

Seniors Programming Calendar – November 2020

Monday		Tuesday		Wednesday		Thursday		Friday	
2	Intergenerational Drop-In Online, 5-6 p.m.	3		4	Art Group Drop-In Online, 3-4 p.m. MPNH Walking Club In-person, 12-1 p.m.	5	Olympic Village Walking Club In-person, 11-1 p.m. Seniors English Class Online, 1-2 p.m.	6	Digital Seniors 10:00-12:00 p.m. (Registration required) QE Park Walking Club In-person, 1-2 p.m. Food Fit 6 Online, 4-5:30 p.m.
9	Intergenerational Drop-In Online, 5-6 p.m.	10		11	Remembrance Day – MPNH Closed Lest We Forget	12	Olympic Village Walking Club In-person, 11-1 p.m. Seniors English Class Online, 1-2 p.m. Food Fit Alumni Class Online, 2-3 p.m.	13	QE Park Walking Club In-person, 1-2 p.m. Food Fit 6 Online, 4-5:30 p.m.
16	Intergenerational Drop-In Online, 5-6 p.m.	17	Choose to Move Group Meeting #6 In-person, 1-2:30 p.m.	18	Art Group Drop-In Online, 3-4 p.m. MPNH Walking Club In-person, 12-1 p.m.	19	Olympic Village Walking Club In-person, 11-1 p.m. Seniors English Class Online, 1-2 p.m.	20	Digital Seniors 10:00- 12:00 p.m. (Registration required) QE Park Walking Club In-person, 1-2 p.m. Food Fit 6 Online, 4-5:30 p.m.
23	Intergenerational Drop-In Online, 5-6 p.m.	24		25	Chair Yoga 10:00- 12:00 p.m. (Registration required) MPNH Walking Club In-person, 12-1 p.m.	26	Olympic Village Walking Club In-person, 11-1 p.m. Seniors English Class Online, 1-2 p.m. Food Fit Alumni Class Online, 2-3 p.m.	27	QE Park Walking Club In-person, 1-2 p.m. Food Fit 6 Online, 4-5:30 p.m.
28	Intergenerational Drop-In Online, 5-6 p.m.	29	Choose to Move Group Meeting #6 In-person, 1-2:30 p.m. Pen Pal Club Gathering Online, 3-4 p.m.	30	Art Group Drop-In Online, 3-4 p.m. MPNH Walking Club In-person, 12-1 p.m.	1	Olympic Village Walking Club In-person, 11-1 p.m. Seniors English Class Online, 1-2 p.m.	2	



Mount Pleasant
Neighbourhood House

MPNH Seniors Team Contact Information

For information about:	Contact:	Contact Information:
Better at Home Housekeeping	Shaelee Gummer Better at Home Coordinator	sgummer@mpnh.org 604-879-8208 ext. 104 Mon-Fri 9:30 to 4:30 English
Walking Clubs/Chair Yoga English Class/Digital Support Settlement Support	Jessie Huang Seniors Settlement and Better at Home Programmer	jhuang@mpnh.org 778-897-2042 Mon, Wed, Thurs and Fri 9 to 5 English/Cantonese/Mandarin
Foodfit Program Choose to Move Program Seniors Inquiries & New Referrals	Omnia El Shayeb Seniors Programmer and Settlement Worker	oelshayeb@mpnh.org 604-879-8208 ext. 112 Mon, Tues, and Thurs 9 to 4:30 English/Arabic
Pen Pal Program Intergenerational Drop-In Art Box Program	Daniela Gunn-Doerge Seniors Programmer & Front Step Project Coordinator	dgunndoerge@mpnh.org 604-879-8208 ext. 225 Mon 9 to 5, Wed 9 to 5, Fri 1 to 4:30 English
SOS Services Volunteering Seniors Programming	Elizabeth McIlffaterick Seniors Engagement Coordinator	emcillfaterick@mpnh.org 604-879-8208 Mon, Tues, Thurs-Sat 9 to 4 English/Spanish