

# Seniors Programming Calendar – January 2021

Monday		Tuesday		Wednesday		Thursday		Friday	
4	<b>Intergenerational Drop-In</b> Online, 5-6 p.m.	5		6	<b>MPNH Walking Club</b> In-person, 12-1 p.m. <b>Art Group Drop-In</b> Online, 3-4 p.m.	7	<b>Olympic Village Walking Club</b> In-person, 11-12 p.m. <b>Food Fit Alumni Class</b> Online, 2-3 p.m.	8	<b>Digital Seniors</b> 10:00-12:00 p.m. <b>Food Fit 6</b> Online, 4-5:30 p.m.
11	<b>Intergenerational Drop-In</b> Online, 4-5 p.m.	12	<b>Choose to Move Group Meeting #6</b> In-person, 1-2:30 p.m.	13	<b>MPNH Walking Club</b> In-person, 12-1 p.m. <b>Chair Yoga</b> 10:30-11:30 a.m.	14	<b>Olympic Village Walking Club</b> In-person, 11-12 p.m. <b>Seniors English Class</b> Online, 1-2 p.m.	15	<b>QE Park Walking Club</b> In-person, 1-2 p.m. <b>Food Fit 6</b> Online, 4-5:30 p.m.
18	<b>Intergenerational Drop-In</b> Online, 4-5 p.m.	19		20	<b>MPNH Walking Club</b> In-person, 12-1 p.m. <b>Art Group Drop-In</b> Online, 3-4 p.m.	21	<b>Olympic Village Walking Club</b> In-person, 11-12 p.m. <b>Seniors English Class</b> Online, 1-2 p.m. <b>Food Fit Alumni Class</b> Online, 2-3 p.m.	22	<b>Digital Seniors</b> 10:00-12:00 p.m. <b>QE Park Walking Club</b> In-person, 1-2 p.m. <b>Food Fit 6</b> Online, 4-5:30 p.m.
25	<b>Intergenerational Drop-In</b> Online, 4-5 p.m.	26	<b>Choose to Move Group Meeting #6</b> In-person, 1-2:30 p.m. <b>Pen Pal Club Gathering</b> Online, 3-4 p.m.	27	<b>MPNH Walking Club</b> In-person, 12-1 p.m. <b>Chair Yoga</b> 10:30- 11:30 a.m.	28	<b>Olympic Village Walking Club</b> In-person, 11-12 p.m. <b>Seniors English Class</b> Online, 1-2p.m.	29	<b>QE Park Walking Club</b> In-person, 1-2 p.m. <b>Food Fit 6</b> Online, 4-5:30 p.m.

<b>For information about:</b>	<b>Contact:</b>	<b>Contact Information:</b>
Better at Home Housekeeping	Shaelee Gummer Better at Home Coordinator	<a href="mailto:sgummer@mpnh.org">sgummer@mpnh.org</a> 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	<a href="mailto:jhuang@mpnh.org">jhuang@mpnh.org</a> 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	<a href="mailto:oelshayeb@mpnh.org">oelshayeb@mpnh.org</a> 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 Outreach and Special Project Coordinator	<a href="mailto:dgunndoerge@mpnh.org">dgunndoerge@mpnh.org</a> 604-879-8208 ext. 225 Mon 9 to 5, Wed 9 to 5, Fri 1 to 5 English
SOS Services Volunteering Seniors Programming	Elizabeth McIlffaterick Seniors Engagement Coordinator	<a href="mailto:emcillfaterick@mpnh.org">emcillfaterick@mpnh.org</a> 778-897-2010 Mon, Tues, Thurs-Sat 9 to 4 English/Spanish