



Parkgate Society

Community Services

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Seniors

The always-active seniors team has plenty to offer in the coming months. Keep reading below to learn more about programs, events, and speakers coming your way.

[February Seniors Calendar](#)

[March Seniors Calendar](#)

[Community Meals](#)

Wednesday

LUNCH SCHEDULE



March 5

Soft Fish Tacos:
Perfectly seasoned plump fish with a variety of colourful veggies, crema sauce wrapped up in a soft-shelled taco.



March 12

Irish Stew:
A hearty stew with an incredible rich, deep flavour made of fall-apart tender beef and root vegetables.



March 19

Kebab and Biryani Rice:
Spiced beef formed into a kebab, served with biryani rice which is basmati rice, spices, herbs, yogurt and onions.



March 26

Deluxe Pierogies:
Filled dumplings with a variety of deluxe toppings and garnishes.



 **Parkgate Society**
Community Services



Enhanced Meals

Enhanced meals are a needs-based social meal program funded by United Way. This low-cost program offers seniors who are looking for support getting out of their homes an opportunity to meet new people or chat with their neighbours over lunch. We offer a shuttle service for seniors living east of the Seymour River.

- Last Wednesday of every month (i.e., February/March 26th)
- Door-to-door transportation
- Bus pickup at 11:00 a.m.

- \$5 fee
- Registration is required
- Call 604.983.6359 to register




United Way
British Columbia

Working with communities in BC's
Interior, Lower Mainland, Central
& Northern Vancouver Island

Speaker Series

Fall Prevention


March 12

 1:00 p.m.

Seniors Multipurpose
Room

Dying With Dignity
Presents Maid & Other
End of Life Choices


April 9

 1:00 p.m.

Seniors Multipurpose
Room

Andrew Dick With BMO
on the 4 Biggest
Concerns in Retirement

May 7

 1:00 p.m.

Seniors Multipurpose
Room

Register now by emailing: chai@parkgatesociety.ca



Saint Patrick's Day High Tea

- ✿ Join us for St. Patrick's Day High Tea with a variety of mini sandwiches, desserts, tea, and entertainment.
- ✿ March 14th
- ✿ 4:00 - 6:00 p.m.
- ✿ Mary Hunter Hall
- ✿ Cost: \$21



SOCIAL PRESCRIBING GATHERING

WHAT IS SOCIAL PRESCRIBING?
HOW DOES IT BENEFIT YOU?
WHO IS THIS FOR? EVERYONE 55+
LEARN ABOUT THE BENEFITS OF
COMMUNITY AGENCIES!

WHEN: MARCH 5 | 10:30AM - 12:30PM
WHERE: NORTH SHORE LEGION
123 15TH ST W. NORTH VANCOUVER
LIGHT REFRESHMENTS & GIFT CERTIFICATE PRIZES

Call Angela to Register: 778-928-1492 | asealy@parkgatesociety.ca
Space is limited. Register by 4:00pm, February 26.



Parkgate Society Scholarships

Parkgate Society is proud to support local students who demonstrate exceptional dedication to their community. Our scholarships recognize individuals who have shown outstanding volunteerism, leadership, and a commitment to making a positive impact.

If you'd like to learn more about our scholarships or see our previous recipients, visit the link below.

[Learn More](#)

Support Our Scholarship Program

If you're interested in establishing your own scholarship or would like to help support our current scholarships, we would love to hear from you! Your contribution can make a lasting impact on the lives of students in our community. Please reach out to lembury@parkgatesociety.ca to get involved!

\$25 for 25 Years in the Parkgate Community Centre



Beginning in 1974 as an information centre operating out of Burrard View Elementary School, Parkgate Society was established by volunteers to meet the needs of the community. In 1979, services were moved to the Seycove Community Centre, and four years later, the Society was registered as a not-for-profit charitable organization.

In 1999, Parkgate Society moved into our current home at Parkgate Community Centre and began providing enhanced programs and services under a unique community governance model in partnership with the North Vancouver Recreation and Culture Commission (NVRC).

[Support Parkgate – Give \\$25 for 25 Years](#)

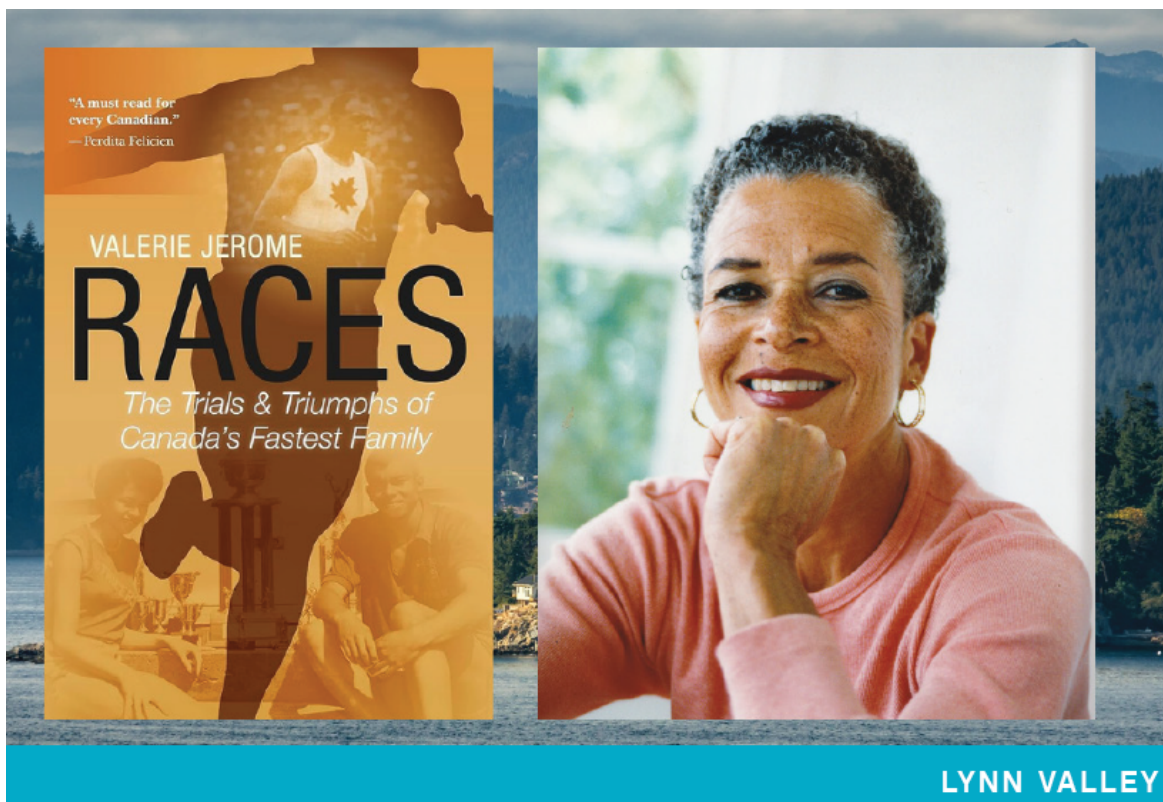
Our Neighbours: NORTH VANCOUVER DISTRICT Public Library

Author Talk: Valerie Jerome

We're thrilled to host Valerie Jerome, a Vancouver-based activist, athlete, and debut author, for a talk about her memoir, *Races: The Trials & Triumphs of Canada's Fastest Family*. Jerome shares the remarkable story of her family's legacy, including her grandfather, Canada's first Black Olympian, and her brother, one of the most recognizable Black Canadian athletes of the 1960s.

- Date: Thursday, February 27, 2025
- Time: 6:30PM - 7:30 p.m.
- Location: Community Meeting Room, Lynn Valley Library

[Click here to register](#)



Volunteers

Parkgate Society Is Looking for Directors to Join the Board

Parkgate Society is overseen by a volunteer board of directors, and we are looking for candidates for the 2025/2026 board year. Of particular need is

someone with a legal background, but everyone is welcome to apply. The application deadline is May 31st, 2025. Please send your resume and statement of interest to eclague@parkgatesociety.ca

Summer Camp Volunteer Opportunities (Coming Soon)

We offer half-day and full-day camps that require volunteers Monday to Friday for either 4 or 7 hours per day. Volunteers can choose from a variety of camps, including arts, sports, climbing, scootering, skateboarding, cooking, and day camps. Placement is based on volunteers' summer availability and interests.

Day camp volunteers play a key role in creating a welcoming and engaging environment. They are responsible for bringing enthusiasm and energy to the camp experience, following directions from camp supervisors, assisting with activities when supervisors are occupied, ensuring the safety of camp participants, and helping with activity setup and cleanup.

Contact Liya Dorfman at ldorfman@parkgatesociety.ca or visit our website to find out more information about volunteering with Parkgate.

IT'S GONNA BE...



MAY

PRE TEEN DANCE REGISTRATION

THURSDAY, MARCH 13TH | 9:00AM

DANCE DATES & EVENT ID | MAY, 3 : 00330377 | MAY 31ST : 00330380

**REGISTER ONLINE AT NVRC.CA, VISITING A NVRC FRONT
DESK COUNTER, OR BY PHONING 604-987-7529**

We are proud to host these massively popular preteen dances for youth in Grades 6 and 7. These dances allow preteens to explore social interactions in a safe, supervised environment while having a lot of fun. The dances also create a shared community experience prior to moving on to high school. All dances are on Saturdays from 7 to 10 p.m.

There are 550 tickets to each dance, and they typically sell out very quickly

Upcoming Dance Dates:

Saturday, March 8, 2025, 7-10 p.m.

Parkgate Community Centre

Cost: \$25

Event ID: 301063

Saturday, March 29, 2025, 7-10 p.m.

Parkgate Community Centre

Cost: \$25

Event ID: 330761

Saturday, May 3, 2025, 7-10 p.m.

—sometimes within a few hours. Registration for the dances is done through our community partner, NVRC's, registration system. Refunds are issued if you withdraw more than 7 days before the dance, as per NVRC's refund policy.

You will be able to view the Spring Parkgate Preteen Dances using [this link](#). **Registration for the May dances will begin at 9:00 a.m. on March 13th.**

Parkgate Community Centre

Cost: \$25

Event ID: 330761

Saturday, May 31, 2025, 7-10 p.m.

Parkgate Community Centre

Cost: \$25

Event ID: 330380



Pink Shirt Day



What You Need to Know for February 26th



1. How it started

Pink Shirt Day is a national event dedicated to raising awareness about bullying and promoting kindness. It started in 2007, when two students from Nova Scotia organized a protest in support of a fellow student who was bullied for wearing a pink shirt.



2. How it's going

Since then, Pink Shirt Day has grown into a nationwide movement, with millions of people wearing pink shirts on the last Wednesday of February every year. Schools, workplaces, and communities across Canada participate in



various activities and events to spread the message of respect and inclusion.

3. How to support

There are many ways you can support Pink Shirt Day and stand up against bullying. You can wear a pink shirt or any other pink clothing or accessories on Wednesday, February 26. You can also educate yourself and others about the causes and effects of bullying and how to intervene safely and effectively.



4. After Pink Shirt Day

Most importantly, you can practice kindness every day, not just on Pink Shirt Day. You can speak up when you see someone being bullied or harassed. You can also reflect on your own actions and words and how they might affect others. By doing these simple things, you can make a difference in your school, workplace, and community.



Congrats on making it this far—your reward? A joke! 😊

What did one wall say to the other wall?

I'll meet you at the corner!



Facebook



Website



Instagram

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Our mailing address is:

3625 Banff Court

North Vancouver