

DECEMBER SPECIAL EVENTS CALENDAR

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
29		30		1		2	Winter Festive Walk In-person @ Lonsdale North Vancouver 3-6 PM Free!	3		4	Pancake Breakfast! In-person @ MPNH, 9-4 PM, \$3
6	Hanukkah Ends!	7	Bingo for Baked Goods In-person @ MPNH 12-2 PM Free!	8		9	Winter Festive Walk In-person @ Lafrange Lake, Coquitlam 3-6 PM Free!	10		11	
13		14	Bingo for Baked Goods In-person @ MPNH 12-2 PM Free!	15		16	Winter Festive Walk In-person @ MPNH 3:30-6 PM Free!	17		18	
20		21	Winter Solstice Celebration! Virtual, 6 PM Free! Everyone welcome	22		23		24	Christmas Eve – MPNH closes early	25	Christmas Day!
27	Holiday Break – MPNH Closed	28	Holiday Break – MPNH Closed	29	Holiday Break – MPNH Closed	30	Holiday Break – MPNH Closed	31	Holiday Break – MPNH Closed	1	New Years Day

DECEMBER REGULAR PROGRAMMING – PAUSED DURING HOLIDAY CLOSURE!

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Line Dancing 1:30-3:30 PM QE Walking Club 10-11 AM Intergenerational Drop-In 4:30-5:30 PM	Seniors Lunch & Bingo 12-2 PM Art Box (bi-weekly) 11-12 PM	Line Dancing 10-12 PM Chair Yoga (bi-weekly) 10-11:30 AM Digital Drop-In 1-2 PM	Olympic Village Walking Club 11-12 PM Caregivers Café/Support Group 3-4 PM	Mens' Space 10-11:30 AM Seniors Coffee Club 11-12 PM

December 2021- Seniors Team Contact List and Calendar



For information about:	Contact:	Contact Information:	Hours:
Better at Home Housekeeping Meals Friendly Visiting	Shaelee Gummer Better at Home Coordinator	sgummer@mpnh.org 604-879-8208 ext. 104 English	Monday – Friday 9:30 to 4:30
Chair Yoga Seniors English Class Settlement Support	Jessie Huang Seniors Settlement Programmer	jhuang@mpnh.org 778-897-2042 English/Cantonese/Mandarin	Monday – Thursday 9 to 5
Transportation to Medical Appt Choose to Move Walking Groups	Omnia El Shayeb Seniors Programmer and Settlement Worker	oeslhayeb@mpnh.org 604-879-8208 ext. 112 English/Arabic	Monday, Tuesday, and Thursday 9 to 4:30
Storytelling Showcase Cultural Learning Circles	Daniela Gunn-Doerge Special Projects Coordinator	dgunndoerge@mpnh.org 604-879-8208 ext. 225 English	Monday and Wednesday 2-6 Friday 9 to 5
Solstice Celebration Group Art Therapy Line Dancing	Elizabeth McIlffaterick Seniors Engagement Coordinator	emcillfaterick@mpnh.org 604-879-8208 English/Spanish	Monday – Wednesday 9 to 4
Caregivers Support Cards for Care Homes Seniors Coffee Club Tuesday Lunch and Bingo	Judy Venable Caregivers Connect Coordinator	jvenable@mpnh.org 604-809-8303 English	Monday – Friday 9 to 5
Volunteering Art Box	Amy Shostak Volunteer Coordinator	ashostak@mpnh.org 604-879-8208 English	Monday, Tuesday, Friday 9 to 5
Men's Space Intergenerational Drop-In Grocery Shopping Yardwork	Cam Pearson Senior's Programmer	cpearson@mpnh.org 604-879-8208 English/French	Monday and Thursday 9 to 4:30 Tuesday and Friday 9-1