



# 411 Seniors Centre Society

## OUR VOICE

## Message from the President

**Cherry blossoms are hanging from trees, daffodils are blooming, and crocuses are popping up everywhere. Spring has sprung and our 411 Seniors Centre is in a period of renewal and rebirth.**

We are in our beautiful new building at 3502 Fraser (at 19th). This new building is the result of more than ten years hard work, and determination. You are encouraged to see how we are getting settled and to look around.

Currently the 411 Seniors Centre is:

- Running our Information and Referral Program
- Operating our income tax clinic
- Planning for a wide range of programmes to start in May
- Working hard to showcase seniors helping seniors
- Advocating for seniors
- Preparing for our Annual General Meeting June 22 2023.

We are always looking for volunteers and you are invited and encouraged to assist us as a volunteer. There are many different ways you can volunteer. Just ask us.

The new centre has highlighted the need for donations. We need money to continue to operate. It would be great if in this difficult economic period you could help us by making a donation. No amount is too small and no amount is too large.

Our new Executive Director Michael Volker is continuing to work hard on our behalf and learn about us. Our former Executive Director Leslie Remund is taking a well deserved rest while juggling care giving and other obligations.

Celebrate spring and celebrate the 411 Seniors Centre  
Marion Pollack

### Board of Directors Call for Nominations

#### 2023 Annual General Meeting – June 22, 2023

411 Seniors Society is embarking on a most exciting new future in our beautiful new Centre at 3205 Fraser St. We need as many willing hands as we can gather to build the best seniors' community. Will YOU join us? If you are interested – or even curious – please contact us before April 30, 2023: Nominating Committee Chair: Gwen Willox: [gwillox19@hotmail.com](mailto:gwillox19@hotmail.com) Tel: (604) 916-2280

# New Workshops at 411

We are very happy to introduce our 411 Senior Centre members programs that are due to start in May of 2023. 411 Seniors Society offers an array of programs, events, trips, and seminars year-round for free or at a low cost. Beyond our current Information and Referral program and Drop-In services, additional in-person programs will begin in May 2023 now that we

are getting settled in our new centre at the corner of Fraser and East 19th Avenue.

See information on May 2023 programs in the Workshop page on our website. There are several programs that you can choose from to suit your capabilities, your interests and if anything, have a fun and social time at the centre. Some of the featured activities:

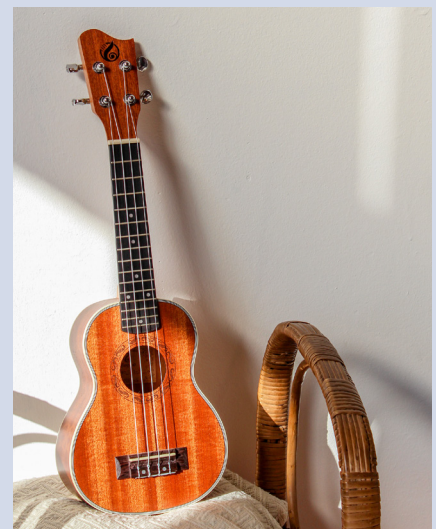
- **Art**
- **Chair Yoga**
- **Line Dancing**
- **Spanish Conversation**
- **Ukelele**
- **Walking Club**
- **and our wonderful Coffee Social Group**

These programs are designed as a way to encourage activity, exercise and daily engagement. They are also

proven to benefit cognition, mental health and emotional well-being for older adults.

...And who knows, you may even get a good laugh with the group!

We welcome you to our new building and centre at 3502 Fraser St. (at E. 19th Avenue) - where there's lots of room for the activities and a staff ready to help you with your questions.



## Join Our Board

If you are a member of 411 and are 55 years or better – we want you on Board!

It's been a long and hard road for us to get to where we are today. And where we are – is ready to begin the most exciting chapter in the life of our newly appointed 411 Senior Centre at 3502 Fraser St. We

take pride in our accomplishments as we recognize the opportunities available for us to do great things for seniors in our community and for the larger community of seniors in B.C.

If you are interested in being part of an enthusiastic team that is focused on making seniors' lives better, consider becoming

a new Board member. We have Gwen Willox (gwillox19@hotmail.com or 604-916-2280) and Patsy Craig (patceegee@gmail.com or 604-254-9032) who can answer any of your questions or concerns regarding being a member of the board. NB Applications need to be submitted by April 30, 2023.



# A Fond Farewell and a Warm Welcome



The new facility was the scene of a gathering on 17 March to mark the last day of work of Leslie Remund as Executive Director. In attendance were current and former Board members, current and former staff and volunteers, and a number of members and friends.

Led by Marion Pollack, 411 President, several people gave short tributes to Leslie for her leadership and support during a transitional time for 411, complicated by the pandemic. And, of course, there was much talk of Leslie's role in the development of the new centre.

Leslie spoke of her approach to her work, her ap-

preciation of all the people who make 411 such a great place, and of her plans for the future, including caring for family members. Then there was cake!

The following Monday was the starting date for the new Executive Director. Michael Volker comes to 411 after a number of years at the Mount Pleasant Neighbourhood House. He knows the area and has lots of relevant experience. He has joined 411 at a time of opportunity as we reopen services and programs in the Fraser Street building. Michael is wished a warm welcome by the Board and Staff!



Celebrating the opening of the new 411 Seniors Centre.



A big warm welcome to incoming Executive Director, Michael Volker.



Farewell cake with Executive Director, Leslie Remund, & board member Jeannie Kamins

## RECIPE: Israeli Moussaka

(By Jeannie Kamins) Moussaka is a favourite of mine and I like this one because it doesn't use eggplant which my family doesn't like. Feeds 6.

- 1/2 pound frozen chopped spinach
- 4 large potatoes
- 1 pound chopped meat or tempeh or setain
- 2 medium onions, chopped
- 2 scallions, chopped
- 1 T chopped parsley
- 1 med. tomato, chopped
- salt/pepper to taste
- 1/2 teaspoon cinnamon
- 5 eggs

Squeeze out water from spinach and chop. Peel the Potatoes, cut into slices and parboil for 5 minutes. Drain and cool. In a medium - sized bowl combine the meat with the spinach. Add the chopped vegetables, salt and pepper and cinnamon. Add 2 of the eggs and blend thoroughly. In a lightly greased casserole,

arrange half of the potatoes in an even layer. add a layer of meat and top with a layer of potatoes. Beat the remaining eggs with a pinch of salt, cover the casserole bake at 350 degrees for 30 minutes. Remove lid and bake for another 30 minutes until the potatoes are browned and tender.

# Sylvie's Story

My name is Sylvie Field. I have been in Vancouver with my husband for a little over a year. We have residency and this is our home now. We are lucky enough to live very close to family and this was our objective. Our little grandson ensures that we are well occupied and we are lucky to have a roof garden to look after and enjoy. That said, it's been a difficult transition in some ways and of course, we left behind all our friends and the rest of our family. We are both in our mid-seventies so not exactly spring chickens!

I have always enjoyed having various creative outlets and it was this that led me to go to a mural festival last year. Totally by chance, I met up with Clemencia whilst I was wandering around and she and her friends invited me along when they went for a meal. Details were exchanged and eventually, I came along to a session of 411 Coffee and Conversation Gathering at Kingsgate Mall. I had no idea what to expect but right from the start, I felt

welcome. Eventually, I got to know other seniors and have looked forward to all the different activities we do.

One of the biggest surprises was how many different nationalities there were. I love that because it's a way to appreciate all the different backgrounds and histories we have. But of course, many of us face the same problems, the same doubts, and the same fears and I guess one of the main functions of 411 is to address some of those. Meanwhile, we are having fun! I can't remember laughing so much when I was in a large group of people. I am actually quite a shy person, but I think I have learned to trust enough to be able to speak my mind and to relax in whatever the activities are that day.

Often when you get older there are fewer and fewer opportunities to do things like dance and sing so I have really enjoyed that and appreciate those for whom a sense of rhythm comes naturally. Some stereotypes are true! I also like sharing my own creative instincts in various small projects like making the mosaic and I look forward to many others.



**Are you interested in making a difference in your community? Come volunteer with us for the month of April 2023!**



### TAX CLINIC TIME...

**Date:** March 6, 2023 – April 27, 2023. **Hours of Operation:** Monday – Thursday from 10:00 AM to 2:00 PM. **Appointment contact number:** 604-684-8171.



# 411seniors.org

## 411 Seniors Centre Society

3502 Fraser Street, Vancouver, BC, V5V 4C5

411 Seniors is the go-to hub for older adults interests. The centre works toward an inclusive community of informed and connected older adults in the Lower Mainland.



604-684-8171



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Located on the unceded homeland of the Skwxwú?mesh (Squamish), and Səlilwətaʔ (Tsleil-Waututh) and xʷməθkʷəy̓əm (Musqueam) Nations.