

Community Events

January 2020 to February 2020


Recurring weekly		
Sundays to April 26 10 to 2	Hastings Park Farmers Market –local goods, crafts & food trucks – free parking at Gate 2 off Renfrew – best entrance	Hastings Park–enter off Renfrew (#2) 2901 East Hastings St., Vancouver
Sundays to February 23 1 to 3	Movie Sundays \$2.25 includes snack. Tickets at front desk. Jan 19 - Borg vs McEnroe / Jan 26 - Boy Erased / Feb 2 - Stan & Ollie / Feb 9 - At Eternity's Gate	West Vancouver Senior Centre 695 21 st Street, West Vancouver
Thursdays in 2020 12 to 1 (not August or Dec 26)	Free Community Lunch In the Friendship Room	St. Andrew's United Church 1044 St. Georges Avenue, North Van
Fridays 5:30 to 8:30 Jan 17/24/31 & Feb 7/14/21/28 & Mar 6/13/20/27	Family Fun Night – awesome activities Outdoor fire pit / buy smores (kits \$5) or hot choc Cypress Gill live music 6 to 8 (10" Pizza & pop \$11 - 5 to 7)	Cypress Bowl – Olympic Plaza Cypress Bowl Rd (Exit 8), West Van
(in order of end date)	Recurring daily	
Thurs Jan 16 to Monday Feb 10 S11-6/MT&Sat 10-7/WTF 10-9	Community of Castles – art installation – based on pop up books, showing different Asian scenarios & architecture	Oakridge Centre 650 West 41 st Avenue, Vancouver
to Sunday January 19 Dusk (4:30) to 11	Lights at Lafarge – over 100,000 lights with 10 zones 1.2km easy walk	LaFarge Lake / Towne Centre Park 1299 Pinetree Way, Coquitlam
Sat Jan 18 to Sun Jan 26 Sun/M/T/W 11-7 & Th/F/S 11-9	Chinese New Year Flower & Gift Fair – Mall halls full of booths selling everything Chinese New Year – food / gifts	Aberdeen Centre 4151 Hazelbridge Way, Richmond
to Sunday January 26 11 to 9 lights at 4	Canyon Lights – Park lights up at 4 for holiday fun \$54 Adult / \$49 Senior / \$30 Student / \$17 kids (1 year pass)	Capilano Suspension Bridge 3735 Capilano Road, North Van
to February 29 9 to 9 Fri & Sat 9 to 11	Ice Skating at Robson Square – Fun for all Free (skates \$5 / helmets \$2 - cash) (Dec 31 9 to 11)	Robson Square Ice Rink 800 Robson Street, Vancouver
to March 15 12 to 7 (ice ½ hr clean 2 & 4:30)	Shipyards Skate Plaza – Free – bring own skates & helmet Skate rental A\$7/K\$5 - under 12 must wear helmet	Shipyards 138 Victory Ship Way, North Van
to April 21, 2020 T/W/F/S/S 10 to 5 Th 10 to 9	Shadows, Strings and Other Things – over 200 puppets from 15 countries displayed A\$18 / S&Y\$16 (Th 5 to 9 - \$10)	Museum of Anthropology (UBC) 6393 NW Marine Drive, Vancouver
Individual Events		
Tuesday January 14 6:30 to 9	Music Meets Art - Trio Anzia \$10 doors open 6:30 Music at 7:30	Gordon Smith Gallery 2121 Lonsdale Avenue, North Van
Friday, January 17 6:30 to-8:30	Blinded by the Light Bring your own treats & enjoy the free movie	Parkgate Library 3675 Banff Court, North Van
Saturday January 18 10 to 2	Farmers' Market –locally grown produce and crafts Live entertainment + food trucks	Burnaby City Hall Parking Lot 4949 Canada Way, Burnaby
Saturday January 18 11 to 4	New West Craft is a handmade market with local crafters, artisans and makers – over 35 vendors	River Market 810 Quayside Dr, New Westminster
Saturday January 18 1pm	Mighty Lion Dance and Lucky Lettuce Blessing with God of Fortune. Lantern crafts for kids	Oakridge Centre – West Galleria 650 West 41 st Avenue, Vancouver
Saturday, January 18 2 to 4	I Think You've Been Looking for Me - Film & Discussion Bring your own treats & enjoy the free movie	Capilano Library 3045 Highland Blvd. North Van
Monday, January 20 6:30 to 8:30	Where'd You Go Bernadette? Bring your own treats & enjoy the free movie	Capilano Library 3045 Highland Blvd. North Van
Tuesday January 21 12 to 1noon or 2 to 3	Sound Bites – Live Music at the Shadbolt – Portiia – instrumental folk group \$10	Shadbolt Centre for the Arts 6450 Deer Lake Avenue, Burnaby
Tuesday January 21 6 to 9	Jazz Jam with Cory Weeds – local jazz musicians gather to play - Bring own instrument, open all ages & abilities - Free	Shadbolt Centre for the Arts 6450 Deer Lake Avenue, Burnaby
Wednesday January 22 6:30 doors open / film 7 to 9	Pain and Glory – Spain – English Subtitles – Film makers life (Antonio Banderas won Best Actor at Cannes)	Cineplex Odeon, Park & Tilford 333 Brooksbank Avenue, North Van
Thursday January 23 6 to 9	Lunar New Year Party & Special Sales Event Live music, Asian Food market, photo ops, prizes & more	Oakridge Centre 650 West 41 st Avenue, Vancouver
Friday January 24 10am to 12 midnight	Chinese New Year countdown – Free Celebrations all day, but more amazing events between 10:30pm & midnight	International Buddhist Temple 9160 Steveston Hwy, Richmond
Friday, January 24 2:30 to 4:30	Downton Abbey Bring your own treats & enjoy the free movie	Parkgate Library 3675 Banff Court, North Van

More Community Events

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Friday January 24 7:30pm to 8:45pm	Friday Night Concert – Trio Voronezh Bach to Tchaikovsky to Russian Folk to Bluegrass to tangos to Gershwin	West Vancouver Memorial Library 1950 Marine Drive, West Vancouver
Friday January 24 8:30pm to midnight (12:10am)	Countdown to Chinese New Year of the Rat 8:30-10 variety show / 10:30 live broadcast & countdown	Aberdeen Centre - Atrium 4151 Hazelbridge Way, Richmond
Saturday January 25 5:45 to 12midnight	Lunar New Year Celebration – Free entertainment 5:45 Dragon Dance / 6 Lion Dance / 6:15 blessing 9 to midnight Fortune Readings (by donation)	River Rock Casino – Grand Lobby 8811 River Road, Richmond
Saturday January 25 10 to 2	Farmers’ Market –locally grown produce and crafts Live entertainment + food trucks	Burnaby City Hall Parking Lot 4949 Canada Way, Burnaby
Saturday January 25 11 to 12:15 / 12:15 until done	Aberdeen Centre's Golden Dragon and Lion Dance 11 Outdoor courtyard / 12:15 store to store pick the green	Aberdeen Centre – Outdoor Courtyd 4151 Hazelbridge Way, Richmond
Saturday January 25 1:45 to 4:30	Chinese New Year Cultural Spectacle Special Music and dance performances	Aberdeen Centre - Atrium 4151 Hazelbridge Way, Richmond
Saturday January 25 1 to 2:30	A gathering of eagles – bald eagles winter near NV. Get info about & how they adapt \$9 Register at 604-990-3755	Lynn Canyon Ecology Centre 3663 Park Rd, North Vancouver
Saturday January 25 10 to 5 Sunday January 26 10 to 5	Vive les Voyageurs French-Canadian Winter Festival Life in the 1800s/Metis dance & activities-A\$8/Free to 17	Fort Langley National Historic Site 23433 Mavis Avenue, Fort Langley
Sunday January 26 11 to 2	Lunar New Year Celebration – Free - Lion Dance Ceremony with God of Fortune starts at 11, before store blessings	Richmond Centre – Main Galleria 6551 No. 3 Road, Richmond
Sunday January 26 11 to 4	Year of the Rat Temple Fair (\$5 donation) – Family fun Lion dance / music / storytelling, crafts & more	Dr. Sun Yat-Sen Garden 578 Carrall Street, Vancouver
Sunday January 26 12:30 to 5	Lunar New Year Celebration – Free Family Fun Opening ceremony, lion dance, martial art demos, + more	Landsdowne Centre – Centre Court 5300 No. 3 Road, Richmond
Sunday January 26 1 to 4:15	Chinese New Year Cultural Spectacle Special dance performances	Aberdeen Centre - Atrium 4151 Hazelbridge Way, Richmond
Monday, January 27 10 to 12	Sound Advice – informal workshops and discussions around issues affecting hard of hearing individuals	Silver Harbour Seniors’ Centre 144 East 22 nd Street, North Van
Monday, January 27 6 to 8:30	Judy (Judy Garland) Bring your own treats & enjoy the free movie	Capilano Library 3045 Highland Blvd. North Van
Tuesday January 28 7 to 9	Music Meets Art – Jazz @ the Smith - Steve Kaldestad Trio \$10 doors open at 7 music at 8	Gordon Smith Gallery 2121 Lonsdale Avenue, North Van
Friday, January 31 6:30 to 8:30pm	Judy (Judy Garland) Bring your own treats & enjoy the free movie	Parkgate Library 3675 Banff Court, North Van
Saturday February 1 10 to 2	Farmers’ Market –locally grown produce and crafts Live entertainment + food trucks	Burnaby City Hall Parking Lot 4949 Canada Way, Burnaby
Saturday February 1 10 to 7	Performance Showcase celebrating Lunar New Year’s Chinese, Korean, Taiwanese & Vietnamese cultures	Oakridge Centre 650 West 41 st Avenue, Vancouver
Saturday February 1 11 to 4	New West Craft is a handmade market with local crafters, artisans and makers – over 35 vendors	River Market 810 Quayside Dr, New Westminster
Saturday February 1 1 to 2:30	On the brink: Carnivore conservation. How carnivores help maintain a healthy ecosystem \$9 Register at 604-990-3755	Lynn Canyon Ecology Centre 3663 Park Rd, North Vancouver
Saturday February 1 2:30 to 4:30	Lunar New Year at the Market – Celebrate “Year of the Rat” Fan Dancing at 2:30 / 3:45 Lion dancers & Fortune God	Lonsdale Quay Market – Rotunda 123 Carrie Cates Road, North Van
Monday, February 3 6:30 to 8:30	Maiden Bring your own treats & enjoy the free movie	Capilano Library 3045 Highland Blvd. North Van
Tuesday February 4 6:30 to 9	Music Meets Art – Classics @ the Smith - Evening of guitar classics – Van. Guitar Duo \$10 doors open 6:30 Music 7:30	Gordon Smith Gallery 2121 Lonsdale Avenue, North Van
Wednesday, February 5 6:30 doors open / film 7 -8:35	North Shore Int’l Film Series “Sometimes always never” (UK) reconnection of a father with missing son-\$12 cash	Cineplex Odeon, Park & Tilford 333 Brooksbank Avenue, North Van
Friday February 7 10 to 12	Sound Advice – informal workshops and discussions around issues affecting hard of hearing individuals - drop in \$2.50	West Van Seniors Activity Centre 695 21st Street, West Vancouver
Saturday February 8 10 to 2	Farmers’ Market –locally grown produce and crafts Live entertainment + food trucks	Burnaby City Hall Parking Lot 4949 Canada Way, Burnaby

 http://www.nvcl.ca/using-the-library/seniors		<h2 style="color: blue;">More Community Events</h2> <h3>January 2020 to February 2020</h3>
Saturday, February 8 2 to 4	Never Too Old – Film and discussion Bring your own treats & enjoy the free movie	Capilano Library 3045 Highland Blvd. North Van
Sunday February 9 10 to 3	Cannery Farmers’ Market – Indoor Market with local food and artisans. Free entrance to Cannery, tours by donation	Gulf of Georgia Cannery 12138 Fourth Ave, Richmond
Monday February 10	Lunar Celebrations	Oakridge Centre 650 West 41 st Avenue, Vancouver
Tuesday February 11 10 to 11:30	Seniors’ Gathering – Meet North Vancouver City Mayor, Linda Buchanan – what’s happening in NV & ask questions	North Vancouver City Library 120 West 14 th Street, North Van

 http://www.nvcl.ca/using-the-library/seniors		<h2 style="color: blue;">Community Information</h2> <h3>January 2020 to February 2020</h3>
John Braithwaite Centre - 145 West 1st Street, North Vancouver See website http://jbcc.ca & brochure for dates and timer - most programs \$2 drop in Meals: Wed & Fri 11:45 to 1 for \$6 / Friendly Fridays: 10:30 to 11:45 no charge		
Parkgate Community Centre – 3625 Banff Court, North Vancouver Seniors' drop in programs are \$2.25		
Molly Nye House - 940 Lynn Valley Road, North Vancouver Most sessions \$4 /members \$2		
Kelty Dennehy Mental Health Resource Centre Free Drop in Groups Monday to Friday - check their website for activities - www.hopementalhealth.ca		
Silver Harbour - 144 East 22nd Street, North Vancouver - 604-980-2474 http://www.silverharbourcentre.com/programs.html - Monday to Friday 9 to 4:30 Silver Harbour has over 70 recreational programs & social services for seniors, including: legal advice, lunches for \$10 (soup/bun/salad/entrée/dessert) 11:45 to 1 Membership is \$30/year, programs start at \$20/season, & many free activities		
West Vancouver Activity Centre - 695 21st Street, West Vancouver http://westvancouver.ca/parks-recreation/community-centres/seniors-activity-centre M to F 7:30 to 9 / Sat 8:30-4/ Sun 10-4		
Sound Advice - The Canadian Hard of Hearing Association – North Shore Meets 1 st Friday each month (not July & Aug) 10 to 12 Noon @ the West Van Seniors’ Activity Centre And 4 th Monday each month from 10 to 11 at Silver Harbour Seniors’ Activity Centre		
More Senior Information		
Seniors-One-Stop Information Line / M to F 9 to 3	604-872-3311	604-983-3303
Suicide/Crisis Line - 24 hours	604-904-6199	NS Women’s Crisis Line
Abuse and Neglect Program	604-986-7111	24 Hours Emergency Social Services
Home Health Services		BC Nurses Line
Free Smoke Detector for Seniors installed by Fire Dept.		City-604-980-5021 / District-604-980-7575
SENIORSBC.ca		See: newsletters & And other helpful senior info

PHONE NUMBERS EVERY NORTH SHORE SENIOR NEEDS

PERSONAL HEALTH

Your doctor (GP) or nurse practitioner (NP)

TEL #

WHEN: Office/clinic hours

WHY: Your GP or NP is your health expert. Call if you have an urgent concern you think needs to be seen.

Don't have a GP? Call the GP Link at 778-945-3017. The N.S. Division of Family Practice will connect you with a doctor.

SENIORS' RESOURCES | 604-983-3303

Seniors' One Stop

WHEN: Monday-Friday • 9 A.M.-4:30 P.M.

WHY: If you need information and access to a wide range of North Shore non-profit, public and private resources for seniors.

WHAT: Confidential consultations with seniors and those who support them, including professionals, in person, in our office, over the phone or via email.

nsrc.bc.ca

HOME HEALTH | 604-986-7111

VCH North Shore Home Health

WHEN: Monday-Friday • 8 A.M.-4:30 P.M.

WHY: To find out if you qualify for home support for personal care, home care nursing or rehab, palliative care, day programs for adults or respite services for caregivers.

WHAT: Trained phone staff will identify your needs and refer you to appropriate services. Some services may be free based on income.

COMMUNITY SERVICES | 2-1-1

WHEN: 7 days/week, 24 hours/day

WHY: If you need a service and aren't sure what it's called or where to find it, connect to an Information and Referral Specialist with detailed knowledge of community, social and government services.

bc211.ca

MENTAL HEALTH | 604-982-5600

Older Adult Mental Health Team-North Shore

WHEN: Monday-Friday • 8:30 A.M.-4:30 P.M.

WHY: If you have concerns for yourself or others about mental illness and dementia, behaviour issues, physical or functional decline or substance use and unsure about what to do.

WHAT: Mental Health clinicians will identify your needs, address your concerns and refer you to the appropriate service.
A GP referral is required.

HEALTH INFORMATION | 8-1-1

WHEN: 7 days/week, 24 hours/day

WHY: If you're feeling unwell or have a minor injury and are unsure about what to do. Or if you just have a health question or need advice about a health issue.

WHAT: Health advice from a nurse; nutrition information from a dietitian; advice about drugs and pills from a pharmacist; where to find health services in your community.

healthlinkbc.ca

FIRST LINK® DEMENTIA HELPLINE | 1-800-936-6033

WHEN: Monday-Friday • 9 A.M.-4 P.M.

WHY: If you have questions about Alzheimer's disease or other dementias, call the Alzheimer Society of B.C.'s First Link® Dementia Helpline for information and support.

English: 1-800-936-6033

Cantonese and Mandarin: 1-833-674-5007

Punjabi: 1-833-674-5003

EMERGENCY SERVICE | 9-1-1

WHEN: 7 days/week, 24 hours/day

WHY: Serious emergency. Ambulance attendants will assess if you need to be transported to a local emergency room.

westvancouver.ca/seniors

westvancouver