



**411**  
SENIORS  
centre society

Informed and connected

❁ SPRING EDITION 2026 | ISSUE 16 ❁



# 411 Seniors Centre Society OUR VOICE



## Season of Renewal & Belonging

### Many Voices, One Community

We've come a long way!

Over the past year, 411 Seniors Centre Society has made a meaningful impact in the lives of seniors across Vancouver. Through Navigation and Peer Support - NPS - our flagship program, we have reached approximately 1,000 individuals, offering vital guidance, connection and resources to support their well-being. Building upon this success, we have expanded our reach by training other agencies across B.C. to establish comprehensive and sustainable NPS programs of their own, promoting collaboration and long-term community capacity.

Responding to growing needs around food security and social inclusion, 411 served over 15,000 meals to seniors. And to meet increasing demands, our lunch programs expanded from two to four times per week. Thank you to Angie and your wonderful kitchen volunteers, for your thoughtful planning and delicious menus.

We now host 40+ programs monthly, mostly led by senior volunteer instructors who generously share their time, skills and experience and in line with our philosophy of "SENIORS HELPING SENIORS."

All our programs are developed with multicultural sensitivity, celebrating the diversity of our members, all the while fostering inclusion. In addition to wellness and recreation we offer language classes, empowering newcomers to improve

communication, integrate into the community and strengthen their sense of belonging. Our weekly informational workshops cover topics of interest to our members regarding current health issues, emergency preparedness and even pro bono legal advice.

Together these initiatives reflect our ongoing commitment to promoting dignity, connection and active living among older adults - building a stronger, more inclusive community for all.

These are our accomplishments and as we welcome the new year, we are proud of each and every step taken towards the betterment of seniors' lives/

Our current challenges for the year are as follows:

- Put our deficit reduction plan into practice.
- Find new funding streams, for the ones we have lost
- Make 411 a place, a model centre for active seniors
- Through the media, let everyone know how important we are and what we do for our community.

There are tough times ahead, but together, we can achieve great things - one step at a time!



Marika Kocaba - President  
411 Seniors Centre Society



# Free Tax Clinic For Seniors



## Eligibility

- Age **55** or older and/or on **disability** benefits
- Income must be **less than \$40K** for individuals or **less than \$50K** for couples
- **No self-employment** income
- **No rental income**
- **No foreign assets**
- **No capital gains or losses**
- We do not file for **deceased** individuals
- We do not file for individuals who have declared **bankruptcy**

## 3 ways to make an appointment:

- Drop in to 411 Seniors Centre: **3502 Fraser St.** (after March 2nd)
- Call us: **604-684-8171**
- Email us: [taxes@411seniors.org](mailto:taxes@411seniors.org)

\*Appointment bookings open February 23rd

**March 2<sup>nd</sup> - April 28<sup>th</sup> 2026 Monday - Friday**

Please call 604-684-8171 if you have any questions.

**Please bring a government issued photo ID and all relevant income tax documents.**



## Why Does 411 Seniors Centre Society Do Income Tax Filings

From our earliest years, 411 saw the need to help low-income seniors with their income tax filings. The reasons are many, but I would like to stress that filing taxes is a requirement provincially and federally to access social benefits and other benefits according to one's income. This is where 411 saw a way we could help. And help we did!

411 Seniors Centre currently serves the community and beyond - easily filing over 1200 taxes in as little as two months. With these filings, we help our seniors to access benefits including but not limited to the Guaranteed Income Supplement (GIS), the

Canada Dental Plan,, the low-income seniors Bus Pass, Fair Pharmacare, and much more. It goes without saying that our hard work in this tax clinic is recognized and gratefully supported by the Canada Revenue Agency.

Besides the CRA support, we pursue funding streams from grants, which are being cut. Our future in continuing our successful tax clinic is questionable but in the meanwhile, our reward is the gratitude that each client expresses that there is someone willing to take the time and help our seniors navigate and understand the process.

# Dates & Events



**International Women's Day**  
- promote women's rights worldwide  
March 8<sup>th</sup>



**Spring Forward** - clocks move forward one hour  
March 8<sup>th</sup>



**St. Patrick's Day**  
March 17<sup>th</sup>



**First day of spring**  
March 20<sup>th</sup>



**Good Friday - CENTRE IS CLOSED**  
April 3<sup>rd</sup>



**Easter Sunday**  
April 5<sup>th</sup>



**Easter Monday - CENTRE IS CLOSED**  
April 6<sup>th</sup>



**Mother's Day**  
May 10<sup>th</sup>



**Victoria Day - CENTRE IS CLOSED**  
May 18<sup>th</sup>



# Community Spotlight

## Cory



Since I retired I'm hoping to volunteer and don't know where? Then when I visited this place 411, I said maybe this is the place where I can give my time and pay back.

Belonging at 411 means paying back to my community. I love working with seniors and had cared and served seniors as a profession.

Belonging at 411 means the world for me. Enjoying every minute of it. And very happy helping and meeting people.

## Veena



I always enjoyed giving my time (volunteer to this centre). Beautiful place and everyone is super friendly.

I get the satisfaction when I come to 411.

Meeting the members, meeting everyone, like the wonderful staff members.

## Norma



I was inspired to become a volunteer here at 411 because I want to learn the wisdom and life experiences of seniors, and very happy to help them and offer assistance when they need one.

Share my extra time with the community.

Belonging at this centre for me means feeling connected, welcome, and appreciated. It is a great feeling to see familiar faces, socialize and work with the staff and fellow volunteers.

This centre gave me the chance to meet and make new friends.

## Tina



To help in the community inspired me to become a volunteer at 411. It's wonderful to be part of 411. Meeting new friends.

## Rosita



Helping seniors and be active to volunteer inspired me to become a volunteer at 411. Belonging at 411 means a lot to me, very happy and friendly. Good environment.

## Farid



I enjoy most being a floor volunteer, meeting people and making a positive impact by helping others and contributing to our community. I have motivation and sense of wanting to give back!!

A sense of belonging is a deep connection with people around you. Community engagement contributes to quality of life. Belonging at 411 means more than just having a place to visit or work. It represents a shift from isolation to active community engagement where I feel valued, safe and connected.

## Marianne



I learned about the 411 Seniors when it was on Dunmuir Street, and thought that I wanted to volunteer here someday and contribute.

Belonging at 411 means that everyone is welcome in a safe place. It's about meeting people, making friends and participating in programs, learning new things.

# New Workshops

Here are the introductions of new workshops at 411—check out what’s new!



## “BRAIN HEALTH”

By: Lisa Perrett from Reach Clinic

TUESDAY, MARCH 10 1:00 - 3:00 PM



## Nowruz: Iranian New Year Celebration

TUESDAY, MARCH 17 1:00 - 3:00 PM



## Turning Priorities Into Real Council Action

By: Monique Nicholas from WTC

TUESDAY, MARCH 24 1:00 - 3:00 PM



## PHILOSOPHER CLUB: Why we celebrate International Women Day?

TUESDAY, MARCH 31 1:00 - 3:00 PM

We are organizing the following workshops for April:



Friendly Dementia Workshop



All You Need To Know About Arthritis Workshop



All You Need To Know About Diabetes Workshop

## Program Updates:

- Chair Yoga has moved to **Wednesdays** at **11:00 AM**.
- French Class is now held in the **Multi-Purpose Room**.

# Carrot & Ginger Soup



## Ingredients:

- 2 pounds of carrots, chopped into 1 inch pieces
- 1:2 sweet onion, chopped - about 1 cup
- 2 cloves of garlic, minced
- 1 Tablespoon ginger, peeled and grated
- 4 cups chicken or vegetable stock (plus more to thin if needed)
- 4 sprigs of thyme, Olive oil, Salt, Pepper

## Instructions:

1. Preheat the oven to 400F. Toss the chopped carrots with 2 tablespoons olive oil and sprinkle generously with salt and pepper, about 1/2 teaspoon each. Roast the carrots for 25-30 minutes, until fork tender.
2. Meanwhile, heat 2 tablespoons of olive oil in a large pot over medium-high heat. Add the onion and saute for 4-5 minutes, until softened. Add the garlic and ginger and cook for 30 seconds, until fragrant.
3. Add the stock, thyme and carrots and bring to a boil. Reduce to a simmer and continue to cook for about 20 minutes, until the vegetables are fully tender.
4. Puree the soup in a blender (be careful while blending!) or with an immersion blender until smooth. Season to taste with salt and pepper. Enjoy!

## Fun Puzzles

### Words to Find:

BELONGING	FRIENDSHIP
RENEWAL	LAUGHTER
VOLUNTEERS	GAMES
THRIVES	TOGETHER
COMMUNITY	SUPPORT
MEMBERSHIP	

B	E	L	O	N	G	I	N	G	T	Q	A
R	E	N	E	W	A	L	H	F	P	V	L
I	V	O	L	U	N	T	E	E	R	S	E
D	T	H	R	I	V	E	S	N	I	E	M
G	O	C	O	M	M	U	N	I	T	Y	E
E	M	E	M	B	E	R	S	H	I	P	B
F	R	I	E	N	D	S	H	I	P	A	E
L	A	U	G	H	T	E	R	R	C	R	R
O	G	A	M	E	S	P	R	O	G	R	A
W	T	O	G	E	T	H	E	R	N	D	T
S	U	P	P	O	R	T	T	R	U	S	T

# Pictures of Winter Events



*Birthday Party*



*Crafting*



*Birthday Party*



*Social Saturday*



*Social Saturday*



*Social Saturday*



*Social Saturday*

# Our History, Our Mission, Our Future

The 411 Seniors Centre Society will be turning 50 next year! Our doors at Dunsmuir were opened in 1977 and we have never looked back. From the beginning, our purpose, passion and drive has remained the same - seniors that share activities, share ideas, share a meal and share a community that can laugh, can care, have dignity and respect. And although the years have come and gone, the purpose of the centre has never changed. Our advocacy continues as we help low income seniors through I&R (information and referral) with housing, eligible benefits, etc. all while the senior population and their needs are growing. It is with the generosity of volunteers donating their time, staff that believes there is a solution to better living for seniors and members that believe in the centre and show up to help in anyway they can!

Here's a few pictures of yore...

History of 411 Seniors Centre Society, Dunsmuir



**411 Seniors Centre Society**  
**Informed and Connected**  
 3502 Fraser St., Vancouver,  
 BC V5V 4C5

**411seniors.org**

- 604-684-8171
- [info@411seniors.org](mailto:info@411seniors.org)
- [411seniors.org](http://411seniors.org)
- [facebook.com/groups/411connected/](https://facebook.com/groups/411connected/)
- [x.com/411seniors](https://x.com/411seniors)