

Seniors Programming Calendar – June 2021

Monday		Tuesday		Wednesday		Thursday		Friday	
31	Intergenerational Drop-In Online, 4:30-5:30 p.m.	1	MPNH Walking Club In-person, 11-12 p.m.	2	Art Box: Create and Connect Online, 3-4p.m. Scotiabank Charity Challenge Begins!	3	Seniors English Class Online, 1-2p.m. Olympic Village Walking Club In-person, 11-12 p.m. Foodfit Online, 11-12 p.m.	4	QE Park Walking Club In-person, 1-2 p.m. Digital Literacy: Gmail Workshop Online, 10:30-11:30 a.m.
7	Intergenerational Drop-In Online, 4:30-5:30 p.m.	8	Choose to Move Online, 1-2:30 p.m. MPNH Walking Club In-person, 11-12 p.m.	9	Art Box: Learn and Share Online, 3-4p.m. Chair Yoga Online, 10:30-11:30 a.m.	10	Seniors English Class Online, 1-2p.m. Olympic Village Walking Club In-person, 11-12 p.m. Foodfit Online, 11-12 p.m.	11	QE Park Walking Club In-person, 1-2 p.m.
14	Intergenerational Drop-In Online, 4:30-5:30 p.m.	15	MPNH Walking Club In-person, 11-12 p.m. World Elder Abuse Awareness Day (WEAAD) Financial Abuse Workshop Online, 6pm	16	Art Box: Create and Connect Online, 3-4p.m.	17	Seniors English Class Online, 1-2p.m. Olympic Village Walking Club In-person, 11-12 p.m. Foodfit Online, 11-12 p.m.	18	Digital Seniors Virtual, available upon request QE Park Walking Club In-person, 1-2 p.m.
21	Intergenerational Drop-In Online, 4:30-5:30 p.m.	22	Choose to Move Online, 1-2:30 p.m. MPNH Walking Club In-person, 11-12 p.m.	23	Art Box: Learn and Share Online, 3-4p.m. Chair Yoga Online, 10:30- 11:30 a.m.	24	Seniors English Class Online, 1-2 p.m. Olympic Village Walking Club In-person, 11-12 p.m. Foodfit Online, 11-12 p.m. Caregiver Meet Up Online, 3-3:30 p.m.	25	QE Park Walking Club In-person, 1-2 p.m.
28	Intergenerational Drop-In Online, 4:30-5:30 p.m.	29	MPNH Walking Club In-person, 11-12 p.m.	30	Art Box: Create and Connect Online, 3-4p.m.	1	Canada Day – MPNH Closed	2	QE Park Walking Club In-person, 1-2 p.m. Digital Seniors Virtual, available upon request

For information about:	Contact:	Contact Information:
Better at Home Housekeeping Friendly Visiting Meals	Shaelee Gummer Better at Home Coordinator	sgummer@mpnh.org 604-879-8208 ext. 104 Mon-Fri 9:30 to 4:30 English
Chair Yoga English Class/Digital Support Settlement Support Transportation Inquiries	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
Walking Clubs Foodfit Program Choose to Move Program	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
Grey Swans Beginner Ballet Intergenerational Drop-In Art Box Program Cards for Care Homes	Daniela Gunn-Doerge Seniors Outreach and Special Projects Coordinator	dgunndoerge@mpnh.org 604-879-8208 ext. 225 Mon 9 to 6, Tues-Friday 9-4:30 English
Grocery Shopping Assistance Yardwork Help New Referrals & General Inquiries	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	jvenable@mpnh.org 604-809-8303 Mon-Fri 9:30 to 4:30