

## **Current available online programs for Seniors and Elders**

### **Quirk-e Online**

Quirk-e, the Queer Imaging and Riting Kollektive, for Elders experimenting with language and printed text, graphics, digital imagery, spoken word, and performance. We are now meeting virtually every Tuesday working on various writing projects, holding workshops and continue to support and meet weekly on Tuesdays (online). The group is full but accepting inquiries from LGBTQ2 Elders and Seniors who are interested in joining. Please send any inquiries to [anne.cowan@vancouver.ca](mailto:anne.cowan@vancouver.ca) or [daniel.cook@vancouver.ca](mailto:daniel.cook@vancouver.ca)

Tues                      10:00am-12:00pm                      Online

**310594**

### **Elders Drum Circle - Virtual**

Seislom and Daniel invite you to join our indigenous led drum circle, open to all peoples. Share medicine through virtual and onsite drumming, singing, and listening. While we practice physical distancing to keep our hearts beating, we can beat our drums and hearts together. To register and receive online link please contact us at [daniel.cook@vancouver.ca](mailto:daniel.cook@vancouver.ca) or call Britannia 604-718-5800

Tues                                      5:30-6:30                                      Online

**310584**

### **Cedar Weaving Online with Todd DeVries**

Cedar-weaving, beading and more! New members always welcome. We have weekly Zoom Gatherings and Chat groups, activities, resources and best of all good company. To stay in the loop, join our Facebook group at Weaving Our Community Together. Preregistration is required to receive link. For more information email us at [55eldersseniors@gmail.com](mailto:55eldersseniors@gmail.com).

Weds                                      1:00-3:00pm                                      Online

**310622**

### **HATTA- Arts and Health Project**

Together with Haida Artist Giihlgiiigaa (Todd DeVries) Elders and others gather weekly with Britannia for a Cedar Hat Weaving Project. Start date late February. To Register and receive the online link please contact Kya Prince at [kya.prince@vancouver.ca](mailto:kya.prince@vancouver.ca) or 604.718.5800 (1).

Thurs                                      1:30-4:00pm                                      Online

**313154**

### **Friday Bingo and Games (last Friday of each month)**

Bingo Online - everyone welcome. It's fun and social from the comfort of your home. Contact us for your online link and any support you may need to join us via your phone, i-pad or computer. More information by calling Britannia 604-718-5800 or email the 55+ staff team at [55+@vancouver.ca](mailto:55+@vancouver.ca). Once you're registered we will email you the online link

Fri                                      1:00-3:00pm                                      Online

**310618**

### Friday Virtual Social

Online drop-in hangout for Elders and Seniors every Friday. Sometimes it's just a chat and on the last Friday of the month it's games. If you're home, as most of us are these days please feel free to join us online. Register online and we will email you the link OR Contact us at 604-718-5800 or by email to [kya.prince@vanoucer.ca](mailto:kya.prince@vanoucer.ca), [daniel.cook@vancouver.ca](mailto:daniel.cook@vancouver.ca) or [anne.cowan@vancouver.ca](mailto:anne.cowan@vancouver.ca) for the link and look forward to hanging out.

Fri 2:00-3:00pm Online

**310631**

### Seniors, Elders and Advocates (SEA) Committee

SEA members work together to ensure Britannia offer relevant, needed and valued programs and services as well as representation and participation of seniors and Elders. New members are welcome and encouraged. For more information and link see [britanniacentre.org](http://britanniacentre.org) (55+ Program Overview) or call 604-718-5800

Wed 3:15pm Online

**310601** (\*3<sup>rd</sup> Wed of each month)

### Indigenous Online Crafts

Indigenous Cultural Crafting Online with Sabian every Monday afternoon. Drumsticks, Dreamcatchers, Beadwork and more. Please register online and you'll receive an email link to the class. For more information email us at [55eldersseniors@gmail.com](mailto:55eldersseniors@gmail.com)

Mon 1:00-4:00pm

310625

### Weekly Telephone Check-ins

#### Seniors/Elders weekly telephone check-ins

Weekly phone calls offer support and information to seniors over the phone. Our volunteers make weekly social calls offering seniors a chance to be heard and a sense of community. Volunteers can also provide you with information and referral services as well as keep you informed about the programs and resources in the community. It's a great way to stay connected from your home. If you would like to receive weekly calls you can

Contact us by Email: [55eldersseniors@gmail.com](mailto:55eldersseniors@gmail.com) or call Britannia Centre \*[604.718.5800 \(1\)](tel:604.718.5800)

### Britannia Library – Open with Limited Services

VPL is open for accessing computers, borrowing and returning materials, and picking up holds. The book return is available Tuesday through Saturday. For hours and other Britannia Library information contact [info@vpl.ca](mailto:info@vpl.ca) or [604-665-2222](tel:604-665-2222)

You can also visit our [https://www.britanniacentre.org/programs/55plus/program\\_overview.php](https://www.britanniacentre.org/programs/55plus/program_overview.php)