



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

Fall 2018 Schedule:

September 19....Joanne Cooper, Executive Director of Capilano Community Services

will share with us the exciting programming that is currently in place, and also in the works for family, youth and seniors at their new home in the Lions Gate Town Centre, set to open in spring 2019.

October 3rd... Kristi Gerevas, Fall Prevention

Clinical Resource Therapist for Seniors at VCH, Kristi will give a comprehensive presentation on fall prevention that will include how to reduce your risk of injuries, the use of mobility aids, balance and strengthening exercises and more. Come and learn how to protect your future health and wellbeing... even if you think you know this information already! A fall is much more than an embarrassing inconvenience!

October 17...Wendie Reinhardt, Sketching and Cooking in Italy

Wendie will share stories and photos of a week in the Umbrian region of Italy. There she stayed in the 300 year-old farmhouse of Lorenzo, "farmer-chef" and along with 9 other participants and 2 artists, all Canadian, joined in classes in outdoor sketching and Italian cooking!

November 7....Tom Van Walleghem, The 100th Anniversary of 'The War to End All Wars'

Tom, military historian and author returns to us once again, this time looking back at one of the 20th century's most epic and destructive events and its profound effect on the world after 1918.

November 21... Jody Robertson, Executive Director of BC's largest 9-1-1 call centre

will provide an overview of how 9-1-1 works, questions that you can expect to be asked if you call 9-1-1, tips for best use and what's coming in the future. Jody works for E-Comm, which handles more than 1.45 million 9-1-1 calls each year and also dispatches for 36 police and fire departments in southwest B.C.

December 5th Christmas Lunch Celebration...

Gather to hear and sing along with, the wonderful Higher Ground women's ensemble followed by a delicious Christmas lunch with friends old and new. This has become a treasured tradition and a very special way to usher in the Advent season!

December 14....Christmas bus trip.... watch for details!

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 or call 604-980-6071 extension 27.

Highlands United Church
3255 Edgemont Blvd. North Van, BC V7R 2P1
604-980-6071 www.highlandsunited.org



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