

January 2022 Regular Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Intergenerational Drop-In Online, 4:30-5:30 p.m. Weekly	Art Box: Learn and Share Online, 11-12 a.m. Bi-weekly, resuming Jan 4	Group Art Therapy for Seniors Online, 1-2:30 p.m. Weekly starting Jan 12	Caregivers Support Group Online, 3-4 p.m. Weekly	Seniors Coffee Club Online, 11-12 p.m. Weekly Men's Space Online, 10-11:30 a.m. Weekly
Cultural Learning Circle Online, 3-5 p.m. Jan 10, 17, & 21	Choose to Move Online, 1-2 p.m. Jan 18			

Special Dates to Note:

January 3 – MPNH Closed

January 2022 - Seniors Team Contact List and Calendar



For information about:	Contact:	Contact Information:	Hours:
Better at Home Housekeeping Meals	Shaelee Gummer Better at Home Coordinator	sgummer@mpnh.org 604-879-8208 ext. 104 English	Monday – Friday 9:30 to 4:30
Choose to Move Walking Groups Transportation to Medical Appointment	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 Art Box Digital Drop-In	Daniela Gunn-Doerge Special Projects Coordinator	dgunndoerge@mpnh.org 604-879-8208 ext. 225 English/French	Monday and Wednesday 2-6 Friday 9-5
Chair Yoga Group Art Therapy General Inquiries New Referrals	Elizabeth McIlffaterick Seniors Engagement Coordinator	emcillfaterick@mpnh.org 604-879-8208 ext. 110 English/Spanish	Monday, Tuesday, 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 9:30 to 4:30
Volunteering Friendly Visiting Seniors Newsletter	Amy Shostak Volunteer Coordinator	ashostak@mpnh.org 604-879-8208 ext. 111 English	Monday, Tuesday, Friday 9-4
Men In Space Intergenerational Drop-In Grocery Shopping Yardwork Assistance	Cam Pearson Senior's Programmer	cpearson@mpnh.org 604-879-8208 English/French	Monday and Thursday 9-4:30 Tuesday 9-1 Friday 9-12:30