

# November 2021- Seniors Team Contact List and Calendar



For information about:	Contact:	Contact Information:	Hours:
Better at Home Housekeeping Meals	<b>Shaelee Gummer</b> Better at Home Coordinator	<a href="mailto:sgummer@mpnh.org">sgummer@mpnh.org</a> 604-879-8208 ext. 104 English	Monday – Friday 9:30 to 4:30
Chair Yoga Seniors English Class Settlement Support	<b>Jessie Huang</b> Seniors Settlement Programmer	<a href="mailto:jhuang@mpnh.org">jhuang@mpnh.org</a> 778-897-2042 English/Cantonese/Mandarin	Monday - Thursday 9 to 5
New Referrals Foodfit Choose to Move Walking Groups	<b>Omnia El Shayeb</b> Seniors Programmer and Settlement Worker	<a href="mailto:oelshayeb@mpnh.org">oelshayeb@mpnh.org</a> 604-879-8208 ext. 112 English/Arabic	Monday, Tuesday, and Thursday 9 to 4:30
Storytelling Showcase Cultural Learning Circles Digital Drop-In	<b>Daniela Gunn-Doerge</b> Special Projects Coordinator	<a href="mailto:dgunndoerge@mpnh.org">dgunndoerge@mpnh.org</a> 604-879-8208 ext. 225 English	Monday and Wednesday 2-6 Friday 9-5
Yardwork Help Friendly Visiting General Inquiries	<b>Elizabeth McIlffaterick</b> Seniors Engagement Coordinator	<a href="mailto:emcillfaterick@mpnh.org">emcillfaterick@mpnh.org</a> 778-897-2010 English/Spanish	Monday, Tuesday, Thursday-Saturday 9 to 4
Caregivers Support Cards for Care Homes	<b>Judy Venable</b> Caregivers Connect Coordinator	<a href="mailto:jvenable@mpnh.org">jvenable@mpnh.org</a> 604-809-8303 English	Monday-Friday 9:30 to 4:30
Volunteering Art Box	<b>Amy Shostak</b> Volunteer Coordinator	<a href="mailto:ashostak@mpnh.org">ashostak@mpnh.org</a> 604-879-8208 English	Friday 9-5
Men In Space Intergenerational Drop-In Grocery Shopping	<b>Cam Pearson</b> Senior's Programmer	<a href="mailto:Seniors@mpnh.org">Seniors@mpnh.org</a> 604-879-8208 English/French	Monday and Friday 9-5

Monday		Tuesday		Wednesday		Thursday		Friday	
1	<b>QE Park Walking Club</b> In-person, 10-11 a.m. <b>Intergenerational Drop-In</b> Online, 4:30-5:30 p.m.	2	<b>MPNH Walking Club</b> In-person, 11-12 p.m. <b>Seniors Lunch and Bingo</b> In-person, 1-2 p.m. <b>Choose to Move</b> In-person/virtual, 1-2 p.m.	3	<b>Line-Dancing</b> In-person, 10-12 p.m. <b>Digital Drop-In</b> In-person, Online 1-2 p.m.	4	<b>Olympic Village Walking Club</b> In-person, 11-12 p.m. <b>Line-Dancing (Mondays)</b> In-person, 1:30-3:30 p.m. <b>Caregivers Support Group</b> Online, 3-4 p.m.	5	<b>Seniors Coffee Club</b> Online, 11-12 p.m. <b>Men's Space</b> In-person, 10-11:30 a.m. <b>Storytelling Showcase</b> In-person, 2-4pm
8	<b>QE Park Walking Club</b> In-person, 10-11 a.m. <b>Line-Dancing</b> In-person, 1:30-3:30 p.m. <b>Intergenerational Drop-In</b> Online, 4:30-5:30 p.m.	9	<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. <b>Choose to Move</b> In-person/virtual, 1-2 p.m.	10	<b>Line-Dancing</b> In-person, 10-12 p.m. <b>Chair Yoga</b> Online, 10:00-11:30 a.m. <b>Digital Drop-In</b> In-person, Online 1-2 p.m. <b>Cultural Learning Circle</b> In-person, 5-8pm <b>Focus Group - Vancouver Renters</b> In-person/virtual, 10:30-12 PM	11	<b>Remembrance Day – MPNH Closed</b>	12	<b>Seniors Coffee Club</b> Online, 11-12 p.m. <b>Men's Space</b> In-person, 10-11:30 a.m. <b>Storytelling Showcase</b> In-person, 2-4pm
15	<b>QE Park Walking Club</b> In-person, 10-11 a.m. <b>Line-Dancing</b> In-person, 1:30-3:30 p.m. <b>Intergenerational Drop-In</b> Online, 4:30-5:30 p.m.	16	<b>MPNH Walking Club</b> In-person, 11-12 p.m. <b>Seniors Lunch and Bingo</b> In-person, 1-2 p.m. <b>Choose to Move</b> In-person/virtual, 1-2 p.m.	17	<b>Line-Dancing</b> In-person, 10-12 p.m. <b>Digital Drop-In</b> In-person, Online 1-2 p.m.	18	<b>Olympic Village Walking Club</b> In-person, 11-12 p.m. <b>Caregivers Support Group</b> Online, 3-4 p.m.	19	<b>Seniors Coffee Club</b> Online, 11-12 p.m. <b>Men's Space</b> In-person, 10-11:30 a.m. <b>Storytelling Showcase</b> In-person, 2-4pm
22	<b>QE Park Walking Club</b> In-person, 10-11 a.m. <b>Line-Dancing</b> In-person, 1:30-3:30 p.m. <b>Intergenerational Drop-In</b> Online, 4:30-5:30 p.m.	23	<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.	24	<b>Line-Dancing</b> In-person, 10-12 p.m. <b>Chair Yoga</b> Online, 10:00-11:30 a.m. <b>Digital Drop-In</b> In-person, Online 1-2 p.m. <b>Cultural Learning Circle</b> In-person, 5-8pm	25	<b>Olympic Village Walking Club</b> In-person, 11-12 p.m. <b>Caregivers Cafe</b> Online, 3-4 p.m. <b>Stanley Park Bus Trip</b> In-person, 9:30-12:30 p.m.	26	<b>Seniors Coffee Club</b> Online, 11-12 p.m. <b>Men's Space</b> In-person, 10-11:30 a.m. <b>Storytelling Showcase</b> In-person, 2-4pm
29	<b>QE Park Walking Club</b> In-person, 10-11 a.m. <b>Line-Dancing</b> In-person, 1:30-3:30 p.m. <b>Intergenerational Drop-In</b> Online, 4:30-5:30 p.m.	30	<b>MPNH Walking Club</b> In-person, 11-12 p.m. <b>Seniors Lunch and Bingo</b> In-person, 1-2 p.m.	1	<b>Line-Dancing</b> In-person, 10-12 p.m. <b>Digital Drop-In</b> In-person, Online, 1-2 p.m.	2	<b>Olympic Village Walking Club</b> In-person, 11-12 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.