



## Highlands United Church

# Seniors Connection

**First & Third Wednesdays 10:30am-1:00pm**

Each session includes light exercise, refreshments, program and hot lunch. The goal is to enhance our quality of life through socializing and fun together with continued learning, information and resources for successful aging and independence.

Cost per session is \$8

## Spring 2018 Schedule:

### **April 4th.... Sabbatical Reflections with Colleen Blair**

What's the difference between a sabbatical and a holiday? With photos, reflections, poems and abundant gratitude, Colleen will share some of her experiences while on sabbatical last autumn.

### **April 18th.... Birthday Celebrations and Conversations, with Sandi Goldi**

The world would not be the same without you: your interests, experiences and gifts that make up the unique person YOU are! At our annual birthday celebration, Sandi Goldie will be talking with us about the footprint of your life that remains in the world: the ways we each have helped to make the world a little brighter just by being ourselves. This interactive talk will help us deepen the connection in our Senior's Connection!

### **April 25th.... Chilliwack Tulip Festival**

Join us for a bus trip out to the Fraser Valley to enjoy 30 varieties of tulips on 25 acres of working fields and surrounded by beautiful mountain views and rustic farms. We'll stop for lunch somewhere in the valley. Bring your camera and your galoshes! Watch for details in the highlights and at Seniors Connection events.

### **May 2nd.... Navigating Care Supports for Seniors**

Jessica Rosenfeld, social worker with Vancouver Coastal Health, and working at Cedar View Lodge Long term Care, will share insights and give an overview of experiences, scenarios and services available to seniors on the North Shore. Bring your questions!

### **May 16th.... Spring Concert with Janet Warren**

Join us for an uplifting morning of music with members of Janet's Higher Ground choral group. To hear wonderful music and to sing alongside these amazing voices has become a much loved tradition and a very special way to end off our regular Wednesday gatherings for the year.

### **June 6th-8th.... Bus Trip to Vancouver Island**

Join us for a two night adventure on Vancouver Island that includes one night at the Beach Club Resort in Parksville, and the second night at the Sydney Pier Hotel and Spa in Sydney. Both hotels are on the waterfront with beautiful walkways along the ocean. Other highlights include a stopover in Coombs, lunch in Cowichan Bay, the summer evening street market in Sydney and Butchart Gardens.

Contact Colleen Blair for more information. [Colleen.blair@highlandsunited.org](mailto:Colleen.blair@highlandsunited.org)

### ***Registration is required for each event.***

To register: Call Colleen Blair at 604-980-6071 extension 27. Please RSVP by noon the Sunday before any given program day, so that we can confirm numbers for lunch!

For further info or to participate as a volunteer, contact Colleen Blair:

[colleen.blair@highlandsunited.org](mailto:colleen.blair@highlandsunited.org) or call 604-980-6071 extension 27.

**Highlands United Church**  
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