

Seniors Programming Calendar – March 2021

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Intergenerational Drop-In Online, 5-6 p.m.	2		3	Art Box: Learn and Share Online, 3-4 p.m. MPNH Walking Club Paused	4	Seniors English Class Online, 1-2 p.m. Food Fit Alumni Class Online, 2-3 p.m. Olympic Village Walking Club Paused	5	Food Fit 6 Online, 4-5:30 p.m. Digital Seniors Virtual, available upon request QE Park Walking Club Paused Health Forum – Workshop Online, 10-12 p.m.
8	Intergenerational Drop-In Online, 4-5 p.m.	9	Choose to Move Group Meeting #5 Online, 1-2:30 p.m.	10	Chair Yoga Online, 10:30-11:30 a.m. Art Box: Create and Connect Online, 3-4 p.m. MPNH Walking Club Paused	11	Seniors English Class Online, 1-2 p.m. Olympic Village Walking Club Paused	12	Food Fit 7 Online, 4-5:30 p.m. QE Park Walking Club Paused Health Forum – Workshop Online, 10-12 p.m.
15	Intergenerational Drop-In Online, 4-5 p.m.	16		17	Art Box: Learn and Share Online, 3-4 p.m. MPNH Walking Club Paused	18	Seniors English Class Online, 1-2 p.m. Food Fit Alumni Class Online, 2-3 p.m. Olympic Village Walking Club Paused	19	Food Fit 7 Online, 4-5:30 p.m. Digital Seniors Virtual, available upon request QE Park Walking Club Paused
22	Intergenerational Drop-In Online, 4-5 p.m.	23	Choose to Move Group Meeting #6 Online, 1-2:30 p.m.	24	Chair Yoga 10:30- 11:30 a.m. Art Box: Create and Connect Online, 3-4 p.m. MPNH Walking Club Paused	25	Seniors English Class Online, 1-2 p.m. Olympic Village Walking Club Paused Caregiver Meet Up Online, 3-3:30 p.m.	26	Food Fit 7 Online, 4-5:30 p.m. QE Park Walking Club Paused
29	Intergenerational Drop-In Online, 4-5 p.m.	30		31	Chair Yoga 10:30- 11:30 a.m. Art Box: Create and Connect Online, 3-4 p.m. MPNH Walking Club Paused	1	Seniors English Class Online, 1-2 p.m. Olympic Village Walking Club Paused	2	Food Fit 7 Online, 4-5:30 p.m. Digital Seniors Virtual, available upon request QE Park Walking Club Paused

For information about:**Contact:****Contact Information:**

Better at Home
Housekeeping

Shaelee Gummer
Better at Home Coordinator

sgummer@mpnh.org
604-879-8208 ext. 104
Mon-Fri 9:30 to 4:30
English

Walking Clubs/Chair Yoga
English Class/Digital Support
Settlement Support

Jessie Huang
Seniors Settlement and Better at Home
Programmer

jhuang@mpnh.org
778-897-2042
Mon, Wed, Thurs and Fri 9 to 5
English/Cantonese/Mandarin

Foodfit Program
Choose to Move Program
Seniors Inquiries & New Referrals

Omnia El Shayeb
Seniors Programmer and Settlement Worker

oelshayeb@mpnh.org
604-879-8208 ext. 112
Mon, Tues, and Thurs 9 to 4:30
English/Arabic

Pen Pal Program
Intergenerational Drop-In
Art Box Program

Daniela Gunn-Doerge
Seniors Outreach and Special Project Coordinator

dgunndoerge@mpnh.org
604-879-8208 ext. 225
Mon 9 to 6, Wed-Friday 9-5
English

SOS Services
Volunteering
Seniors Programming

Elizabeth McIlffaterick
Seniors Engagement Coordinator

emcillfaterick@mpnh.org
778-897-2010
Mon, Tues, Thurs-Sat 9 to 4
English/Spanish

Caregivers Support

Judy Venable
Caregivers Connect Coordinator

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Mon-Fri 9:30 to 4:30