

Monday		Tuesday		Wednesday		Thursday		Friday	
30	<b>QE Park Walking Club (Chinese)</b> In-person, 10-11 am <b>Intergenerational Drop-In</b> Online, 4:30-5:30 p.m.	31	<b>MPNH Walking Club</b> In-person, 11-12 p.m. <b>Seniors Lunch and Bingo</b> In-person, 1-2 p.m. Registration required	1	<b>Art Box: Create and Connect</b> Online, 3-4 p.m.	2	<b>Olympic Village Walking Club</b> In-person, 11-12 p.m. <b>Foodfit</b> Online, 12-1 p.m. <b>Caregivers Support Group</b> Online, 3-4 p.m.	3	<b>Seniors Coffee Club</b> Online, 11-12 p.m. <b>Men's Space</b> In-person, 10-11:30 a.m. Registration required
6	<b>Labour Day – MPNH Closed</b>	7	<b>Art Box: Learn and Share</b> Online, 11-12 a.m. <b>MPNH Walking Club</b> In-person, 11-12 p.m. <b>Seniors Lunch and Bingo</b> In-person, 1-2 p.m. Registration required	8	<b>Chair Yoga</b> Online, 10:00- 11:30 a.m. <b>Line-Dancing</b> In-person, 10-12 p.m. Registration required	9	<b>Olympic Village Walking Club</b> In-person, 11-12 p.m. <b>Foodfit</b> Online, 12-1 p.m. <b>Caregivers Support Group</b> Online, 3-4 p.m.	10	<b>Seniors Coffee Club</b> Online, 11-12 p.m. <b>Men's Space</b> In-person, 10-11:30 a.m. Registration required
13	<b>QE Park Walking Club (Chinese)</b> In-person, 10-11 am <b>Intergenerational Drop-In</b> Online, 4:30-5:30 p.m. <b>Line-Dancing</b> In-person, 1:30-3:30 p.m. Registration required	14	<b>MPNH Walking Club</b> In-person, 11-12 p.m. <b>Seniors Lunch and Bingo</b> In-person, 1-2 p.m. Registration required	15	<b>Art Box: Create and Connect</b> Online, 3-4 p.m. <b>Line-Dancing</b> In-person, 10-12 p.m. Registration required	16	<b>Olympic Village Walking Club</b> In-person, 11-12 p.m. <b>Foodfit</b> Online, 12-1 p.m. <b>Caregivers Support Group</b> Online, 3-4 p.m.	17	<b>Seniors Coffee Club</b> Online, 11-12 p.m. <b>Men's Space</b> In-person, 10-11:30 a.m. Registration required
20	<b>QE Park Walking Club (Chinese)</b> In-person, 10-11 am <b>Intergenerational Drop-In</b> Online, 4:30-5:30 p.m. <b>Line-Dancing</b> In-person, 1:30-3:30 p.m. Registration required	21	<b>Art Box: Learn and Share</b> Online, 11-12 p.m. <b>MPNH Walking Club</b> In-person, 11-12 p.m. <b>Seniors Lunch and Bingo</b> In-person, 1-2 p.m. Registration required	22	<b>Chair Yoga</b> Online, 10:00- 11:30 a.m. <b>Line-Dancing</b> In-person, 10-12 p.m. Registration required	23	<b>Olympic Village Walking Club</b> In-person, 11-12 p.m. <b>Caregivers Cafe</b> Online, 3-4 p.m.	24	<b>Seniors Coffee Club</b> Online, 11-12 p.m. <b>Men's Space</b> In-person, 10-11:30 a.m. Registration required
27	<b>QE Park Walking Club (Chinese)</b> In-person, 10-11 am <b>Intergenerational Drop-In</b> Online, 4:30-5:30 p.m. <b>Line-Dancing</b> In-person, 1:30-3:30 p.m. Registration required	28	<b>MPNH Walking Club</b> In-person, 11-12 p.m. <b>Seniors Lunch and Bingo</b> In-person, 1-2 p.m. Registration required	29	<b>Art Box: Create and Connect</b> Online, 3-4 p.m. <b>Line-Dancing</b> In-person, 10-12 p.m. Registration required	30	<b>Olympic Village Walking Club</b> In-person, 11-12 p.m. <b>Caregivers Support Group</b> Online, 3-4 p.m.	1	<b>Seniors Coffee Club</b> Online, 11-12 p.m. <b>Men's Space</b> In-person, 10-11:30 a.m. Registration required

# Seniors Programming Calendar – September 2021



Mount Pleasant  
Neighbourhood House

For information about:	Contact:	Contact Information:
Better at Home Housekeeping Meals	Shaelee Gummer Better at Home Coordinator	<a href="mailto:sgummer@mpnh.org">sgummer@mpnh.org</a> 604-879-8208 ext. 104 Mon-Fri 9:30 to 4:30 English
Chair Yoga Seniors English Class Settlement Support	Jessie Huang Seniors Settlement Programmer	<a href="mailto:jhuang@mpnh.org">jhuang@mpnh.org</a> 778-897-2042 Mon- Thurs 9 to 5 English/Cantonese/Mandarin
New Referrals Foodfit Program Choose to Move Program Walking Groups	Omnia El Shayeb Seniors Programmer and Settlement Worker	<a href="mailto:oelshayeb@mpnh.org">oelshayeb@mpnh.org</a> 604-879-8208 ext. 112 Mon, Tues, and Thurs 9 to 4:30 English/Arabic
Intergenerational Drop-In Art Box Men In Space	Daniela Gunn-Doerge Seniors Outreach and Special Projects Coordinator	<a href="mailto:dgunndoerge@mpnh.org">dgunndoerge@mpnh.org</a> 604-879-8208 ext. 225 Mon - Friday 9-5 English
Yardwork Help Friendly Visiting General Inquiries	Elizabeth McIlffaterick Seniors Engagement Coordinator	<a href="mailto:emcillfaterick@mpnh.org">emcillfaterick@mpnh.org</a> 778-897-2010 Mon, Tues, Thurs-Sat 9 to 4 English/Spanish
Caregivers Support Cards for Care Homes	Judy Venable Caregivers Connect Coordinator	<a href="mailto:jvenable@mpnh.org">jvenable@mpnh.org</a> 604-809-8303 Mon-Fri 9:30 to 4:30 English