

Seniors Outreach Project

Targets

- ※ Chinese-speaking immigrant seniors who are aged 50 or above, living in Vancouver.

Objectives

- ※ Help seniors make new friends and promote mutual help among seniors.
- ※ Assist seniors' access to community resources and participate in the communities.
- ※ Help seniors adjust to new environment and integrate into Canadian society.

Activities

- ※ Information workshops on seniors' issues, benefits, safety, housing, transportation, community resources, physical & mental wellness and cross-cultural sharing, etc.
- ※ Healthy exercise, arts and craft, and community visits.
- ※ Birthday party, singing and festive celebrations.

Inquiry: Please contact Danny Li at 604-408-7274 (ext. 1083)

Group Title	Day & Time	Locations
Marpole Place Seniors Program	Tuesdays 9:30am to 11:30am	Marpole Place 1305 W. 70th Ave. Vancouver
Riley Park Older Adults Drop-in Program	Wednesdays 9:30am to 11:30am	Riley Park Community Centre 50 E. 30th Ave. Vancouver
Marpole-Oakridge Chinese Seniors Group	Thursdays 9:30am to 11:30am	Marpole-Oakridge Community Centre 990 W. 59 Ave. Vancouver
Killarney Mandarin Seniors Group	Fridays 9am to 11am	Killarney Community Centre 6260 Killarney Street, Vancouver

中僑耆英外展計畫

服務對象

- ◆ 居住在溫哥華、年滿五十歲或以上的華人耆英。

目的

- ◆ 幫助耆英認識新朋友，發揚互助精神。
- ◆ 瞭解社區資源及服務，關心社區發展。
- ◆ 盡快適應加國新環境，融入本地生活。

活動

- ◆ 專題講座：社會時事、法律常識、長者安全、健康和福利、社區資訊及中西文化交流等。
- ◆ 健身活動、手工藝及旅行。
- ◆ 生日會、唱歌及節日慶祝活動。

查詢：請致電 604-408-7274（分機 1083）與李丹卉小姐聯絡

耆英會	時間	地點
馬寶區耆英活動	逢星期二 9:30am to 11:30am	馬寶之家 1305 W. 70th Ave. Vancouver
懷麗園耆英會	逢星期三 9:30am to 11:30am	懷麗園社區中心 50 E. 30 th Ave. Vancouver
馬寶華人耆英會	逢星期四 9:30am to 11:30am	馬寶渥列治社區中心 990 W. 59 Ave. Vancouver
奇蘭尼國語耆英會	逢星期五 9am to 11am	奇蘭尼社區中心 6260 Killarney St. Vancouver