

SENIORS NEWSLETTER



ACCESS BUS

Thurs, Apr 10 & 24

CAREGIVERS SUPPORT GROUP

Tues, Apr 9 & 22 · 11am-12pm

TEA & TRUMPETS

Thurs, May 1

SHRED-IT FUNDRAISER

Sat, May 24 · 10am til Full



WEDNESDAY DINE-IN LUNCHES

Apr 2 @ 11:30am - \$9

- Buddha Bowl

Apr 9 @ 11:30am - \$9

- Swedish Meatballs

Apr 16 @ 11:30am - \$9

- Chicken & Mushroom Lasagna

Apr 23 @ 11:30am - Meal by Donation

- Cheesy Ratatouille Casserole



COOKIE DECORATING CLASS · APR 15

Learn some Spring designs for your sugar cookies, all supplies and cookies will be provided for your use during the class. Take home your creations after! This is an all ages event.

UPCOMING HOLIDAY CLOSURES

- Fri, April 18 - Good Friday
- Mon, April 21 - Easter Monday

Parkgate Society programs will be closed, but Parkgate Community Centre remains open from: 8am-5pm.

SPEAKER SERIES

**09
APR**

**DYING WITH DIGNITY
PRESENTS MAID &
OTHER END OF LIFE
CHOICES**
01:00PM | SENIORS MPR

**07
MAY**

**ANDREW DICK WITH
BMO ON THE 4
BIGGEST CONCERNS
IN RETIREMENT**
01:00PM | SENIORS MPR

**11
JUN**

**SELF-MANAGEMENT
BC: FRAILTY
AWARENESS AND
COACH PROGRAM**
01:00PM | SENIORS MPR

REGISTER NOW

DYING WITH DIGNITY (MAID) & OTHER END OF LIFE CHOICES

Wednesday, Apr 9 · 1pm

It's your life. It's your choice. Dying with Dignity presents MAID, gain information on Canada's assisted dying law, navigate a request for MAID and learn how to make an advanced care plan for health care and treatment at the end of life.

If you haven't yet, send me an email to register!

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SHRED-IT FUNDRAISER

Sat, May 24 · 10am-Full

Organized by the Deep Cove Lions and the Mt. Seymour Lions Club. Shred your documents for a cause! All your donations support Parkgate Society's Dementia Services.



BUS TRIP REGISTRATION DATES

Registration Now Open

- WAITLIST - Cherry Blossom Tour
- Mon, Mar 31: PACERS ONLY - Deer Lake Park
- Tue, Apr 1: Tulip Festival
- Wed, May 7: Cirque Du Soleil (Crystal)

BUS TRIP DATES

** Registration Opens For Sale 1-month Prior to Trip **

- Tues, Apr 1: Cherry Blossom Tour
- Mon, Apr 28: Chilliwack Tulip Festival
- Sat, Jun 7: Cirque Du Soleil (Crystal)
- Sun, Jul 27: Broadway Musical Waitress



MEET YOUR MAYOR: MIKE LITTLE

Thursday, April 10 · 6pm-7pm

Join us at these events for a chance to connect with District of North Vancouver Mayor Mike Little and discuss the local issues that matter to you.

Take this opportunity to ask questions, share your thoughts, and have your voice heard!



SENIORS CRAFTS & CARDS SALE

Wednesday, April 2 · 10am-1pm

Find the Parkgate Crafters in the Community Centre Lobby where they will be hosting a craft sale full of knit & crochet goods and greeting cards galore!

All proceeds support Older Adult programming at Parkgate Society.

