



411 Seniors Centre Society OUR VOICE

Seasons Greetings Friends of 411

I sincerely wish you and your family a wonderful holiday season. I just want to take this opportunity to thank everyone that has been involved in the 411 Seniors Centre this year – it has been an absolute pleasure working with everyone. I can't wait for what 2024 will bring us.



As you know 2023 has been a big year for us. We opened up our brand-new location at Fraser and East 19th Avenue in March and we have been busy ever

and assistance.

We have implemented a wonderful range of engaging programs from book clubs, to outings, line-dancing and ukulele classes. The Centre is a vibrant place where seniors laugh, learn, sing, dance, play cards, Mah Jong, and much, much more.

And, recently, we have been offering subsidized lunches on Wednesdays and Fridays...a great success- and delicious, nutritious menus.

I would be remiss if I didn't make this annual request... With your support,

we are able to: expand our subsidized meal program, increase the number of programs, purchase supplies for the kitchen and for program-

ming needs and simply keep our beautiful space operating and supporting seniors.
All the best and Happy New Year,
Michael Volker,
Executive Director



Holiday Season lunch at 411 Seniors Centre

since. We ran our annual free income tax clinic; we have continued to provide Information and Referral Service to seniors needing advice

and assistance.



**411 Seniors Centre Society
PROGRAM**
January to March 2024

To sign up up for
411 Seniors Centre programs
visit or contact us @

-  3502 Fraser Street, Vancouver BC
-  info@411seniors.org
-  604-684-8171
-  www.411seniors.org

We welcome all members of the community to visit us and participate!

Look for the new 411 Seniors Centre program guide available at the front desk in the new year.

Message from the President

As we near the end of the year, it's a good time to reflect on the privilege I have of being involved with the 411 Seniors Centre Society. The staff and the board work tirelessly first and foremost to ensure seniors' are being treated fairly, staying informed of seniors' rights and most of all, allow for a safe place to connect and call their own as they define this community.



Having said that, the volunteers/members we have at 411 are second to none. You are met and

greeted by volunteers, you may have classes with experienced volunteer teachers and you may recognize familiar faces that volunteer in the kitchen and help with special events.

It goes without saying that

we are SENIORS HELPING SENIORS! And if you would like to join and become a volunteer, please contact us to discuss what you feel you can do to help. A reminder that March is quickly approaching and we will be calling on our volunteers to help with our FAMOUS TAX CLINIC.

On that note, take the time to enjoy and celebrate the holidays with friends and family and it is with warm thoughts and heart-

felt wishes that I hope you have a safe and loving holiday gathering... and remember to count your blessings!

Marika Kocaba
Board President



Holiday Closures

A reminder that the 411 Seniors Centre Society will be closed from Monday, December 25th, 2023 through to January 1st, 2024 inclusive. The Centre will reopen on Tuesday, January 2nd, 2024.

Programs Announcement

Please take note that some of your favourite programs will be charging a small fee starting January 2024. A calendar is included outlining all the schedules and fees. If you have any questions, please call (604) 684-8171

Wednesday & Friday Lunches

A reminder that the Wednesday and Friday lunch program is still underway throughout the holiday season.



Donor Thank-You

We extend our heartfelt gratitude to Home Depot (Cambie), Telus and AMICA Helping Hands for their generous contributions that are making our seniors' centre holiday celebrations possible. Their unwavering support has played a crucial role in bringing joy and festivity to our community of seniors. We are immensely thankful for their commitment to enhancing the well-being of our seniors, and their kindness has truly made a positive impact on our community.

Benefits of Socializing for Seniors

With the holiday season quickly approaching, many of us anticipate spending time with our loved ones. However, it's worth noting that the winter season can be a lonely time for many seniors.



According to a 2021 article by the Centres for Disease Control and Prevention, seniors are at a higher risk of feeling isolated and lonely around the holidays, so it's essential to pay extra attention to seniors' needs during this time.

Seniors are more susceptible to loneliness and social isolation due to factors such as living alone, chronic illness, and loss of family or friends. These factors can create barriers to social interaction and impact seniors' health, leading to increased risks of developing dementia, heart disease, and stroke in elders over 50.

Maintaining social connections is crucial to the mental and emotional well-being of seniors. There are ways to overcome this. Seniors can

stay connected through:

- Group classes – art, book clubs, languages
- Socializing – on social media, in the centre, events
- Calling or video chatting with their loved ones
- Participating in senior programs, activities and volunteering.

At 411 Seniors, we provide multiple ways for seniors to stay informed, connected and engaged within our community. We offer a range of activity classes, both physical and mental: most popular – Tai Chi, MahJong, dance and chair yoga classes, brain teasers and even Ukulele. You are also welcome to drop in to our regular coffee social groups and our famous lunch-

Please welcome Jennifer De Sa, our featured writer, in the first of her three part series regarding seniors and isolation.



es, where seniors can enjoy a variety of delicious soups, sandwiches, casseroles, and other tasty treats.

Benefits of social interaction:

- Higher levels of physical activity
- Positivity in mental health and mood
- Promoting meaningful connections and relationships
- Encouraging healthy behaviours and coping skills
- Please visit our website below to see our upcoming activities and social events at 411 Seniors. We look forward to seeing you at our next event and stay tuned for the next article in this series.

Website:

<https://411seniors.org/>

Phone Number:

(604) 684-8171

References:

<https://www.cdc.gov/aging/publications/features/lonely-older-adults.html>

<https://www.health.harvard.edu/mind-and-mood/broader-social-interaction-keeps-older-adults-more-active>

Recipe: Easy Chocolate Bark

Make 5 Minute Easy Chocolate Bark over 6 different ways with only 2 main ingredients! It's the perfect gift for the holidays.

PREP TIME: 5 minutes
TOTAL TIME: 5 minutes
YIELD 12 servings

Ingredients

- 1 11-12 ounce bag white, dark, milk, or semi-sweet chocolate chips (about 2 cups)
- 1 tablespoon vegetable shortening or vegetable oil
- Various toppings see ideas in directions

Instructions

Line a 10x15-inch pan or cookie sheet with wax paper. Place chocolate chips in a microwave safe bowl. I like to use a disposable paper bowl or re-usable plastic container for best results. Add short-

ening or oil. Heat chocolate chips on 50% power in 30 second increments, stirring between each, until melted and smooth.

Spread chocolate into an even layer on the prepared pan. Top with desired toppings.

Chill to set then break into pieces. Store in an airtight container in the refrigerator for 4 days to 2 weeks (depending on the toppings you use; candy toppings last longer than pretzels or cookies, which tend to get stale).

Peppermint White Chocolate Bark: Sprinkle chopped candy canes or peppermint crunch over melted white chocolate.

M&M Chocolate Bark: Sprinkle holiday or any flavor M&Ms over melted white or regular chocolate.

Milk & Cookies Bark: Sprinkle chopped chocolate chip cookies and/or Oreos over melted white chocolate.

Peanut Butter Cup Bark: Sprinkle chopped peanut butter cups over melted milk or semi-sweet chocolate.



Caramel Pretzel Bark: Sprinkle chopped pretzels and Rolos over milk or semi-sweet chocolate.

Almond Toffee Bark: Sprinkle almonds, toffee bits, and cocoa nibs over dark chocolate.

These are just a few ideas – there are so many options! Clean out your baking pantry and make your favourite flavour combo!

<https://www.crazyforcrust.com/5-minute-chocolate-bark-6-ways/>

SFU SENIORS LEADERSHIP AWARD – Marion Leslie Pollack



Simon Fraser University Gerontology Research Centre established a Seniors Leadership Award to recognize the contributions that British Columbia seniors make as volunteers. And this year, Marion Pollack was recognized for her unwavering commitment as a volunteer helping seniors at 411 Seniors Centre Society. Thank you for all that you do from the board, the staff, the members and volunteers!



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
 info@411seniors.org
 411seniors.org
 facebook.com/groups/411connected/

 twitter.com/411seniors
 poweredbyage.com

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