

"Proudly Canadian"

Our organization is proudly Canadian, rooted in integrity, inclusivity, and excellence. We are committed to serving our community with dedication and quality, reflecting Canada's strength and spirit.



International Women's Day - March 8th, 2025

On this International Women's Day, we honor the strength, resilience, and achievements of women across Canada and beyond. From breaking barriers to shaping communities, women continue to inspire progress and equality. Let's celebrate and support their incredible contributions today and every day!

We honor and remember the remarkable women who dedicated their time, effort, and passion to strengthening our organization and laying the foundation of 411 Senior Centre Society. Linda, Dorothy, and Elsie were invaluable contributors - generous with their time, experience, and hard work.

Their remarkable legacy continues to inspire us, and we are forever grateful for their lasting impact.



Elsie Dean



Linda Quilty



Dorothy Cerney

Message From Our E.D. , Michael Volker

The past few months have been incredibly busy at the 411 Centre! We had an amazing holiday season, hosting a record nine events in December, including a fantastic New Year's Eve celebration. Over the past couple of months, we've also seen a remarkable increase in attendance at our weekly lunches. Don't worry—we can handle the growing crowds! However, with more people in our space, it's important to be mindful of each other's feelings and personal space. I'd like to take this opportunity to remind everyone that our **Code of Conduct** emphasizes respect for others.

In February, we received an exceptionally generous donation from **Teri Nicholson**—please check out the article in this newsletter for details.

I just want to let you know that we're in the middle of **tax season**, so things might be a bit

busy at times. Please be patient as we do our best to help everyone quickly.



You may have noticed that our **Thrift Store is temporarily closed** now, but rest assured, we plan to reopen soon!

Beyond our regular **Monday–Friday activities**, we also host **twice-monthly 411 Coffee Houses**, led by the wonderful **Earle Peach and Barbara Jackson**. These musical gatherings are free and showcase talented local musicians, plus an open mic—so feel free to join in and share your talents!

Spring is around the corner, bringing even more exciting **programs, events, and excursions**—including trips in our new **411 Van**!

Thank you for being part of this amazing community. Enjoy the warmer weather!

Message From Our President, Marika Kocaba

We are off and running! Lots are happening at the 411 Centre – The activities are in full swing, our 2025 tax clinic started at the beginning of March, and we have two wonderful new additions to the board – Suzanne Jenkins and Terri Nicholson. Plus, Terri has donated (generously) a much-needed van for the centre, which will be dubbed: **TERRI'S TRIPS!**

On a personal note, I was honoured to be nominated to receive the King Charles III Coronation medal. This features myself and two past presidents – **Marion Pollack** and

Stuart Alcock – that have been recognized and nominated from the 411 Seniors Centre Society. I am humbled and inspired to be included in this group that tirelessly advocates for dignity and betterment of seniors.



Marion Pollack



Stuart Alcock



Marika Kocaba

Free Tax Clinic For Seniors



Eligibility

- Age 55 or older and/or on disability benefits
- Income must be less than \$35K for individuals or less than \$45K for couples
- No self-employment income
- No rental income
- No foreign assets
- No investment income over \$1000
- We do not file for deceased individuals

3 ways to make an appointment:

- Drop in to 411 Seniors Centre @ 3502 Fraser St.
- Call us: 604-684-8171
- Email us: taxes@411seniors.org



March 3rd - April 24th 2025 Monday - Thursday
10:00 a.m. - 3:00 p.m.



A special thank you to our tax volunteers who dedicate their time and effort to make our tax clinic possible.



**NATIONAL
VOLUNTEER
WEEK 2025**
VOLUNTEERS MAKE WAVES

APRIL 27 - MAY 3

National Volunteer Week

- Volunteer Canada

Volunteers Make Waves. Together, we create ripples of change.
#VolunteersMakeWaves #NVW2025

The theme for National Volunteer Week 2025 is Volunteers Make Waves. It highlights the power, impact and importance of individual and collective volunteer efforts across Canada. Like a wave, volunteering is movement building.

Earthquake Preparedness Guide (By PreparedBC)

Before An Earthquake

Thinking ahead and creating a home emergency plan will strengthen your ability to respond and recover.

Complete the checklist below:

- ☐ Identify the hazards in your region.
- ☐ Make an emergency phone list with at least one out-of-area contact.
- ☐ Pick a meeting spot if you're separated from loved ones.
- ☐ Learn how to turn off utilities.
- ☐ Secure your space.
- ☐ Identify what official sources you'll get information from.
- ☐ Identify any special needs, such as essential medications, and make sure a proper supply is on hand.
- ☐ Store enough food and water for everyone in your home for at least two weeks.
- ☐ Create grab-and-go bags.

The Canadian Earthquake Early Warning system is designed to alert for earthquakes likely to cause damage. It provides seconds to tens-of-seconds of warning by detecting an earthquake immediately after it occurs, giving you enough time to Drop, Cover, and Hold On.

In BC, the system sends real-time alerts to the public through the National Public Alerting System, which will automatically appear on TV, radio, and compatible mobile phones.

During An Earthquake:

Drop, Cover And Hold On

When you feel the ground shake or get an alert, immediately Drop, Cover and Hold On. These steps have saved lives and prevented injury in earthquakes. If you are inside, stay inside. DO NOT run outside or to other rooms during an earthquake.

If Possible:



Using Cane:



Using Walker:



Using Wheelchair:



Graphic courtesy of the Earthquake Country Alliance

For the complete and detailed *Earthquake and Tsunami Preparedness Guide* by PrepareBC, visit the link below or scan the QR code:



<https://bit.ly/earthquakeguide>

Events And Reminders



St. Patrick's Day

March 17th

Join us for green eggs and ham!



First day of spring

March 21st



Shape the future of your community -
make your voice heard by voting in the **2025 Vancouver by-election**



April 5th



Good Friday - CENTRE IS CLOSED

April 18th



Easter Sunday

April 20th



Easter Monday - CENTRE IS CLOSED

April 21st



Mother's Day

May 11th



Victoria Day - CENTRE IS CLOSED

May 19th





Apple Cake Recipe

Ingredients:

- 2 apples
- 3 eggs
- 100 grams almond flour
- 1 tbs baking powder

Instructions:

1. Preheat oven to 180°C (350°F) or set the air fryer to 170°C (340°F).
2. Grate the apples and mix them well with the 3 eggs in a bowl.
3. Add the almond flour and baking powder, then stir until well combined.
4. Pour the batter into a greased pan and bake for about 30 minutes in the oven, or 25-30 minutes in the air fryer.
5. Let it cool before serving. Enjoy!



Introducing: Nana Knows!

We're excited to introduce "Nana Knows", a new section where our members share wisdom, tips, and traditions from their mothers and grandmothers. From household hacks to heartfelt advice, this informal space celebrates family knowledge passed down through generations.

Please note: The information shared is based on personal experiences and should be used at the reader's discretion.

Have a great tip from your Nana or Mom? Send it in—we'd love to feature it in "Nana Knows!"

Send your advice/tips to Monica at:

mmurguia@411seniors.org



Exciting News – Introducing MySenior Centre!

We're thrilled to announce the launch of MySenior, our new platform designed to improve your experience at 411 Seniors Centre! With MySenior Centre, members, volunteers, and users can seamlessly check in, register for activities, and stay updated on events. Volunteers will also benefit from an easy way to track their hours, ensuring their contributions are recognized.

This system not only enhances accessibility for you but also helps us better manage programs and strengthen our community. Stay tuned for more details, and if you have any questions, our team is here to help!

For support or inquiries, contact Veronica at vahumada@411seniors.org and/or Ryan at rnatividad@411seniors.org



Terri's Trips

In February of 2025, 411 Seniors Centre Society (411 Seniors) received a generous donation—a twelve-passenger van—from Terri Nicholson, a dedicated supporter of our community. Her immense generosity has inspired us to commemorate her contribution with the launch of the Terri's Trips Program in 2025.



Scheduled to kick off in April, this program will offer a variety of field trips and shopping excursions tailored for our members.

The Terri's Trips Program aims to break the monotony of daily routines often experienced by seniors, providing them with meaningful opportunities to explore new places and enjoy enriching experiences. By facilitating group outings and shopping trips, the program not only enhances mobility options but also ensures affordability and convenience for our seniors. These activities are designed to foster socialization and strengthen community bonds, promoting overall well-being among 411 Seniors Centre participants.

WELCOME To Our New Board Members!

Terri Nicholson

Terri Nicholson was born and raised in Vancouver, where she has spent the majority of her life in the mid-Town area. With over 30 years of experience in the automotive accounting field, she retired from her career and has since dedicated more time to her personal interests and passions. Terri enjoys spending her days gardening, taking long walks, and, of course, spoiling her beloved dogs, Lavendar and Lucky. Lucky, being



the boy of the family, holds a special place in her heart.

For the past 18 months, Terri has been an active member of 411, a group she joined with enthusiasm. She quickly became involved in the walking club and has made it a regular part of her routine. Her contributions extend beyond just participation; 411 deeply appreciates her dedication to decorating for events and creating a welcoming atmosphere for all. Her creative touch and keen eye for detail are invaluable, and her dedicated involvement is highly valued by the 411 membership.

Suzanne Jenkins



My name is Suzanne Jenkins, and I hail from the beautiful city of Vancouver, BC. With 35 years dedicated to serving as a nursing assistant, I've had the privilege of caring for

others throughout my career. Family is everything to me—I'm blessed with a loving daughter and two wonderful grandchildren who bring endless joy to my life. In my spare time, you'll often find me engrossed in my two

passions: knitting and devouring books. Knitting isn't just a hobby; it's a form of creative expression and relaxation that I cherish deeply.

Around two years ago, I discovered 411, and it's become a second home to me. The community here has welcomed me with open arms, and I've found immense fulfillment in sharing my love for knitting by teaching others. To all the staff and members who've made this journey so enriching, thank you for your unwavering support and camaraderie.



411seniors.org

411 Seniors Centre Society
Informed and Connected

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