



Seniors on the Move: Summer Adventures



Richmond Nature Park





Volunteer Appreciation BBQ



Bowen Island Daytrip



U-Berry Pick



White Rock

Message From Our E.D. , Michael Volker

State of the Union: Looking Ahead to Fall at 411 Seniors Centre

As the crisp air of fall arrives, 411 Seniors Centre is excited to welcome our members back to a season full of connection, learning, and well-being. This autumn, we're offering an enriched lineup of programs designed to keep minds active, bodies strong, and spirits engaged.

Members can look forward to a variety of social and recreational activities, including a variety of fitness classes, creative workshops, and our ever-popular discussion groups. Which will include local NY Times best selling author Robyn Harding on October 7th. Our community programs continue to provide opportunities to meet new friends, share stories, and build lasting connections. For those eager to expand their skills, fall will bring conversation classes, digital literacy sessions, and hands-on art and craft classes.

Nutrition and wellness remain at the heart of what we do. Our meal programs will continue to serve wholesome, balanced meals, while health-focused

workshops (MELT) and other workshops will provide practical tips for maintaining physical and mental health.

We are also thrilled to host several special events, including our Open House and AGM, guest speaker series. These moments remind us of the strength and vibrancy of our community and the passion of our members.

Together, this fall promises to be a season of growth, joy, and camaraderie at 411 Seniors Centre. Please remember to respect all participants in our Centre. If there is ever a problem, please talk to staff.

Thank you for reading!

We can't wait to see you participate, engage, and thrive at 411 - yours truly,



Michael Volker - Executive Director
411 Seniors Centre Society

Message From Our President, Marika Kocaba

As we change from a hot summer, we welcome the season of FALL. It will be refreshing to experience some cooler temperatures and get invigorated for what's coming up for 411 Seniors Centre. Though summers are more laid back, I have to admit that the centre was in full swing with countless outings (see the pictures) and our staff worked nonstop to forge new alliances, new programs and new friends. Thank you to our hardworking staff who continues to make 411 a leader in Seniors' community living!

This September, we are hosting our AGM for members who are interested in our Society, its current standing, the transparency of our finances, and the stewardship of our board of directors.

Moving forward, we must understand the challenges that face our Society. The bottom line of pursuing every possible funding stream is essential to our existence. These funds then translate to the

excellent programming and services we are able to provide for our members with a staff that makes it look easy and feels seamless.

That being said, the cost of coffee, cleaning supplies, pens, and even toilet paper is increasing. This hike in costs is making it more difficult for the 411 Seniors Centre to stay on budget. This is why, as of October 1, 2025, the Board of the 411 Seniors Centre will be increasing our annual dues from \$10.00 a year to \$15.00 a year. When your membership expires after October 1, 2025, you will be asked to pay the new annual membership fee of \$15.00.

Please take the time to thank all our wonderful volunteers - each program leader, our excellent kitchen staff, those at our front desk, those who are behind every event, as the entire centre is helped run by volunteers - SENIORS HELPING SENIORS. Stay INFORMED AND CONNECTED.

Volunteer Story - Norma



Norma and Julianna

As a senior volunteer, it's been a truly rewarding experience working alongside young volunteers at 411 Seniors Society.

Their knowledge of modern technology, pleasant personality and their ability to adopt to a new and challenging environment constantly amazes me and I'm learning from them everyday.

At the same time, they are open to my advises and experiences which creates a wonderful sense of mutual respect.

When we work together, we are in sync; always on the same page and able to overcome challenges as a team.

It is very inspiring to see and experience how different generations can come together and make such a strong impact.

*I'm so grateful that I joined 411 Seniors Society volunteer team. Helping people in any way I can makes me feel good every time...

Norma Baylon
Senior Volunteer

411 Chef Angie

Hello, I'm Angie Austria, a Chef dedicated to nourishing hearts and homes at our 411 Senior Community Centre.

With a passion for creating comforting, wholesome meals, I bring joy to the table everyday through food that's both delicious and thoughtfully prepared. My work is rooted in care, connection, and the belief that good food brings people together.

Whether it's planning menus, sharing recipes, or serving up smiles, I'm proud to be part of a community that values warmth, wellness, and togetherness.

Hope to see you in the dining common area, feel free to say hi or try our meal of the day.



Chef Angie Austria

Classic Basic Chicken Sandwich



Ingredients:

- Medium Chicken breast (200g)
Cooked and shredded
- 2 tbs Mayonnaise
- 1 tbs Dijon mustard (optional)
- ¼ black pepper
- 1 small tomato, sliced
- 4 slices whole wheat or multigrain bread

Instructions:

1. **Cook the chicken:** Heat a skillet with a little of olive oil over medium heat. Cook the chicken for 6-7 minutes per side until fully cooked. Let cool, then shred or slice thinly.
2. **Make the filling:** In a bowl, mix shredded chicken with mayonnaise, dijon mustard, salt and pepper
3. **Assemble the sandwich:** Lay out bread slices. Spread the chicken mixtures evenly on two slices. Top with lettuce and tomato slices. Cover with the remaining bread slices
4. **Enjoy!**



Join Our Volunteer Team at 411!

Volunteer with us in the kitchen, at reception, or around the center!

Events And Reminders



Open House

Wednesday, September 24th · 10:00 a.m. – 3:00 p.m.
Snacks, entertainment, fun, and frivolity. All seniors are welcome!



Annual General Meeting (AGM)

Monday, September 29th · 1:00 – 4:00 p.m. · at 411



National Day for Truth and Reconciliation

Tuesday, September 30th

A significant day for remembrance and education about residential schools.



National Seniors' Day

Wednesday, October 1st



Canadian Thanksgiving - **CENTRE IS CLOSED**

Monday, October 13th



Halloween

Friday, October 31st



From Crisis to Solutions – Seniors' Housing Action Forum 2025

Thursday, November 6th & Friday, November 7th

Please register: (604)684-8171





We are pleased to invite our members to:

411 Seniors Society Annual General Meeting



Monday, September 29th, 2025· 1:00 – 4:00 p.m.

What Is the Definition of an Annual General Meeting?

An AGM, or Annual General Meeting, is a legally required annual meeting for non-profits in British Columbia to review financial statements, discuss activities, and elect directors. It serves as a crucial governance tool, ensuring accountability and transparency by providing members with a formal opportunity to approve financial reports and participate in key decisions for the organization's future. The meeting must occur at least once a year, within six months of the non-profit's fiscal year-end, and is followed by the filing of an annual report with the Province of B.C.

Why You Should Join Us at the 2025 AGM

Your voice matters! The Annual General Meeting is your chance to:

- **See what's happening** – hear about 411 Seniors' programs, finances, and future plans.
- **Have your say** – ask questions, share ideas, and help shape our Centre's direction.
- **Celebrate together** – recognize the achievements of staff, volunteers, and fellow members.
- **Connect with your community** – meet other seniors, Board members, and staff.
- **Sign-up for Committees** and help us run a better Centre – we need committee members.

Come be part of the conversation and help guide 411 Seniors into the future!

Board Members

Here is our talented team of volunteer Board Members who help steward 411 Seniors Centre Society in 2025:



Marika Kocaba
President



Kevin Smith



Suzanne Jenkins



Gary Horswell
Vice President



Kan Sandhu



Edwin Padilla



Jim Chorostecki
Treasurer



Jane Belanger



Michael Volker
Executive Director



Lisa Hall
Secretary



Gaye Ferguson



Alan Louie
Accountant



Marion Pollack
Past President




Terri Nicholson

Gary Wozny
Auditor


New to 411

Drop-in Clinic with

Ministry of Social Development & Poverty Reduction Community Integration Services

 Every 2nd Friday, September 12th & 19th, October 10th & 24th

 10:00 a.m. – 2:00 p.m.

 411 Senior Centre, 3502 Fraser Street, Vancouver



We're here to support you with applying for income and disability assistance, navigating federal government applications (OAS/GIS, BC Housing), emergency needs such as food and clothing, personalized case management, medical device and bus pass requests, and referrals for housing and health services.


*** Please bring any ID you have as what is required will depend on the services accessed**

From Crisis To Solutions

Seniors' Housing Action Forum 2025



REGISTER NOW
604-684-8171

 Thursday, November 6th · 9:30 a.m. – 3:30 p.m.
Friday, November 7th · 1:00 p.m. – 3:30 p.m.

 Multi-Purpose Room, 411 Seniors Centre, 3502 Fraser St, Vancouver

Educational Workshops: On November 6th, participants can choose from a variety of workshops ranging from knowing your rights as a tenant, to understanding SAFER and the BC Housing Registry, to learning more about co-op housing.

Panel Discussion: On November 7th, a panel of diverse stakeholders will discuss potential solutions to the housing crisis.

Take Action: Get practical templates and letter guides to share with your local politicians. Learn how to advocate for seniors' housing rights. Connect with others to strengthen community voices. Leave with resources you can use right away.



Bus Ride

Poem by
Rosario M. Larion

A thick voice from beyond ...
 -----emulsifying.
 Greeted subjects, returned of no emotions.
 Disappointed but not totally
 A lady in white, silently nodding.
 Gave a smile for an opening
 Word for words at a lost
 Broken mind of a small soul
 Seeking a place of refuge to
 friend's avenue.
 A hope to crash in a complete
 solitude.
 Cold hands, pockets empty
 No change to share.
 Thy heart bleed for a broken
 soul.
 Lost for words; no wisdom to
 mouth
 A simple prayer of gratitude,
 existence beyond grasp
 Rang the line in a quiet motion.
 Legs wouldn't move.
 Salvaging the grip of raw
 emotions.
 Pity of tears for a broken mind
 Fills the void of sorrow
 For the lady in white with a
 transparent, broken soul.

Welcome Tracy Cromwell



"We make a living by what we get, but we make a life by what we give." No one is quite sure who said this first, but that doesn't change the truth behind the statement. I've been very lucky to spend my career helping individuals experience the great feeling that comes when they give to help others. I am very pleased to be able to continue this work with the team at 411 Seniors Centre as we come together to raise funds to enhance the quality of life for older people in our community. Work-life balance is important, so when I'm not in the office, you'll find me trying—strong emphasis on trying—to learn to play golf, helping at my church, and attempting to find my creative streak so I can check off some home DIY projects.

Welcome Veronica Ahumada



Dedicated Social Communicator and Journalist with a knack for organization and detail. With experience in administrative support and customer service. Beyond work she enjoys reading, baking, cooking, and crocheting. She is also a huge animal lover—her dog Martina, the love of her life, keeps her company while she knits or unwinds with a good book.

Share Your Talent in Our Newsletter!

We're looking for articles, recipes, jokes, artwork... Share your contributions and be part of making our newsletter fun and inspiring!

Photos © 411 Seniors Centre Society; additional graphics from Canva.



411 Seniors Centre Society
Informed and Connected

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