Dear Neighbours,

On the longest night of the year, we invite you to join our virtual Solstice Celebration on **December 21 at 6 pm**! Everyone is welcome to take part in this non-denominational celebration of the winter season, where we will celebrate light and give gratitude for our communities and loved ones. Everyone is encouraged to light a candle and let it burn through the virtual event. Other activities will include meditation and reflections, sharing of gratitude and hope, and live music!

Invite your loved ones (near and far!) to join you in gathering together in this virtual space to support and light each other's way through the darkest days of the year!

For more information, or to register for the Solstice Celebration, please contact Elizabeth emcillfaterick@mpnh.org, 604-897-8208

Wishing you all a safe and happy holiday season!

- The MPNH Seniors Team
WINTER FESTIVE WALKS

Beginning December 2nd, MPNH will be co-hosting a series of Winter Festive Walks, which will give our community members a chance to walk and enjoy holiday lighting displays together! Participants will take public transit together to the destinations and receive a hot drink after the walk. BEST, a local organization dedicated to getting more people to walk, cycle, and take public transit, will cover the cost of public transit and the hot drink.

Here are the dates and locations for the three walks:
- December 2nd, 3-6 pm: North Spirit Trail, North Vancouver
- December 9th, 3-6 pm: LaFarge Lake (Lights at LaFarge), Coquitlam
- December 16th, 3:30-6 pm: Mount Pleasant!

If you are interested in registering, please call Omnia at 604.879.8208 ext 112, or email Omnia at OELShayeb@mpnh.org or Cam at cpearson@mpnh.org.

MPNH COMMUNITY PANCAKE DAY

Saturday December 4th, 9 am - 4 pm

All attendees must register in advance and show proof of double vaccination.
Cost: $3 per person

To register call (604) 879-8208 or email cmatlo@mpnh.org
SENIORS BINGO FOR BAKED GOODS

BRING YOUR LUNCH, PLAY BINGO AND WIN HOMEMADE HOLIDAY TREATS!

DECEMBER 7 & 14
12:00-2:00PM
MUST REGISTER. SEATS ARE LIMITED.
PROOF OF VACCINATION REQUIRED

CONTACT JUDY AT JVENABLE@MPNH.ORG OR 604-809-8303

Mount Pleasant Neighbourhood House
INTERNATIONAL VOLUNTEER DAY

December 5th is International Volunteer Day and from everyone at MPNH, I'd like to take a moment to thank all of the volunteers who contribute so much to our community. Whether you are answering calls at the front desk, tutoring students online, leading workshops, friendly visiting or helping with deliveries, your contributions make positive change for so many. THANK YOU!

- Amy, Volunteer Coordinator

WINTER BREAK

Mount Pleasant Neighbourhood House will be closed for winter break from December 24th - January 3rd. We will open Tuesday, January 4th.

ART BOX

Our amazing Art Box program is taking more participants! This program teaches new ways of being creative right from the comfort of your home! Marina, a wonderful artist and kind soul, supports participants to develop their own artistry every second Tuesday over Zoom.

Please reach out to Amy at ashostak@mpnh.org to register! Once you do, you'll be provided art supplies and a link to join the group! We're looking forward to creating with you!
GLUU SOCIETY - DIGITAL LITERACY FOR OLDER ADULTS

Are you interested in receiving free access to courses and guides related to your digital devices and digital safety?

Register with the Government of Canada funded Gluu Society, at https://gluusociety.org/membership-form/ or contact Daniela at dgunndoerge@mpnh.org for access to easy to use guides through Mount Pleasant Neighbourhood House.

AGING POSITIVELY

Marylee, a participant, volunteer and program leader in MPNH programs wrote an article in the last issue of the Scrivner entitled “Aging Positively” on page 54 here:

https://issuu.com/bcnotaryassociation/docs/scrivener_fall_2021

FINANCIAL LITERACY

Elder Financial Literacy Forum (长者财政保护座谈会) in Cantonese/Mandarin on December 14 (Tuesday) 10-11:30 AM hosted by Chinese CRN ; to register, please call Jessie at 778-897-2042
The MPNH senior men's group (aka “Men in Space”) has been busy these past few months! In October, two men in Space members, Varouj Gumuchian and Randall MacKinnon, attended the BC Men’s Shed Conference in Squamish on behalf of the group. They learned more about Men’s Sheds, which are social organizations that work to improve men’s mental health by bringing men together to craft.

There are Men’s Sheds across BC, so Varouj and Randall got to share ideas with other men about how to organize Men’s Sheds and exchange contact information with them so they can keep in touch! The photo here is a concept map that our group displayed at the conference. Thanks again Varouj and Randall for acting as our delegates. You represented us well!

If you'd like more information on the Senior Men's Group, please contact Cam - cpearson@mpnh.org
CULTURAL LEARNING CIRCLES
MONDAY JANUARY 10, 17 & 24 | 3-5PM

JOIN US FOR 3 IN-PERSON SESSIONS AT MOUNT PLEASANT NEIGHBOURHOOD HOUSE LED BY INDIGENOUS CULTURAL ADVISOR CLINT BARTON

Free Program
Honouraria and bus tickets available

January 10th – Cultural protocols, safety and empathy
January 17th – Decolonizing practices
January 24th – Anti-racism, cultural humility

To register, please contact Daniela at dunne@mpnh.org or call 604.879.8208, ext. 225
COVID-19 GUIDLINES
AT MOUNT PLEASANT NEIGHBOURHOOD HOUSE

Before you arrive:
- Are you experiencing any Covid-19 symptoms? Have you been outside of the country in the last 14 days? If yes, you are welcome to join any of our online programs until you are feeling well again and have been in the country for 2 weeks.
- All programs require pre-registration. All programs where food is shared require proof of vaccination - bring your BC Vaccine Card for us to scan.

When you arrive:
- The front doors are not open so as to monitor the flow of people in and out of the building. Please knock and wait for a front desk staff person to welcome you in.
- Please sanitize your hands, sign-in at the front desk and then proceed to your program/activity to limit the number of people in the lobby. Ask for assistance from the front desk if you would like to take bread from the cart.

General Guidelines:
- Wear a mask covering your nose and mouth at all times when in the building. You may remove it temporarily to eat or drink.
- There are limits to the number of people in any given room, so please limit movement between rooms.

SUFFERING FROM MENTAL STRESSES?

Seniors Distress Line: Seniors in British Columbia can call 604-872-1234 for telephone support from a trained volunteer at the Crisis Centre on topics specific to older adults. Topics may include suicide, retirement, stress, relocation, loss of a loved one, physical or mental health issues, emotional support, or help working through a problem. The Seniors Distress Line is available 24 hours a day, 7 days a week and in up to 140 languages.
## DECEMBER SPECIAL EVENTS CALENDAR

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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<td></td>
<td>Winter Festive Walk In-person @ Lonsdale North Vancouver 3-6 PM Free!</td>
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<td>Pancake Breakfast! In-person @ MPNH, 9-4 PM, $3</td>
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<td>Hanukkah Ends!</td>
<td>Bingo for Baked Goods In-person @ MPNH 12-2 PM Free!</td>
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<td>Winter Festive Walk In-person @ Lafrange Lake, Coquitlam 3-6 PM Free!</td>
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<td>Bingo for Baked Goods In-person @ MPNH 12-2 PM Free!</td>
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<td>Winter Festive Walk In-person @ MPNH 3:30-6 PM Free!</td>
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<td></td>
<td>Winter Solstice Celebration! Virtual, 6 PM Free! Everyone welcome</td>
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<td>Christmas Eve – MPNH closes early</td>
<td>Christmas Day!</td>
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### DECEMBER REGULAR PROGRAMMING – PAUSED DURING HOLIDAY CLOSURE!

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<thead>
<tr>
<th>Mondays</th>
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<th>Wednesdays</th>
<th>Thursdays</th>
<th>Fridays</th>
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<tr>
<td>Line Dancing 1:30-3:30 PM</td>
<td>Seniors Lunch &amp; Bingo 12-2 PM</td>
<td>Line Dancing 10-12 PM</td>
<td>Olympic Village Walking Club 11-12 PM</td>
<td>Mens’ Space 10-11:30 AM</td>
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<tr>
<td>QE Walking Club 10-11 AM</td>
<td>Art Box (bi-weekly) 11-12 PM</td>
<td>Chair Yoga (bi-weekly) 10-11:30 AM</td>
<td>Caregivers Café/Support Group 3-4 PM</td>
<td>Seniors Coffee Club 11-12 PM</td>
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<td>Intergenerational Drop-In 4:30-5:30 PM</td>
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<td>Digital Drop-In 1-2 PM</td>
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</table>
## December 2021 - Seniors Team Contact List and Calendar

<table>
<thead>
<tr>
<th>For information about:</th>
<th>Contact:</th>
<th>Contact Information:</th>
<th>Hours:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Better at Home Housekeeping Meats Friendly Visiting</td>
<td>Shailee Gummer Better at Home Coordinator</td>
<td><a href="mailto:sqummer@mpnh.org">sqummer@mpnh.org</a> 604-879-8208 ext. 104 English</td>
<td>Monday – Friday 9:30 to 4:30</td>
</tr>
<tr>
<td>Chair Yoga Seniors English Class Settlement Support</td>
<td>Jessie Huang Seniors Settlement Programme</td>
<td><a href="mailto:jhuang@mpnh.org">jhuang@mpnh.org</a> 778-897-2042 English/Cantonese/Mandarin</td>
<td>Monday – Thursday 9 to 5</td>
</tr>
<tr>
<td>Transportation to Medical Appt Choose to Move Walking Groups</td>
<td>Omnia El Shaye Seniors Programmer and Settlement Worker</td>
<td><a href="mailto:oelshayeb@mpnh.org">oelshayeb@mpnh.org</a> 604-879-8208 ext. 112 English/Arabic</td>
<td>Monday, Tuesday, and Thursday 9 to 4:30</td>
</tr>
<tr>
<td>Storytelling Showcase Cultural Learning Circles</td>
<td>Daniela Gunn-Doerge Special Projects Coordinator</td>
<td><a href="mailto:dgunndoergero@mpnh.org">dgunndoergero@mpnh.org</a> 604-879-8208 ext. 225 English</td>
<td>Monday and Wednesday 2-6 Friday 9 to 5</td>
</tr>
<tr>
<td>Solstice Celebration Group Art Therapy Line Dancing</td>
<td>Elizabeth McLellfaterick Seniors Engagement Coordinator</td>
<td><a href="mailto:erncillofaterick@mpnh.org">erncillofaterick@mpnh.org</a> 604-879-8208 English/Spanish</td>
<td>Monday – Wednesday 9 to 4</td>
</tr>
<tr>
<td>Caregivers Support Cards for Care Homes Seniors Coffee Club Tuesday Lunch and Bingo</td>
<td>Judy Venable Caregivers Connect Coordinator</td>
<td><a href="mailto:jvenable@mpnh.org">jvenable@mpnh.org</a> 604-809-8303 English</td>
<td>Monday – Friday 9 to 5</td>
</tr>
<tr>
<td>Volunteering Art Box</td>
<td>Amy Shostak Volunteer Coordinator</td>
<td><a href="mailto:azhostak@mpnh.org">azhostak@mpnh.org</a> 604-879-8208 English</td>
<td>Monday, Tuesday, Friday 9 to 5</td>
</tr>
<tr>
<td>Men’s Space Intergenerational Drop-In Grocery Shopping Yardwork</td>
<td>Cam Pearson Senior’s Programmer</td>
<td><a href="mailto:Cpearsone@mpnh.org">Cpearsone@mpnh.org</a> 604-879-8208 English/French</td>
<td>Monday and Thursday 9 to 4:30 Tuesday and Friday 9-1</td>
</tr>
</tbody>
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