

September

OUR TIMES

Newsletter of the South Granville Seniors Centre

Celebrate!

OUR 40TH ANNIVERSARY WITH US!

**OPEN HOUSE 40TH ANNIVERSARY
CELEBRATION**

FRIDAY OCTOBER 18 | 1:00 - 3:00PM

South Granville Seniors Centre

40th ANNIVERSARY

Celebrating Forty Years Building Relationships

1979 - 2019

604-732-0812 • 1420 W 12th Ave Vancouver, BC

South Granville Seniors Friendship Centre

1420 West 12th Avenue, Vancouver, BC, V6H 1M8

T. 604.732.0812 | www.southgranvilleseniors.ca

Open 9am-4pm, Monday-Friday

Annual Membership Fee: \$20

Our Mission

We work together with adults 55+ to support their well-being in ways that promote friendship, diversity, and individual worth.

What We Do

South Granville Seniors Centre is a non-profit, drop-in community centre for seniors located in the heart of South Granville/Fairview. Founded in 1979, the centre has been a strong and active pillar in the Granville/Fairview community ever since. South Granville Seniors Centre provides drop-in programs and services for more than 450 members and over 1,500 seniors in the community. Our centre offers a safe, welcoming, inclusive, and friendly environment for seniors to meet, connect with others, and stay active. Our programs help seniors participate in their community, broaden their social support network, and experience an increased sense of belonging. Our mission is to work together with seniors to support their well-being in ways that promote friendship, diversity, and individual worth.

The success of our programming is, in large part, the result of valuable community partnerships we have established with organizations. As a non-municipal, independent centre run by a non-profit organization, we are dependent on the support and generosity of community partners, volunteers and members.

Staff

Executive Director: Clemencia Gomez
cgomez@southgranvilleseniors.ca

**Program & Volunteer
Coordinator:**

programs@southgranvilleseniors.ca

Office Administrator and

Program Assistant: Emily Irvine
officeadmin@southgranvilleseniors.ca

Spanish Coordinator: Danna Garcia
spanishcoordinator@southgranvilleseniors.ca

Board of Directors

President: Les Blond

Vice President: Mairy Beam

Treasurer: Susan Luo

Business Secretary: Linda Darbey

Directors:

Sharon Esson,
Beryl Petty, Jag Sangha,
Barbara Kirby, Vessa Samson,
Stella Tsang, Patrick Couling
and Penny Williams

LETTER FROM SGSC STAFF

Dear members and friends,

I'd like to thank our members, Chalmers' Lodge, our community partners, small grants and the CRN Grant for helping make our first ever Block Party possible! It was a huge success and more than 200 people attended. This will definitely become an annual tradition.

I would like to say a big thank you to our summer students Kyle and Jasmine for doing such a great job this summer: Kyle, for organizing many fantastic trips during the summer and Jasmine for maintaining our social media channels and updating our website. We are really going to miss them! I wish them all the best in their future studies.

Coming up is the **Election of the Board of Directors on Wednesday September 18 at 1:00pm**. All members are invited to take part. Refreshments will be served.

On Friday, September 27 at 1:00pm, we will have a **Candidate Community Meeting** with the Major Party Candidates for the Federal Election. At this meeting we will ask questions regarding seniors' issues. Please bring your questions for the candidates!

Don't forget to put the following date in your calendar! On Friday October 18 from 1:00pm to 3:00pm, we'll be hosting our **Open House 40th Anniversary Celebration for the South Granville Seniors Centre!** We are going to eat, connect, celebrate and have fun. Don't miss it!

And make sure to check out all the wonderful, interesting and fun programs that are resuming in September— See pages 10-15!

With love,

Clemencia

A Very Big Thank You

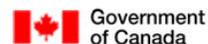
To our community partners and donors for their support. SGSC is funded through generous grants and private donations.



BRITISH
COLUMBIA

The Best Place on Earth

"We acknowledge the financial assistance
of the Province of British Columbia"



Canada

Editorial Information

Our Times is published monthly and is available at the South Granville Seniors Centre and throughout the Fairview district.

A copy of *Our Times* can be mailed to your address for \$12 per year. Please pay at reception or send cheques (payable to South Granville Seniors Centre).

If you would like to subscribe and receive an email version of our newsletter or would like to advertise with us, please contact Emily at officeadmin@southgranvilleseniors.ca or call 604-732-0812.

Connect with Us Online!

Visit our website at www.southgranvilleseniors.ca.
You can also visit our Facebook (SouthGranvilleSeniorsCentre),
Twitter (@sgseniors) and Instagram (@southgranvilleseniors) for
pictures, updates, and more!

Not a member of the SGSC? Join us or renew today!

Only \$20 gives you access to all services at the centre, as well as discounts on most programs, special events, and trips!



Artisan Denture Clinic

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Artisan Denture Clinic
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Saturday: By appointment only
Monday Sunday Holiday : Closed

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Registered Denturist

Member of Denturist Association of B.C.



South Granville Seniors Centre

Connecting Adults 55+ to Their Community
1420 W12th Avenue, Vancouver | 604.732.0812
www.southgranvilleseniors.ca

ELECTION OF BOARD DIRECTORS

Notice of Annual General Meeting (Adjourned)

**Wednesday Sept. 18, 2019
1:00pm**

Package will be available August 14 at SGSC

**All current SGSC members are invited to
attend!**

Special Notice



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MAJOR PARTY CANDIDATES FOR PARLIAMENT

will speak regarding
seniors' issues

at

Holy Trinity Church (2nd Floor)
1420 W12th Ave Vancouver

Friday Sept. 27, 2019
1:00pm

Presented by:


Alliance
of
Seniors' Centres



September Hot Lunches @ Noon

To help us plan for our meals, please sign up for lunch **at least one day in advance**. You can sign up by calling 604-732-0812 or at Reception.

TUESDAY Cost: \$7 members \$7.50 non-members	THURSDAY Cost: \$7 members \$7.50 non-members
Sept 3: Meat lasagna Salad Lemon Cake	Sept 5: Chicken curry (<i>not spicy</i>) Rice Salad
Sept 10: Pork Mashed potatoes Salad	Sept 12: Vegetable stir-fry Salad
Sept 17: Vegetarian chili Salad Apple Tart	Sept 19: Chickpea curry (<i>not spicy</i>) Rice Salad
Sept 24: Chicken enchiladas Salad Chocolate Pudding	Sept 26: Fish curry (<i>not spicy</i>) Rice Salad

Leftovers can be purchased for \$4.00 for a main course, \$3 for soup or \$4 for a sandwich, and \$2 for dessert. Full lunch is \$5.

***Please note that Friday soup & sandwich lunches have been cancelled due to low attendance.**



Programs

FALL PROGRAMS

EXERCISE

Stretch and Strength

This class focuses on gentle stretches that can help you with relaxation, relieving tension, and maintaining your range of motion. It also features gentle strength exercises that target the upper and lower body to increase strength and overall fitness.

Monday (Sept 9-Dec 16)

10:30-11:30am

Members: \$91/13 weeks or \$8/class

Non-members: \$10/class

Gentle Yoga

A yoga practice adapted for beginners and those interested in a more gentle approach. You will learn how to use yoga practice to help you deal with stress, become more relaxed, gain awareness, and keep your body moving with ease.

Tuesdays (Starting Sept 3)

10:45am-12:00pm

Members: \$8/class

Non-members: \$12/class

Walking Club

Let's walk together to get fit! Walking is a great cardiovascular exercise that works your entire body. Our walking club offers various 2-hour walks in our neighbourhood for individuals of all skill levels.

(Cont'd) Fridays (ongoing)

10:00-12:00pm

Members/Non-members: Free

Osteo-Fit

This class is a BC Women's Hospital certified fall prevention program for individuals with osteoporosis, low bone density, and those who are at risk of fractures. It provides safe and gentle exercises to improve strength, coordination, and balance, enhance confidence, and reduce the risk of falls.

Wednesday (Starting Sept 11)

11:00-12:00pm

Members: \$8/class

Non-members: \$10/class

Tai Chi

Learn this ancient Chinese martial art form that uses deliberate standing movements, meditation and deep breathing to enhance physical and mental well-being. Described as "meditation in motion", this practice improves flexibility, joint strength, and balance. Practicing Tai Chi also increases mental focus and awareness, helping you achieve a sense of inner peace.

Wednesdays (Starting Sept 4)

9:30-10:30am

Members: \$8/class

Non-members: \$10/class

SOCIAL & EDUCATIONAL

Book Club

Join us for a discussion of this month's book selection. New members are welcome!

*Last Thursday of the month
1:00-2:00pm*

September date: Thu, Sept 26
\$2 drop-in

Bridge

Interested in playing a weekly card game with other friends? All are welcome at our weekly friendly bridge meet-up!

*Thursdays (ongoing)
1:30-3:00pm
\$2 drop-in*

Mustard Seeds Knitting Group

Join this friendly group to knit, share conversation and drink tea. Use the group's yarn to knit items for Centre fundraising, or bring your own yarn to knit for yourself!

*Wednesdays (ongoing)
1:00-3:00pm
Members/non-members: Free*

Amaryllis Singing Group

This informal choir meets each Monday to sing jazz, musical, and classical favorites. No formal training is required, and all are welcome to join!

*Mondays (Starting Sept 9)
11:00am-12:00pm
\$2 drop-in*

NEW! French Conversation Club

Join our new French Conversation classes to brush up on your conversational French or learn a new skill!

*Mondays (Starting Sept 9)
1:30-2:30pm
\$3 drop-in*

Mah Jong

Drop in to play Mah Jong! Players from advanced, intermediate, and beginner levels are welcome!

*Mondays (ongoing)
12:30-3:30pm
\$2 drop-in*

Spontaneous Art Studio

Share in the relaxing and healing experience of doing spontaneous art in this open studio art class. A wide variety of materials are supplied.

*Fridays (ongoing)
10:00am-12:00pm
Members: \$7/class
Non-members: \$10/class*

Creative Writing

Find your voice and write the stories you have always wanted to tell!

*Thursdays, Sept 12 and 26th
3:00-4:00pm
\$3 drop-in*

Programs

SOCIAL & EDUCATIONAL

Computer & Tech Lessons

Receive one-on-one computer and technology instruction from our friendly instructors, who will help you learn at your own pace! Go from learning how to turn on the computer to keeping in touch with loved ones through email, Facebook, and more.

Thursdays (Starting Sept 5)
2:30-4:00pm
Members: \$10/class
Non-members: \$12/class
Registration required

Beginner Spanish

Learn the basics of Spanish, one of the fastest growing languages in the world! This 6-week class provides a supportive environment learning basic Spanish language skills, preparing you for everyday interactions and providing a strong foundation for continued studies in Spanish.

(Cont'd) Attendance of all 4 classes in a session is strongly encouraged.

Thursdays (Sept 5-26)
10:00-10:50am
Members: \$32/4 classes
Non-members: \$40/4 classes
Registration required

Intermediate Spanish

This class expands on the fundamentals of the Spanish language, and presents more complex structures in a variety of tenses and moods. You will have an opportunity to further develop your Spanish language skills and cultural knowledge through listening, reading, writing, and interactive discussions.

Thursdays (Sept 5-26)
11:00-11:50am
Members: \$8/class
Non-members: \$10/class

SELF-CARE

Gentle Hand & Foot Care

Let our registered nurse Daisy Mae pamper your hands or feet! As a nurse, she knows the proper techniques to ensure that your hands or feet will be well taken care of. She will nurse them back to health. **By appointment only.**

Second Tuesday of the month
9:30am-1:30pm (1/2hr appts.)
September date: Tue, Sept 10
Members: \$30
Non-members: \$35
Registration required

SELF-CARE

Massage Therapy (ages 45+)

Get a relaxing and therapeutic massage from students of the West Coast College of Massage Therapy. **By appointment only.**

*Mondays (Starting Sept 9)
1:15-5:00pm (45 min appts.)*

Members: \$30

Non-members: \$35

Registration required

Hair Care

Have your hair cut and styled by our friendly hairdressers Annette and Savita. Please wash your hair before your appointment.

By appointment only.

September date: Thu, Sept 12

10:00-12:00 (1/2hr appts.)

Members: \$15

Non-Members: \$17

Registration required

SPECIAL PROGRAM

An Experiment in Sensing Object: A Special Project with the Contemporary Art Gallery and Museum of Vancouver

Take part in this special program, which invites an intergenerational group of participants (age 13-100+) to research a selection of objects from the collection of MOV (Museum of Vancouver)!

Through a series of sensory-driven workshops led by artists Tiziana La Melia, Jane Ellison, Elisa Ferrari and Megan Hepburn, this workshop series will focus on the relationship between everyday objects and sensory knowledge to activate memories, create connections, and complicate known histories.

The materials generated during these collective gatherings and guided experiments will be documented by means of video, writing, sound- and movement- scores and will be used as a script for the development of a video installation that will be presented at the Contemporary Art Gallery.

Friday (Sept 20), 3:00-5:00pm: Tour of the collection with MOV curator Wendy Nichols

Wednesdays (October 2-November 20), 3:00-5:00pm: writing- movement- sound- and scent- workshops

*All 8 sessions + tour are FREE. **Registration required by September 16***
Sessions take place at the Museum of Vancouver (MOV), Local History Lab. Transportation to MOV will be arranged from the South Granville Senior Centre.

Programs

INFORMATION & REFERRAL SERVICES

Representation Agreements - Planning for the Future and End-of-Life Care

Are you prepared for end-of-life? For incapacity? For your future? If you are making plans for yourself, learn the steps needed to plan your future with a one-on-one appointment with a volunteer trained by Nidus Personal Planning Resource Centre (<http://www.nidus.ca>). **By appointment only.**

*Mondays (Starting Sept 9)
1:00-3:30pm (1/2 hr appts.)
Free, **registration required**
**Please note: Follow up questions
require an appointment.***

Legal Clinics with Access Pro Bono

Access Pro Bono strives to increase access to justice for individuals of limited means throughout BC. This service provides up to a half-hour of free legal advice from licensed volunteer lawyers (additional appointments may be made). This service is for low-income individuals of any age. Please call to find out if you meet the requirements. **By appointment only.**

*Thursdays, Sept 5, 12, 19, 26
2:00-4:00pm (1/2 hr appts.)
Free, **registration required***

Friendly Weekly Call List

Would you like someone to check in with you? Receive a friendly phone call once a week from a trained volunteer of the Centre. Our volunteer will check in with you and be available for a short chat. Why? For peace of mind, and because we care.

Please call 604-732-0812 to be added to our weekly call list.

Peer Information and Referrals

Our trained Information and Referral volunteers are available to provide you with information about government programs and subsidies (Canada Pension Plan, Old Age Security, Guaranteed Income Supplement), Disability Pension, Medical Services Plan, BC Bus Pass, housing subsidies for low income seniors, and more. Volunteers can also help with completing government forms.

*In English: Tuesdays (1hr appts.)
10:00am-12:00 pm
Free, **registration required**
Please call 604-732-0812 to register.*

*In Spanish: Wednesday (ongoing; 1hr
appts.)
9:30am-12:00pm
Free, **registration required**
Please call 604-732-0812 to register.*

PROGRAMA PARA PERSONAS MAYORES DE HABLA HISPANA | SPANISH SENIORS PROGRAM



HORARIO/SCHEDULE

Cada Miércoles | 10am-4pm

10-12 hr	Información y ayuda en Español
10-12 hr	Tutoría en tecnología y computación
10-10:45 hr	Clases de inglés— nivel básico
10:45-11:30 hr	Clases de inglés— intermedio-avanzado
11:30 -12 hr	Clases de gimnasia para la memoria
12:15-13 hr	Yoga suave
13-14 hr	Almuerzo
14:30-16 hr	Clases de canto

VALOR/COST

Almuerzo: \$7 miembros/
\$8 no miembros

Membresía: \$20/año/year

Para mayor información comunicarse con Danna (604-732-0812)

....
Encuétrate con personas de habla hispana de 55+ años. Ofrecemos sesiones en español que incluyen oportunidades de socialización, empoderamiento, recreación y aprendizaje. Disfruta de un almuerzo de 3 platos y nuestras clases regulares (inglés, tecnología y computación, yoga), así como actividades en la tarde que varían cada mes (talleres, presentaciones de música y baile, juegos). Hispano hablantes y no hispano hablantes son bienvenidos a participar!

Meet with Spanish-speakers aged 55+. The Spanish Seniors Program offers opportunities for socialization, empowerment, recreation, and learning. Take part in a 3-course lunch, computer classes, ESL classes, gentle exercise, and afternoon activities (musical performances, lectures, and games). Everyone is welcome to participate - Spanish and non-Spanish speakers alike!

OFRECEMOS OPORTUNIDADES PARA TRABAJAR COMO VOLUNTARIOS VOLUNTARIO!

INFORMACIÓN Y AYUDA EN ESPAÑOL

Todos los miércoles en la mañana desde las 9:30am hasta las 12pm. Un voluntario de South Granville Seniors Centre lo atendera en Espanol para que pueda conocer y acceder a los servicios de vivienda, salud, pensiones y otros.



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Seniors Outreach Project

Do you know a senior or older adult in the South Granville/Fairview area who would like more community connections?

We can help!

The South Granville Seniors Centre is here to connect seniors to services, resources, and social activities in their community.

We are seeking Community Connector Volunteers for our Seniors Outreach Project!

Would you like to help us reach out to more than 5800 seniors living in the South Granville/Fairview area who may not know about the resources, services, and social opportunities in their community? We are beginning an outreach project to try to reach seniors who would like to be better connected to their community.

To learn more, please contact us at

604-732-0812

southgranvilleseniors.outreach@gmail.com

1420 West 12th Avenue