Operations, 604 879-8208*

## MPNH Community Board Members

Want to be involved in creating a better neighbourhood? Interested in being involved in leadership and participating in community development, board governance, and fundraising? If you have a passion for being a steward of Mount Pleasant Neighbourhood House and helping MPNH achieve our vision and mission, consider joining MPNH's Community Board. Learn more about how you can be involved in leadership and sustainability activities by contacting us.

*Jocelyne Hamel, Executive Director at 604-879-8208 or [jhamel@mpnh.org](mailto:jhamel@mpnh.org)*

## Partnerships

Mount Pleasant Neighbourhood House is actively looking for proposals from groups and individuals who wish to provide programming or a service that reflects our mandate and mission.

*Allen Smith, Director of Core Programs & Operations, 604 879 8208 ext 128*

## Food Services

Our kitchen can provide delicious, freshly made appetizers, pastries and full meals for activities held at MPNH, on an event-by-event basis.

*Andrew Hunter, Food Services, 604 879 8208 ext 224*

## Room Rentals

We have a variety of spaces catering from 1-100 available. Please contact the front desk or check [www.mpnh.org/room\\_rentals](http://www.mpnh.org/room_rentals) for more details.

*Frontdesk, 604 879 8208*

## Building Welcoming & Inclusive Communities (BWIN)

*Immigrant Integration Branch, Ministry of Jobs, Tourism & Immigration*



Building Welcoming & Inclusive Communities (BWIN)

Building Welcoming and Inclusive Neighbourhoods is an ongoing project with thirteen Neighbourhood Houses in Vancouver's Lower Mainland, developed to address the many barriers to full participation of immigrants and newcomers in our neighbourhood and in decision-making and cultural spaces made available to all residents.

MPNH is engaged in doing community outreach and we have enhanced our voluntarism and leadership programs. We invite participants to get involved at the volunteer level to help plan and implement learning and capacity building activities such as computer training, woman's programs, multicultural dinners and other community events.

*Blanca Salvatierra, bsalvatierra@mpnh.org, 604 879 8208 ext 207*

## Volunteer Program

Mount Pleasant is a volunteer driven organization that relies on volunteer participation and contribution to maintain and deliver our many programs. There are many volunteer opportunities within the House from helping in the kitchen, to volunteering with house programs or assisting with administrative activities. Volunteer opportunities are available during the day and the evening. If you want to have fun, meet new people, connect with other community members, build up your skills and give back to the community please join us! Just fill out a volunteer application (available at the front desk or online). MPNH is committed and engaged in doing community outreach promoting volunteerism is one aspect of outreach.

Starting January 2012 there will be a fun volunteer orientation and feedback night on the third Thursday of every month from 6:30 to 7:30 in the West hall. The orientation nights are designed for new and current volunteers to get oriented to the House, share information and network, as well as to have a space for volunteers to provide valuable feedback to improve and develop new programs.

*Daisy Kler, volunteers@mpnh.org, 604 879 82080 ext 223*

*Get the help you need for the job you seek*

## JobOptionsBC

*At Mount Pleasant Neighbourhood House*

### JobOptionsBC provides:

- 5-week group sessions with up to \$250 weekly training assistance and other supports
- 5 weeks paid/volunteer work experience
- Short-term courses (WHMIS, First Aid, Superhost)

### For jobseekers who are:

1. Unemployed
2. Not self-employed, nor working part-time or full-time
3. A "non-EI" client (Not currently receiving Employment Insurance (EI) not started a regular EI claim in the past 3 years nor a parental claim in the past 5 years)
4. Currently not in school
5. Willing to commit to 10 weeks of job search training

*Contact:*

*Flavio Caron, JobOptions Support Worker, fcaron@mpnh.org 604 879 8208 ext 104*

*Delivered by ISSBC in partnership with Mount Pleasant Neighbourhood House*

## FREE MPNH Income Tax Clinic!

Feb 20-April 27, 2012

Our annual tax clinics are back! If you are on a modest income either as an individual or a couple, you can have a professional prepare your tax return for you. We also need volunteers to help with the clinic.

To make an appointment or to volunteer please contact Shirley: 604 879 8208 ext 108

**VISTA Settlement Services at MPNH****What is it?**

Assistance for newcomers during their initial settlement in BC.

**Who is it for?**

Immigrant adults, seniors, & youth who need help with information & referrals, orientation & settlement counselling, & other assistance to help them settle in Canada.

**Languages?**

Services can be provided in Mandarin, Cantonese & English.

- Individual & Group Orientation
- Settlement Counselling
- Referral Services
- Guided Pathways Support
- Assisted Access to Services
- Community Connections
- Life Skills & Education

Contact Joyce Lee, Settlement Councilor, [jklee@mpnh.org](mailto:jklee@mpnh.org)

Mount Pleasant Neighbourhood House is part of VISTA (Vancouver area Immigrant Services Towards Adaptation) VISTA is a consortium of agencies providing services in Burnaby & New Westminster.

Funded by the Ministry of Jobs, Tourism & Innovation, Immigrant Integration Branch

**Settlement Programs at MPNH:  
Life Skills & Education Programs**

*Childminding will be available during programs*

**Cooking in Canada: Community Kitchen & Nutrition**

This six-session program for newcomer parents focuses on cooking, nutrition and food security. Topics include exploring new ingredients and recipes, ABC's of smart grocery shopping, maximizing nutrition from food bank donations and more. Program starts in January, 2012.

*Joyce Lee, Settlement Councilor, [jklee@mpnh.org](mailto:jklee@mpnh.org) 604 879 8208*

**Living Well in Canada Workshop Series for New Immigrant Seniors**

A series of interactive workshops and presentations delivered in English, Mandarin and Cantonese. Topics will include Personal and Home Safety, Emergency Preparedness, Health and Nutrition, Benefits and Services, and Civic Engagement. Weekly English Conversation sessions will supplement this senior-focused program. See page 20 for more information on settlement services for seniors and other seniors programs.

*Angela Paizizi, Seniors Outreach Worker, [apaizizi@mpnh.org](mailto:apaizizi@mpnh.org) 604 879 8208 ext 107*

**Nobody's Perfect**

Eight-session parenting program in Mandarin/Cantonese focuses on topics to help immigrant parents learn about child development and behaviour management. Program starts in January 2012.

*Joyce Lee, Settlement Councilor, [jklee@mpnh.org](mailto:jklee@mpnh.org) 604 879 8208*

**Life Skills for Youth**

This 8 week program focuses on topics that will teach new immigrant high school students about: Canadian Social Norms, Legal Rights and Responsibilities, Resume building, Cooking, Safety and more!

*Alex Bathan, Youth Settlement Worker, [cubu@mpnh.org](mailto:cubu@mpnh.org) 604 879 8208 ext 323*

**Basic Computer Training**

This eight-session program will help provide immigrant women with essential computing skills. Program starts in March 2012.

*Joyce Lee, Settlement Councilor, [jklee@mpnh.org](mailto:jklee@mpnh.org) 604 879 8208*

# FREE COMPUTER TRAINING!

For individuals who have little or no previous computer knowledge and experience. Learn how to use a computer, including:

- Using a mouse
- Improving typing skills
- Basic use of Microsoft Word
- Navigating the Internet
- Creating e-mails and attaching pictures to emails

For more details contact  
Blanca Salvatierra at  
bsalvatierra@mpnh.org  
604 879 8208 ext 207

## Beats on Broadway Third Friday of every month

@ Mount Pleasant Neighbourhood House

Acoustic open stage featuring a variety of musical performers!  
Come and chill out between 7-10pm.

Join Earle Peach and other local  
talent for this exciting monthly event!

For more info: 604 874 1256

## Children & Family Programs



### Licensed Childcare Programs (Ages 30mos–10years)

We offer a range of safe, supervised childcare options in which children are encouraged to explore their own abilities while participating in a variety of learning activities. We provide a caring, respectful environment in which children have the chance to develop language, physical, social, emotional, and cognitive skills. Our licensed childcare staff are thoroughly trained in all aspects of childcare and safety. Several of our staff are multilingual and speak a range of languages, including Singhalese, Mandarin, Cantonese, Spanish, Vietnamese, Russian and Ukrainian. MPNH provides services to people from many backgrounds, from new immigrants to groups who have been in the neighbourhood a long time but may still be settling in or dealing with language issues. Childcare staff do everything possible to make children and parents comfortable. Our programs are affordable and flexible, and designed to meet the schedules of working parents.

### MPNH Daycare Program (Ages 30 mos to 5 years)

The Daycare program offers formal and informal art activities, music and movement activities, circle time, stories and games for the children to stimulate children’s growth and development. Teachers model and teach skills such as turn-taking, problem solving techniques, communication, language development, hygiene and self-help skills. This program nurtures children’s health, well-being, and develops kindergarten readiness.

#### Fees for Children 30-36 months

Days a week:	Monthly fee:	Deposit:
5	\$789	\$394
3	\$488	\$244
2	\$325	\$162

Fees for Children Ages 3–5

Days a week:	Monthly fee:	Deposit:
5	\$748	\$374
3	\$464	\$232
2	\$310	\$155

Dates: Ongoing  
 Time: 8:00 AM – 5:30 PM  
 Info: Lakshmi Ranasinghe, 604 879 8208 ext 121

### MPNH Preschool Program (Ages 3–5years)

MPNH preschool is a part time program where play is the basis for learning. We offer morning and afternoon classes. Each class has individual and flexible schedules. We honor the unique culture of each class by supporting the strengths of each group. Teachers and children’s interests are intertwined, and together we discover ways to satisfy our curiosity around learning. Through project and inquiry based learning using clay, paint textiles, literature, drama, and music we establish a program where children and teachers create meaningful relationships with materials, ideas and each other.

Time: Mornings, 9:15 AM – 11:45 AM  
 Afternoons, 1:00 PM – 3:30 PM  
 Info: Irina Zozulya, 604 879 8208 ext 206

Fees for Children Ages 3–5

Days a week:	Monthly fee:	Deposit:
5 Sessions M-Fri	\$355/month	Deposit \$355
3 Sessions M-W-F	\$220/month	Deposit \$220
2 Sessions T - Th	\$150/month	Deposit \$150
4 Afternoon Sessions M-Th	\$290/month	Deposit \$290

### Before & After School Care Program at Florence Nightingale Elementary School



Before and After School Care (BAC) is an out-of-school care program based at Florence Nightingale Elementary School, run by Mount Pleasant Neighbourhood staff. This licensed care program provides a stimulating environment for children’s behavioural, cognitive, and social needs. Our program offers service to two different age groups, Kindergarten to Grade 1, and Grade 2 through Grade 6. Our daily program provides a variety of age-appropriate activities that are designed to support the growth and development of children socially, emotionally, intellectually, physically, and creatively. The types of activities available are offered in both a structured and non-structured environment.

We are pleased to offer parents the option of student transportation to and from school for those children attending Charles Dickens Annex or Charles Dickens Main School. Please note that there is an additional fee for transportation (see second fee table).

Info: Romy Senghera/Jeven Bhullar, 604 879 8208 ext. 318, bac@mpnh.org  
 Where: Florence Nightingale Elementary School is located at 2740 Guelph Street

An MPNH membership is also required. Support services from the Public Health Nurse and Centre for Ability are available on an individual family basis. Government subsidies may be available. Please inquire.

Monthly Fees - Kindergarten-6

AM & PM Care	Nightingale	Pick up from Dickens
5 days	\$339	\$439
3 days	\$234	\$294
2 days	\$156	\$196
Pro Day \$35/day	Spring Break, March 12-16 & 19-23 \$125/week	

## Food Skills for Families Smart Budget Program

### Join us for six weekly sessions!

Stretching your food budget is not always easy. Come and learn how to cook healthy simple meals. Learn cooking skills and share ideas of how to cook and shop on a budget. You'll meet new friends and see others you already know while having fun cooking together!

- ✓ Gain hands-on cooking experience.
- ✓ Try out and adapt simple recipes to take home.
- ✓ Have fun and share in the enjoyment of the food and making new friends
- ✓ Learn how to find and prepare healthy foods that meet your cultural, social and financial needs.
- ✓ Learn about nutrition, how to make healthy food choices, safe food handling and storage, meal planning, healthy snacks, shopping and much more.

**Week One:**  
Variety for Healthy Eating



**Week Two:**  
Fabulous Fruits, Vegetables  
& Whole Grain Goodness



**Week Three:**  
Meat & Alternatives, Milk &  
Alternatives, & Healthy Fats



**Week Four:**  
Planning Healthy Meals,  
Snacks and Beverages



**Week Five:**  
Savvy Shopping  
Supermarket Tour



**Week Six:**  
Celebration!

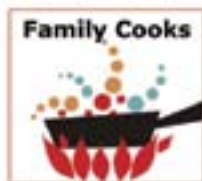


Location: Mount Pleasant Neighbourhood House,  
800 E. Broadway

Dates & Time: Thursday, January 26, 9:30 am to 1:00 pm

TO REGISTER Contact Shilan Chin, MPNH,  
604-879-8208 ext 231

Presented in partnership with the



# Get on the Bus!



In November 2011, MPNH received our new bus! The bus is being used to transport children to daily programs, field trips, camps, Pro-D days, weekend events & more!  
All for the benefit of Mount Pleasant children & families.

The bus is here but we are still in need of money to pay for it. Please help us in raising the much needed \$40,000 for our share of the bus. Variety, the Childrens charity is raising the other half.

Your support is urgently needed. All gifts of \$25 or greater are eligible for a tax receipt.

SPECIAL THANKS TO THE DONORS OF THE NEW MPNH BUS:

**GOLD SPONSOR:** G&F FINANCIAL FOUNDATION

**SILVER SPONSORS:** GVC CREDIT UNION, WARM HEARTS CHARITABLE FOUNDATION

**BRONZE SPONSORS:** KINGSGATE MALL, MOUNT PLEASANT LIONS, QLT INC., TEAMSTERS UNION



## Family Drop-In

*Funded by the Public Health Agency of Canada (CAPC) & Ministry of Children & Family Development (Open Doors to Learning)*

An opportunity to make new friends, find out about community resources, receive parent support, education and most importantly have fun. We offer arts & crafts, circle time, a play and learn environment and shared snacks. Please bring one piece of fruit or a vegetable to share.

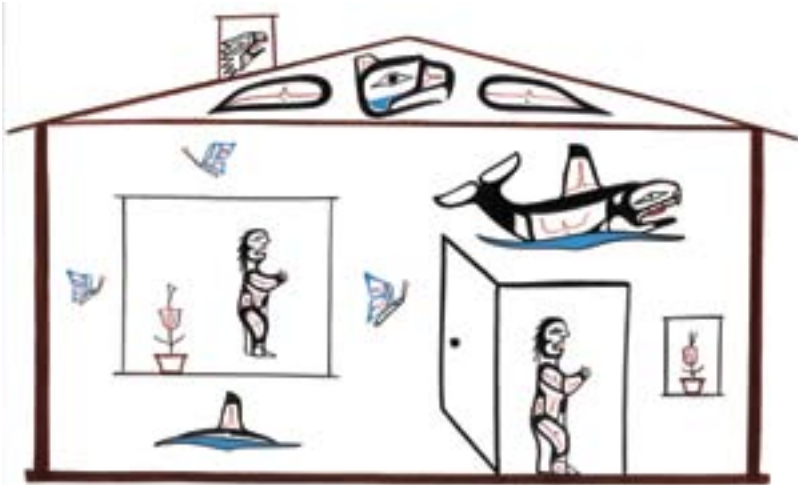
Date: Thurs & Fri 9:30 AM – 11:30 AM  
 Cost: Free, Membership & registration is required  
 Ages: Families with children 0–5 years old  
 Caregivers welcome  
 Info: Shilan Chin, 604 879 8208 ext 231

## Aboriginal Family Dinner Night

*In partnership with Vancouver Native Health Society*

Includes dinner, child care, workshops, parenting support and youth activities. Watch out for more details.

Date: Mondays  
 Time: 5:30 PM - 7:30 PM  
 Cost: Free, Membership & registration is required  
 Info: Shilan Chin, 604 879 8208 ext 231  
 Maximum 35 people including adults & children



*House of Regeneration - Vancouver Native Health Society*

## Strong Start Program at Mount Pleasant Elementary School, Room 411

*Funded by the Ministry of Education*

Strong Start BC is a school based program for families and caregivers and their pre-school aged children. The program will provide opportunities for parents and caregivers to observe and practice affective strategies that support early learning through organized activities such as story time, music, access to books, art materials and puzzles, play area that promotes creativity, exploration, individual and group play and much more!

Date: Mondays, Tuesdays & Wednesdays, 9 – 11:30AM  
 Thursdays & Fridays, 1- 3PM  
 Ages: 0 to 5  
 Cost: Free, Vancouver School Board registration required.  
 Info: Issette Alfaro, 604 713 5917

## Latin American Family Drop-In

*Funded by the City of Vancouver*

For Spanish speaking families with children 0 to 5 years old.

Date: 2nd & 4th Saturday of the month  
 Time: 10 AM – 12 PM  
 Cost: Free, Membership & registration is required  
 Info: Lina Arias, 604 879 8208 (leave msg)

*In celebration of MPNH's 35th anniversary we are gathering stories about the house. Do you have an experience, memory, or story about the house you would like to share with us? We will be recording your stories and presenting them at our celebration on March 25th.*

*If you want to be involved please contact Thor Larson:  
 tl Larson@mpnh.org / 604.879.8208 ext 322*

## Children & Youth Programs



### Preteen Adventures (Ages 8–12)

*Funded in part by CKNW Orphans' Fund & Ministry of Public Safety and the Solicitor General, Gaming Policy and Enforcement Branch*

Afterschool Preteen Adventures is a positive and safe environment for preteens to hang out and learn basic life skills. Participants are expected to register for the program (although checking it out a couple of times first is ok too). The program works best when participants commit to attending each day. The afterschool preteen program offers a little something for every preteen: sports, "It's All About Me, (cause isn't it), stuff for just girls, stuff just for guys, dancing, acting art, expression AND field trips!

Program schedules distributed through MPNH Front Desk and local schools.

**Please Note:** Program will not operate during school breaks/holidays and will run regular hours on Pro-D Days, unless posted otherwise.

Date: January - June

Time: Mon & Fri 3:00 – 7:30PM

Cost: MPNH Membership & registration is required. Drop in costs vary throughout the month. Dinner or snack provided

Info: Marli Cashe, 604 879 8208 ext 302, mcashe@mpnh.org

### Youth In Focus

Are you 13 to 19 years old and interested in photography and film? Is there an issue in your community that you think needs addressing? Learn how to plan and take action through the creative use of photography and video!

Through a series of hands on workshops you will receive training in the creative mediums of photo journalism and video to document social issues affecting youth in Mount Pleasant.

Discover how your ideas and creativity can affect social change in the community!

All materials are provided free of charge.

Info: Thor Larson tlaron@mpnh.org 604.879.8208 ext 322

### The SPOT! Friday Night Drop-in (Ages 13–19)

*Funded in part by Ministry of Children and Family Development and CKNW Orphans' Fund*

Need something to do on Friday nights, well now you have somewhere to come and hang out with your friends. We'll do what teens do best; lounge. Movies, playing pool, cooking, air hockey and challenge your friends on the Wii!

**For Parents:** The teen program is a complete drop-in program where youth hang out with peers in a well supported, supervised and safe environment (with adults who get kids and have papers to prove it).

Date: January - June

Time: Fridays 6:00 – 10:00 PM

Cost: Members \$2/day, non-members \$3/day

Info: Alex Batham, 604-879-8208 ext 323

### CUBU Cultural Buddy Program (Ages 8-12 & 13–19)

*Funded by Immigrant Integration Branch, Ministry of Jobs, Tourism & Immigration*

The Cultural Buddy (CUBU – pronounced "see you, be you") supports newcomer youth in adapting to life in Canada by connecting them with peer networks and community resources. We provide young people with the training skills necessary for cross-cultural interaction, community engagement, and personal development. We promote positive peer networks and empower students to utilize community resources for support, self-growth and fun!

Upcoming Winter programming:

Community Connections for Elementary Schools, New Immigrant

Girls Group for Highschools, Life Skills, Diversi Team

Date: Contact us for start dates

Cost: MPNH Membership & registration is required

Info: Alex Batham, 604-879-8208 ext 323

### Youth InSight Spring Break Intensive

Youth InSight provides a youth-friendly venue for youth to engage in creative dialogue about emotions through photography, photo voice, painting, photo transfer, collaborative poetry, and video workshops. Learn how to be an agent of change, develop your artistic skills, and provide a youth voice on issues important to you.

Date: March 12-23, 2012

Info: Thor Larson tlaron@mpnh.org 604.879.8208 ext 322

## MPNH Seniors Programs



*Partially Funded by the Ministry of Public Safety & the Solicitor General, the United Way of the Lower Mainland and the Ministry of Jobs, Innovation & Tourism*

For more information on all MPNH Seniors Programs please contact:  
Jose Mendoza/Angela Paiyizi 604-879-8208 ext. 107

### Seniors Lunch

Every Tuesday, enjoy the company of other seniors and a nutritious lunch of soup, salad, roll and dessert or chef's surprise!

Date: Tuesdays, 12 pm  
Cost: \$3.50

### Seniors Supper Club

Enjoy socializing with fellow seniors over a nutritious dinner and a variety of interactive recreational activities. Advance registration required.

Date: Third Thursday of every month, 4-6 pm  
Cost: \$4.50/person

Date: Third Thursday of every month  
Time: 4-6 pm  
Cost: \$4.50/person

### Conversational English Drop-In

This informal chat group provides an opportunity to practice new English skills, receive mentoring in pronunciation and grammar, discuss suggestions for answering the telephone, asking for directions or other assistance and other daily language needs.

Date: Mondays and Wednesdays, 2:30-4 pm  
Cost: Free with MPNH membership; space is limited

## Settlement and Adaptation Programs for New Immigrant Seniors

English Conversation Club, Informative Workshops/Presentations and Recreational Programming for newly-arrived immigrant seniors. Programs offered in English and Mandarin. Registration required.

Date/Time: Tuesdays & Thursdays 1-3 pm (occasional Wednesdays - to be announced)

Cost: Free for eligible seniors

### Mandarin for Beginners

Interactive introduction to the Mandarin language covering pronunciation tips and basic words and phrases.

Date: Fridays  
Time: 10 am-12 pm  
Cost: Free for members; \$2 for non-members (some materials extra)

### Mah Jong Drop-In

Join us for Mah Jong, a traditional Chinese game that involves skill, strategy and calculation as well as a certain degree of luck. Players range from novices to experts. Everyone is welcome.

Date: Fridays  
Time: Instruction available from 10-11:45 am  
More fun 1-3:30 pm

### Step Out Outings

Looking for something fun and educational to do? Take a trip with us! We organize bus trips periodically throughout the year to various points of interest.

Registration required  
Various destinations; watch for posters

## Armchair Fitness Drop-In

Safe, seated aerobic routines that contribute to increased stamina, muscle tone, flexibility, coordination and a sense of well-being. Drop-ins welcome but priority given to regular participants.

Date: Mondays

Time: 1-2 pm

Cost: Free for members

## Recreational Line Dancing

Have fun and improve balance, flexibility and coordination with our energetic line dancing group. Class is currently full; call for further information.

Date: Mondays

Time: 2-3:30 pm

Cost: Free for members; \$2/class for non-members

## Line Dancing for Fun and Fitness

Join our energetic seniors group in a lively dance session that provides an excellent workout and multicultural socialization. Class is currently full; call for further information.



Date: Fridays

Time: 1-3 pm

Cost: Free for members; \$2/class for non-members

## Multicultural Arts And Crafts

Discover your artistic skills while having fun creating interesting crafts from different cultures.

Date: Wednesdays

Time: 1-2:30 pm

Cost: \$1 to \$3 per session for materials

## Chinese Calligraphy

Learn and practice this beautiful ancient art form. Instruction in mandarin and english. Offered in partnership with the senior chinese society of vancouver.

Date: Mondays

Time: 10 am-12 pm

Cost: \$1 per session (materials extra)

Registration required



## Seniors Days at the Kingsgate Mall

Special fun and informative activities for seniors at our vibrant neighbourhood shopping centre. Organized in partnership with the Kingsgate Mall, Collingwood Community Policing Centre, Mount Pleasant Lions Club and other community organizations.

Date: Last Thursday of every month

Time: 1-3 pm

Cost: Free

## Lifelong Learning Speakers Series

Health, Wellness and educational topics presented alternately in English (first week) and Mandarin (third week) every month.

Date: First and Third Wednesday of each month

Time: 10:30 am

Location: Mount Pleasant Library, 1 Kingsway

Cost: Free

## Multicultural Health Cooking Class

Learn how to prepare a variety of multicultural dishes in a healthy and low-cost way. Features main courses on the first Thursday; desserts and pastries on the third Thursday

Date: First and third Thursday of every month

Time: 10 am to 1 pm

Location: Mount Pleasant Community Centre

Cost: \$3.50/session, registration through MPCC

## Armchair Fitness

Safe, seated stretching and strengthening exercises led by a trained instructor

Date: Thursdays

Time: 1:30 – 2:30 pm

Location: Mount Pleasant Community Centre

Cost: \$1/session, registration through MPCC

## Basic Mandarin

Introduction to the Mandarin language focusing on pronunciation drills and basic words and phrases.

Date: Wednesdays

Time: 10 am to 12 pm

Location: Mount Pleasant Community Centre

Cost: \$1/class, registration through MPCC

## Mulan Martial Arts

Offers numerous exercise and health benefits. Instruction in Mandarin; background materials in English will be provided.

Date: Tuesdays

Time: 2:15 – 4:15 pm

Location: Mount Pleasant Community Centre

Cost: \$1/session, registration through MPCC

## Chinese Brush Painting

Date: Wednesdays

Location: Mount Pleasant Community Centre

Cost: \$1/session, registration through MPCC



Mount Pleasant Neighborhood House

## Special Seniors Events & Celebrations



### New Year's Lunch and Line Dancing Party

Date: Monday, January 2, 12 – 3 pm

Venue: Mount Pleasant Community Centre, 1 Kingsway

Cost: \$8/person

### Robbie Burns Lunch

Date: Friday, January 27, 12 noon (during the In Pleasant Company Lunch)

Venue: Mount Pleasant Neighbourhood House

Cost: \$4.50 for lunch

### Lunar New Year (Year of the Dragon) Celebration

Date: Monday, January 30, 1:30 pm

Venue: Mount Pleasant Community Centre, 1 Kingsway

Cost: Free

### Golden Oldies Valentine's Sing-Along

Date: Friday, February 11

Time: 12 noon (during the In Pleasant Company Lunch)

Venue: Mount Pleasant Neighbourhood House

Cost: \$3.50 for lunch

### St. Patrick's Day Celebration

Date: Friday, March 18, 12 noon (during the In Pleasant Company Lunch)

Venue: Mount Pleasant Neighbourhood House

Cost: \$4.50 for lunch

### Easter Lunch

Date: Tuesday, April 10, 11:30 am

Venue: Mount Pleasant Neighbourhood House

Cost: \$4.50 for lunch

### Asian Heritage Month Celebration

Date: Various activities in the month of May; watch for announcements

### Seniors Week in BC

Date: First week of June; watch for announcements on specific activities

### Seniors Summer Barbeque

Date: Friday, June 22, 12 noon

Venue: Mount Pleasant Neighbourhood House

Cost: \$4.50

## Special MPNH Events



### Lunar New Year Celebration Dinner

Enjoy music, art and food to welcome the Year of the Dragon!  
 Wednesday February 1, 2012  
 6:00 to 8:00 pm  
 \$4.50 adults, \$3.50 teens, \$2.50 children  
 Free for children 3 years and younger  
 Registration Required

### MPNH 35th Anniversary Celebration

You are invited to come participate in our Open House marking  
 35 years of MPNH service to the community!  
 Wednesday March 28, 2012  
 2-6pm

### Filipino Multicultural Dinner

Celebrate Flores de Mayo with our Filipino Neighbours!  
 Wednesday May 9, 2012  
 6:00 to 8:00 pm  
 \$4.50 adults, \$3.50 teens, \$2.50 children  
 Free for children 3 years and younger  
 Registration Required

### Aboriginal Day Celebration

Wednesday June 20, 2012  
 6:00 to 8:00 pm  
 \$4.50 adults, \$3.50 teens, \$2.50 children  
 Free for children 3 years and younger  
 Registration Required

*In celebration of MPNH's 35th anniversary we are gathering stories about the house. Do you have an experience, memory, or story about the house you would like to share with us? We will be recording your stories and presenting them at our celebration on March 25th.*

*If you want to be involved please contact Thor Larson:  
 tlarsen@mpnh.org / 604.879.8208 ext 322*

## Mount Pleasant Neighbourhood House Spring Break Day Camp!



Are your kids looking for a fun, educational and  
 adventure filled Spring Break?

Join the MPNH Spring Break Day Camp  
 March 12-16 & 19-23, 2012  
 At Mount Pleasant Neighbourhood House- 800 E. Broadway

For children ages 5-10 years old  
 \$125/week

\$50 one time Admin charge for first time registrations  
 Romy Senghera/Jeven Bhullar, 604 879 8208 ext. 318, bac@mpnh.org

**MPNH Gratefully acknowledges the many funders who support our programs and core activities:**

- Alexandra Foundation
- Canadian Heritage
- Central City Foundation
- Chris Spencer Foundation
- CKNW Orphan’s Fund
- HYDRECS, BC Hydro Employees’ Community Services
- Human Resources and Skills Development Canada:  
New Horizons for Seniors & Summer Career Programs
- Immigrant Integration Branch, Ministry of Jobs, Tourism & Immigration
- Decoda Literacy Solutions
- Ministry of Children & Family Development
- Ministry of Public Safety and the Solicitor General,  
Gaming Policy and Enforcement Branch
- Mount Pleasant Lions Club
- Public Health Agency of Canada
- QLT Inc.
- Ralph’s Radio
- Royal Bank, Commercial Dr. Branch
- Vancouver Coastal Health
- Vancouver Foundation
- Vancouver School Board

Special thanks to the donors of the new MPNH bus:

Gold Sponsor: G&F Financial Foundation

Silver Sponsors: GVC Credit Union, Warm Hearts Charitable Foundation

Bronze Sponsors: Kingsgate Mall, Mount Pleasant Lions, QLT Inc., Teamsters Union

**Special acknowledgements to funders who support our core activities:**



A heartfelt thanks to our private donors! To donate please contact us by phone 604 879 8208, by email [communications@mpnh.org](mailto:communications@mpnh.org) or visit our donor page at [www.mpnh.org/donate](http://www.mpnh.org/donate).

**Wear your Neighbourhood Pride!**



**MPNH shirts available!  
\$25/shirt**

**Stories, pictures, recipes, poetry and much more in this magazine “Showcasing Our World: Mount Pleasant” about the lives of seniors in the Mount Pleasant neighbourhood. Pick up this one of a kind piece of Mount Pleasant history for only \$10.**

**SHOWCASING**



**OUR WORLD**  
*Mount Pleasant*



## Mount Pleasant Neighbourhood House

P: 604 879 8208

F: 604 879 4136

E: [info@mpnh.org](mailto:info@mpnh.org)

W: [www.mpnh.org](http://www.mpnh.org)

800 East Broadway  
Vancouver, BC  
V5T 1Y1