













Support Services

<p>Arthritis Support Group</p> <p>Call Penny at 604.937.0320 for information.</p>	<p> Meets at the Coquitlam Public Library - Poirier Branch.</p> <p>The group provides education and support for adults who are living with arthritis. Meetings feature guest speakers, discussions and social events. Members share their experiences and ideas for effective self-management of arthritis. Also consider our special exercise class called Joint Works in the fitness section of this publication.</p>
<p>BC Seniors Line</p> <p>Call 1.800.465.4911</p>	<p>Information on provincial services such as Seniors Supplement financial benefits and Safer program rental subsidies for low income seniors.</p>
<p>Canadian Council of the Blind</p> <p>Contact is Elaine Harris at 604.942.4680.</p>	<p> Thursdays, 12:30 p.m. – 2:30 p.m.</p> <p>The CCB Dogwood Club meets each Thursday 12:30 p.m. - 2:30 p.m. We have a friendly visit, and share information on what help is available for the visually impaired. We then have a game of table bowling followed by tea and cookies. New members and visitors welcome.</p>
<p>Community Volunteer Services for Seniors (Tri-Cities)</p> <p>Call 604.927.7919 for a Shop by Phone Grocery Program service.</p>	<p>If you are a senior or a person with physical limitations and need assistance with your grocery shopping, our volunteers will take your order over the phone and do the shopping for you. We also offer Information & Referral, a Visiting Program and Telephone Reassurance Program for isolated homebound seniors with little or no support in the community. A volunteer will call or visit once a week.</p>
<p>Fibromylgia</p> <p>Contact is Joan Groden 604.944.2506 Poirier Library</p>	<p> 4th Thursday, 1:00 p.m. – 3:00 p.m.</p> <p>Education and support for adults who are living with this chronic illness. Monthly meetings feature guest speakers and discussions. Group members share their experiences and ideas for effective self-management of Fibromyalgia.</p>
<p>Free Lawyer Consultation</p> <p>Call 604.933.6098 to make an appointment at Dogwood's front desk.</p>	<p> 2nd Tuesday of every month</p> <p>Lawyer Don Drysdale will take appointments for a free, 15 minute consultation.</p>
<p>H.E.A.R</p> <p>Further information call Barb at 604.523.1713 or Betty 604.438.2500.</p>	<p> every 3rd Monday, 1:00 p.m. – 3:00 p.m.</p> <p>Hard of hearing support group</p>
<p>New Age Seniors Branch #108</p> <p>Contact Catherine Clout at 604.937.7537</p>	<p> 1st Wednesday of each month in the Centennial Room.</p> <p>We host a variety of guest speakers on topics of interest to members. Membership is \$10 per year. Please feel free to come to a meeting, speak to our members and hopefully become a member. The club recently celebrated its 40th anniversary.</p>
<p>S.M.I.L.E Group</p> <p>contact Anjanette 604.552.7487 (anjanette@shaw.ca) or Joanne 604.942.7631 (jurdahl@telus.net)</p>	<p> 2nd Thursday of the month, 2:30 p.m. – 4:15 p.m.</p> <p>Please check the whiteboard for the location each month. As a prerequisite for this group, we request prior participation in the Tri-Cities Caregivers Support 5 week course that runs frequently in the community.</p>
<p>Stroke Recovery Branch</p> <p>For more information, call Margaret Hansen at 604.933.6093.</p>	<p> Fridays, 10:30 a.m. – 2:00 p.m.</p> <p>The Stroke Recovery Branch offers a variety of activities to encourage and support people who are recovering from strokes. Caregivers are also welcome. The program includes social activities, exercise, outings, speech therapy, speakers and special events. We invite you to join the club for three meetings at no charge. Club membership fee is \$20.00 per year, plus membership at Dogwood Pavilion. Website: www.csr.citysoup.ca</p>

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<p>Tri-Cities Caregivers Support Network contact Niki Shamtanis 604.931.5477</p>	<p> 2nd and 4th Friday, 10:00 a.m. - 12:00 p.m.</p> <p>Are you caring for a loved one? Do you need a little support? Someone to talk to that understands the challenges you face daily? Come meet with us and talk to others just like you. Discover first hand some of the resources available that might be helpful. A friendly place to go, time for yourself to relax and talk to the ones who really understand. Dogwood membership is required. First three visits are free.</p>
<p>Tri-Cities Leisure Connections Call Marion Bernie at 604.927.7919 for more information and how to register.</p>	<p> If you are aware of a caregiver who is supporting a person 60 If you are aware of a caregiver who is supporting a person 60+ with mild dementia living in the Tri-Cities area who would benefit from a social, recreation, and interactive program? This program will resume in September at Glen Pine Pavilion. Staff are specialized in the field of older adults with mild dementia. Class sizes will be very limited in order to offer a stimulating, fun filled program. This program is sponsored by the Wilson Centre Seniors' Advisory Board in collaboration with the City of Coquitlam, City of Port Coquitlam and community service partners and funding from United Way of the Lower Mainland.</p>
<p>Tri-Cities Seniors Peer Counseling To set up a meeting, call 604-945-4480, and leave a message.</p>	<p>Are you feeling overwhelmed or stressed by events in your life? Or do you just need someone to talk to about your state of mind. A peer counsellor can help you move beyond the past or current life transitions. It is important to know that someone your age is able to talk with you and to share the burden. Our trained peer counsellors are available free of charge and are confidential. In addition to counselling, we help you fill out government forms.</p>
<p>W.H.O Group Kay Fraser at 604.469.5815 or Jill Totton at 604.464.9438</p>	<p> Mondays, 1:00 p.m. – 3:00 p.m.</p> <p>A branch of the Coquitlam WHO group meets weekly to provide a supportive atmosphere for members who are on their own. This includes widows, divorcees, singles and women whose husbands are in permanent care. We encourage women to come and enjoy Women Helping Others.</p>
<p>W.H.O Group Call Lynn Greenall at 604.936.6907</p>	<p> Wednesdays, 10:00 a.m. – 12:00 p.m.</p> <p>This is a group for any woman who is alone. It provides support and opportunities for women who want to be active and involved with others. Activities include outings, guest speakers, fun socials and special events.</p>

2009 BC SENIOR GAMES PARTICIPANTS Pavilion Members and Coquitlam Residents

Archery	Gary Hornsberger
Badminton	Kim Yee, Ken Lau, Syd Sydorak, Emmy Lau, Margriet Dogterom, Betty Luk, Nizarali Rawji
Carpet Bowling	Dorothy Bird, Anthony Bragg, Mani Naicker
Cricket	John Hooker
Cycling	Mike Toddington
Duplicate Bridge	Wes Rasmussen, Mary Rasmussen, Ellen Thiel, Joe Thiel
Golf	Denny Howlett
Hockey	Gordon Buckle, Bill Mackillican, Ken Dopson, Irvine Fairley, Bob Abbott, Bruce Bradley, Norm Einarson, Bryan Farquharson, Ivan Giles, Frank Henry, Jim Middleton, Keith Klemets, Neil Menzies

Ice Curling	Florence Hurtubise, Bill Mills, Dennis Sigfusson, Elaine Mills
Lawn Bowling	Grace Riddehough
One Act Plays	Phyllis Mohr, Don Mohr
Slow Pitch	Bill Carter, Leonard Damberger, Ivan Eriksson, Bonnie Godfrey, John Purves, Stan Burt, Valerie Savege, Len Eden, Brian Powell, Phil Ricci, Cher Ricci, Doug Turner, Kay Deleeuw, Victor Foisy, Patti McKerral, Larry Mossman, John Neher, Jean Neher, Bill Northey, Faye Oakes, Rick Oakes, Craig Sharon
Snooker	David Cairns, Norma Spencer, Linda Reid, Irene Jackson, Kay Roy
Soccer	Robin Goulden
Square Dancing	Janet Ballam, Roy Ballam

Swimming	Jodie Cooper, Len Shannon, Helen Shannon, Erika Korbely, Diane Phillips
Table Tennis	Karl Jaenicke, Cliff Lau, Peggy Hing Woo, Timmy Chow, Ken Lee, Stephen Leung-Oh, Connie Nordhoff, Tina Lee, Lai Fun Lukey Ott, Len Lukey Ott, Andy Poon, Alan Tam
Tennis	Cathy Dinsdale, Raymond Lebrun, John Hylton-Foster, Mo Herar
Track & Field	Urith Hayley, Philip Bell, Les Fowler, Les Robson, Gord Phillips, Ron Huckerby



If we inadvertently missed, you we apologize.