

DECEMBER 2020

55+ SENIORS AND ELDERS

SEA and WOCT along with the 55+ Centre Staff are thinking of

In this issue:

- On-line Programs during Closures
- Puzzles and Things
- Volunteer Telephone Check-in
- SEA COMMITTEE
- Poppy Fundraiser

Join Us:

You can get community information and join us online while socially distanced, here's how:

Facebook Page: **Weaving Our Community Together @ Brit**

Zoom/WebEx Meeting: **SEA Committee** (Seniors Elders & Advocates) 3rd Wednesday of every month at 3:15pm

Britannia Webpage: britanniacentre.org (Programs - 55+) to see a list of Online WebEx Activities and Programs and links

Call or email us as well: 604-718-5800 or 55eldersseniors@gmail.com

Weekly Phone call and Check-In

We encourage seniors and elders to continue to take the necessary steps to ensure your health and safety. One of those steps includes physically distancing yourself through social distancing. While you distance yourself, we want to support you as best we can.

Seniors Social Telephone Tree offers social 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 or call 604-718-5800 (Britannia Switchboard will have us call you back)

Poppy Fundraiser

Congratulations to the amazing crafters who's beautiful Poppies raised \$???for the Aboriginal Veterans Fund. Just amazing everyone... rumour has it that Dr.

Bonnie Henry was wearing one during her COVID updates.



Soduko—Easy

7	9			4			3	8
	6				2			5
	2		9	1		7		
	5			2		6		
	7	2		5	1	9	4	
		9		8			1	
			3		6	4		7
9				8				2
2	8			9			5	6

#13413

www.sudoku.name

WordSearch

u o k e x q f z a b a o b s r
t s p o p p y y j t t r k a a
s r e t f a r c s a i t c l d
m o o z v e s f h t e k o i e
q i v o u h u d a v x s m s c
z n d u m k c n z b b n m h w
s e f r i e n d s h i p u a g
w s n a u i d t u g p a n n j

community, crafters, daniel, drumcircle, elders, friendship, hatta, healing, kya, love, online,

poppy, quirke, salish, sea, seniors weaving, wellness, woct, zoom, Britannia, anne, cedar

Resources and Health information

BC Senior Helpline and Provincial Health Services

Call 211 or online bc211.ca (Safe Seniors, Strong Communities Program)

- Emergency and Crisis
- Counselling
- Victim Services
- Housing
- Addiction
- Financial Assistance
- For people on income or disability assistance:
- BCCDC Coronavirus Hotline: 1-833-707-2792

Call 8-1-1 to speak to a health services representative who can help you find health information and services or connect you directly with a health professional: (8-1-1 is not an emergency service. In the event of an emergency, call 9-1-1)

- Registered nurses (available 24 hours a day, every day)
- Registered dietitians (available 9 a.m. to 5 p.m., Mondays to Friday)
- Pharmacists (available 5 p.m. to 9 a.m. every night)

PROGRAMS FOR ELDERS AND SENIORS

If you need assistance to get on-line let us know by calling Britannia 604-718-5800 or check out Programs 55+ at britanniacentre.org

Weaving Our Community Together @ Brit
(<https://www.facebook.com/groups/408474686291567>)

Chat group

Britannia 55+ E-centre (for seniors/elders to chat with each other, keep in touch)

*Links to online programs posted prior to each class. Please note registration is required for most online classes

Wednesday Cedar Classes—Drop in on- line or by telephone

Every Wednesday afternoon 1:00—3:00pm

HATTA (Hat Weaving) oin Kya and Todd for weekly Virtual Hat Weaving lessons and hangouts. The sessions runs for 15 weeks. Thursdays 1:00-3:00. To register please contact Kya at 604-718-5837. (Next session Feb/Mar 2021)

Monday Cultural Crafts with Sabian 78noon—weekly crafting with others. Friendly on-line group and the projects are beautiful. *Please contact us to register

Quirk-e, Every Tuesday at 11am on-line

the Queer Imaging & Riting Kollektive for Elders, is one of the founding groups of the Parks Boards Arts & Health projects. Members have worked together for the last 12 years to produce and electric and eclectic mix of artistic productions that have included, theatre, imagery, digital storytelling, spoken word and writing.

Sign up for our next sessions by emailing us at 55eldersseniors@gmail.com

Sudoku Answers

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Contact the Britannia 55+ staff at:
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