



Resilient Hearts, Giving Spirits



Halloween



Bakery Workshop



Sweet & Simple Craft Camp Oct. 19, 2025



Social October 2025



Community BBQ August 2025



Message From Our President, Marika Kocaba

As we come to the end of 2025, we here at the Centre focus on gratitude and appreciation for what we have and reflect on those who have less. As our theme ‘Resilient Hearts, Giving Spirits’ suggests, we share what we can—a gesture that brings a smile and a heart-warming feeling. The smiles I see from our members bring joy to my heart, knowing that there is a community that cares.

The Centre is thriving, and it is with members like yourself that 411 Seniors Centre is a reality. A wonderful recognition of our advocacy efforts is

reflected in receiving this year’s Renate Shearer Award, which honours outstanding contributions to advancing human rights, dignity, and justice—core principles of the United Nations. The award will be presented on December 10th at 6:00 - 8:00 pm at ISSofBC.

My sentiment for this time of year is simple: A happy, loving holiday to all—with care, respect, and gratitude to the staff, members, volunteers, and the heart that makes 411 what it is: a safe, vibrant, and inclusive senior centre.

Message From Our E.D. , Michael Volker

Dear 411 Members,

As I prepare to close this chapter and leave 411 for a new opportunity, I find myself reflecting on the past almost three years with this remarkable organization. It has been a deeply meaningful journey. When I first joined, I knew I was stepping into a space filled with potential—but I did not yet realize how profoundly I would come to appreciate the depth of the 411 legacy. While the building itself was new and empty, the legacy was rich with history, simply waiting to be awakened. Each of you (the members), together with the staff, helped bring that legacy to life, filling our new home with passion, energy, camaraderie, empathy, and—most importantly—community.

Together, we’ve accomplished so much. We strengthened our programs, expanded our reach, and supported our communities with dedication and heart. Whether it was launching new initiatives, refining existing ones, or navigating challenges with creativity and resilience, we showed time and again what’s possible when a team believes in its mission — and in each other.

I’m incredibly proud of what we built: the programs that grew stronger because of our collaboration, the

individuals we impacted, and the milestones we celebrated along the way. None of it happened by accident; it happened because of your commitment, passion, and willingness to volunteer and contribute to an amazing organization. This is how we honour our legacy and build our future.

As the holiday season approaches, I want to wish each of you rest, joy, connection, and moments of genuine happiness. I hope this time brings you and your friends and family everything you need as you prepare for a new year filled with opportunity and continued 411 success.

Although I’m saying farewell, I’m leaving with a full heart and immense appreciation. Thank you for the collaboration, the laughter, the shared challenges, and the victories — big and small. Thank you for making these nearly three years rewarding and unforgettable.

Here’s to the holidays, to the future of 411, and to all the incredible work still ahead. I’ll be cheering you on and helping anyway I can.

With gratitude,
Michael Volker

Volunteer Spotlight



A Big Thank You From Angie

Dear Team,

As we wrap up this season, I want to send a heartfelt THANK YOU for all the warmth, joy, and delicious meals you've brought to our kitchen. Your hard work and cheerful spirit have truly made this time of year extra special for everyone we serve.

You've turned every dish into a gift and every moment into a celebration. Your dedication and teamwork are the true ingredients of holiday magic!

Wishing you and your loved ones peace, joy, and plenty of sweet treats this festive season.

You are appreciated more than words can express!

With gratitude and holiday cheer,
Angie Austria, Food Service Coordinator / Chef

Why I Like to Volunteer at 411



“ With Angie’s recipes, great teammates, music, and laughter, the 411 kitchen is a place where giving back feels effortless.

Doris Lum



“ To me volunteering is a profoundly rewarding way to give back to and to support the surrounding neighbourhoods of seniors.

Sandy Peters



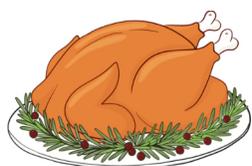
“ Volunteering gives me the chance to meet people, make new friends, and stay connected with the senior community, all while continuing to learn new skills.

Nida N Moghal

Centre Closures & Holiday Events

Closure Notice

411 Seniors Centre will be CLOSED
From **December 24th 12:00 p.m.** to **January 2nd**



Holiday Lunch

(Two Seatings; RSVP required)

Friday, December 19th
11:00 – 1:00 p.m., 1:30 - 3:30 p.m.



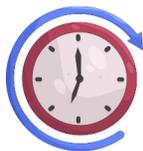
Happy New Year 2026

Thursday, January 1st



Valentine's Day

Saturday, February 14th



Clocks "Spring Forward"

Sunday, March 8th

*Daylight saving time
Starts*



Tax Clinic @ 411

March - April



Community Highlights & Gratitude Wall



The newsletter theme this month is finding warmth in winter. Sometimes we look for physical warmth—a bowl of soup, a glowing fire, a cozy sweater.

However, at times the warmth we crave is something internal, something more like the feeling the Grinch experienced in the Dr. Seuss holiday classic, “And what happened then? Well, in Whoville they say that the Grinch’s small heart grew three sizes that day!”

When I’m asked if it’s hard to approach people for donations, I can honestly say it’s not. I know how good it makes my heart feel when I give, so I’m very happy to provide this opportunity for others. You too can help pass along this good feeling. This year maybe suggest that instead of buying you another pair of socks or another scented shower gel, your family or friends make a donation to an organization that is meaningful to you or to them.

Wishing you a season that will warm your heart!

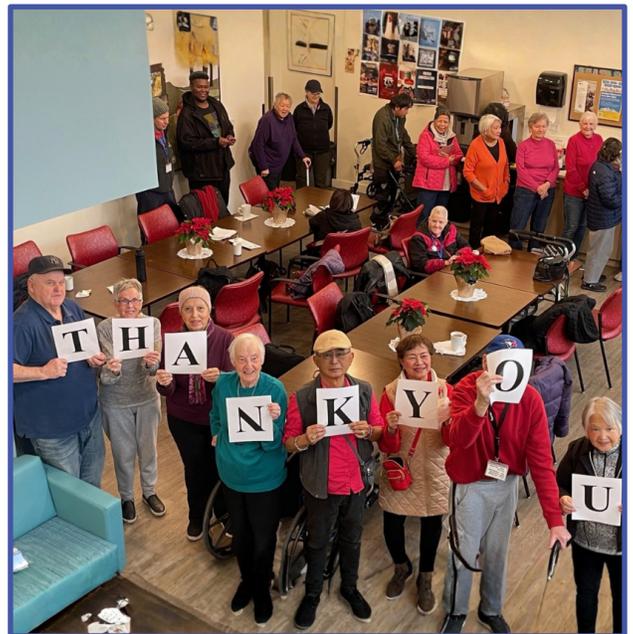
Most organizations will have link (like the one below for 411) for you to make your donation on their website, or you can contact the organizations directly.

Honour someone with a Tribute Donation

Or visit: bit.ly/411donate

GIVING TUESDAY

Thank you for making our first Giving Tuesday campaign a success.



A heartfelt thanks from our 411 clients!

We count on the support of our donors, volunteers and friends. Whether you provide funds, time, expertise, or connections, **thank you!** If you would like to **donate**, there are **different options:**

- Call us (604) 684-8171
- Visit our **website** www.411seniors.org

If you have any questions, please call or email alouie@411seniors.org



A friendly reminder that as of October 2025, our membership fee is now \$15 (previously \$10), supporting programs and services for seniors.

A Story Of A Resilient Heart

Soledad's Story

My name is Soledad, and I am an 88-year-old widow. I was born in Mexico, where I met my husband in 1961. He was a Canadian citizen, and in 1963 we were married. Shortly afterward, we came to Canada to begin our life together. We had two children, and I was happy to call this country home. What mattered most to me was that we were together as a family.

In 2012, my husband suffered a stroke, and from then on his health declined. After 60 years of a very happy marriage, he passed away. He died in our home, just as I wanted, because I did not want him to spend his final days in a facility. Losing him was extremely painful. In my grief, I isolated myself, neglected my needs, and slowly lost my mobility. My mental, emotional, and physical health all suffered.

My son works full-time and has a busy life of his own, but he was concerned about me. He brought me to the 411 Seniors Centre to ask for help and information about HandyDART and other services. The staff explained all the programs 411 offers, but at that time, I was not ready to be around people. Later, my son encouraged me again to try participating in activities. I finally agreed, although I still felt unsure and withdrawn.

When I returned, Clemencia welcomed me with open arms. She listened with empathy, kindness, and patience. She explained the benefits of programs and encouraged me to try Chair Yoga. She introduced me to Marika, the instructor, whose passion and gentle guidance made me feel comfortable enough to participate.

When I started the program, I was using a wheelchair. With Marika's support, I slowly began to regain mobility. Her explanations, encouragement, and caring approach helped me physically and emotionally. After less than a year of yoga, I was able to walk again. My heart felt lighter, and I began to enjoy life once more. Today, I attend standing yoga and participate in social events, including the Kingsgate Mall social group.

Becoming a member of the 411 Seniors Centre has changed my life. I have made many good friends, and I am grateful to all the volunteers and staff—especially Clemencia and Marika, who have been my angels.

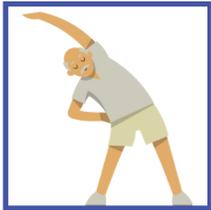
The feeling I get from 411 is like a mother embracing all her children. The Centre has become my second home. Thank you, 411, for helping me rebuild my life.



Soledad

Winter Wellness Tips

Stay Healthy, Mobile & in Good Spirits



Keep Moving

- Take short indoor walks or try gentle chair exercises.
- Movement keeps joints flexible and boosts mood.



Stay Warm

- Layer clothing, wear warm socks, and keep a cozy throw nearby.
- Warm rooms help with circulation and comfort.



Hydrate & Nourish

- Drink warm herbal teas or water throughout the day.
- Choose soups, stews, root vegetables, lentils, canned salmon, and eggs.



Connect with Others

- Join programs at 411, call a friend, or invite someone for a warm drink.
- Social contact is vital for emotional well-being.



Let in the Light

- Open curtains during daylight hours for a natural mood boost.
- Sit near a bright window during meals or reading time.



Keep Your Mind Active

- Read, do puzzles, listen to music, or try a new craft or hobby. I hear that the bridge players are quite competitive!

Lentil Soup Recipe



Ingredients:

- 1 cup lentils (red or green, rinsed)
- 1 onion, chopped
- 2 carrots, diced
- 2 celery stalks, diced
- 2 potatoes, diced
- 1 can diced tomatoes(398 ml)
- 6 cups water or low-sodium broth
- 1 tbsp olive oil
- 1 tsp turmeric
- 1 tsp cumin (optional)
- Salt & pepper to taste

Instructions:

1. Sauté onion, carrots, and celery in olive oil for 5 minutes.
2. Add lentils, potatoes, tomatoes, turmeric, cumin, and liquids.
3. Bring to a boil, then reduce heat and simmer 25–30 minutes.
4. Season to taste and enjoy warm.

Why seniors love it:

- Easy to make
- Affordable
- Soft-textured and easy to digest
- Nutritious and comforting on cold winter days

We Are Stronger Together

We extend our heartfelt thanks to all the individuals and corporate donors, the community and local businesses, and our partner organizations whose generosity helps keep our doors open. We are equally grateful for our dedicated volunteers and members who give of their time so freely. We also recognize and offer our thanks to our sister organizations—we are stronger together, stronger voices united. Your commitment continues to inspire and motivate us as we all work together towards the same goal - to improve the lives of older adults. And finally, thank you to the people who bring positivity, energy, and enthusiasm to the Centre. Let's stay INVOLVED, let's stay INFORMED, and stay CONNECTED.



411 Seniors Centre Society
Informed and Connected

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