

CITY PAGE

JUNE 2–8

CALENDAR

Friday, June 3

Community Exhibition
Opening Reception

7–9 p.m.

placedesarts.ca

Sharing Culture through
the Natural World:
Art Project Launch

7–9 p.m.

placedesarts.ca

**PUBLIC HEARING
DETAILS**

See Pages 19, 20 and 21

coquitlam.ca/calendar

We're Celebrating Residents 50 Years and Better

Join Coquitlam in recognizing B.C. Seniors Week from June 5 to 11 — a time to honour our seniors and their contributions to the community. Presented by Aspira Retirement Living, this year's Seniors Week offers activities, workshops, presentations and more.



Seniors Week Activities

From June 5 to 11 seniors can participate in activities offered throughout the City. Collect stamps on your Seniors Week Passport by attending sessions—for every three stamps collected, participants will be entered into a prize draw. Activities during the week include:

- Drop-in sports and fitness activities—skating, hockey, pickleball, aquafit and more
- Handmade sign workshop to create a wooden plank welcome sign
- Tree pruning presentation and demonstration
- A guided interpretive walk through Mundy Park trails to learn about the greenery and wildlife
- Movie days featuring the films *Late Night and Poms*
- A visit with a pet therapy volunteer and dog to get a healthy dose of “pawsitivity”
- Information sessions about the City's Pavilions, and fitness and aquatic services
- Fitness orientations to help seniors become comfortable using the equipment in the City's fitness centres effectively and safely
- A pub night featuring the bluegrass band *5 on a String*

For the complete Seniors Week schedule and program details, visit coquitlam.ca/seniorsweek.



Resources for Seniors

- **Tri-Cities Seniors' Action Society** – Information and newsletter for seniors and advocacy on seniors' issues: Follow at facebook.com/TriCitiesSeniors or contact tcseniorsactionsociety@gmail.com.
- **S.U.C.C.E.S.S.** – Multicultural agency providing online visits, email, phone calls and support services: call 604-468-6000 or visit successbc.ca.
- **Seniors' Distress Line** – Provided through the Crisis Intervention and Suicide Prevention Centre of B.C.: call 604-872-1234 (24/7) or visit crisiscentreachat.ca (noon to 1 a.m. daily).
- **B.C. government** – Information about provincial programs and resources for seniors: gov.bc.ca/seniors.

Glen Pine Pavilion

Glen Pine Pavilion is a vibrant adult community centre that provides a welcoming venue to meet friends and participate in leisure activities.

Activity groups at Glen Pine Pavilion are supported by the **Glen Pine 50 Plus Society**, a community board comprised of volunteers who provide advice and assistance to the City of Coquitlam on senior adult programs, services and activities.

1200 Glen Pine Crt.
604-927-6940

coquitlam.ca/glenpine

Dogwood Pavilion

Dogwood Pavilion is an adult recreation centre with a variety of drop-in and registered programs for all interests and abilities.

Activity groups at Dogwood Pavilion are led by **Dogwood Pavilion Seniors' Society**, a community board comprised of volunteers who provide advice and assistance to the City of Coquitlam on senior adult programs, services and activities.

1655 Winslow Ave.
604-927-6098

coquitlam.ca/dogwood