



## How to participate

If you are an immigrant or refugee, age 55+, and would like to participate in some of our Seniors Program activities, please contact us!

*MOSAIC welcomes seniors from all backgrounds and ethnicity.*

Make new friends.  
Enjoy activities.  
Get involved!

## About MOSAIC

MOSAIC is a non-profit organization and registered charity serving immigrants and newcomers since 1976. Today, we offer comprehensive services for Canadian citizens, newcomers, refugees, immigrants, and temporary foreign workers at multiple locations throughout Metro Vancouver.

**In addition to this program, MOSAIC also offers the following:**

Children and Family Programs  
Employment Programs | English Language Centres  
Interpretation Services | Settlement Programs  
Specialized Programs | Translation Services

**For contact information, or to find out more about these services, please visit us at:**  
**[www.mosaicbc.org](http://www.mosaicbc.org) or call 604.254.9626**



@mosaicbc



*This Seniors Program is made possible by:*



BRITISH COLUMBIA



Immigration, Refugees and Citizenship Canada

Immigration, Réfugiés et Citoyenneté Canada

## Contact Information

**Vancouver**  
**604.254.9626**

**Burnaby**  
**604.438.8214 or 604.292.3907**

*Monday to Friday 9:00am - 5:00pm*

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## Seniors Program



# MOSAIC

*Empowering newcomers to fully participate in Canadian society for over 40 years*



## Activities with the Seniors Program

The Seniors Program offers many exciting activities, including our regular English Language Conversation Circle, informational workshops and rotating programs of interest such as Tai Chi, knitting, computer workshops and field trips. All Seniors Program activities are offered free of charge. Transportation (public bus ticket) and language support available as needed.

Our schedule of events is continually updated. Call us to learn more!

## What does this program offer?

Our Seniors Program has a wide range of free activities that encourage participants to make new friends, learn new skills and join community events. Aimed at immigrants and refugees aged 55 years and up, participants enjoy a myriad of benefits to their physical, social, spiritual, emotional, and mental well-being through various activities.

Immigrant seniors often find the cultural barrier of coming to Canada more challenging. Our Seniors Program is designed as a place for seniors to feel a part of the community with age-appropriate opportunities for learning and having fun.

In addition to activities, our Seniors Program can provide information about government benefits, community resources, Canadian laws, rights, health, and living with dignity.



*MOSAIC Seniors Program participates in events like the annual "MOSAIC of Seniors" and community events such as "World Elder Abuse Awareness Day".*

## On-going activities

### English Conversation Circle

Designed to help seniors learn basic day-to-day English and to practice everyday communication in a friendly setting.

Conversation circles are "Beginner" and "Upper Beginner" levels.

### Computer Class

Seniors learn basic computer skills like opening an email and attaching pictures to emails so that they can keep in touch with friends and family. Classes offered a few times each year.

### Wai Dan Gong and Tai Chi

Designed to promote fitness and fun! Scheduled in eight-session cycles.

### Knitting Circle

Seniors teach fellow seniors knitting while making new friends.

### Field Trips

Enjoy field trips and community connection activities such as visits to museums, the courthouse, festivals, gardens and more.

“ We are not lonely anymore. Through these activities, we make so many new friends and know so much more about Canada. Life in Canada becomes more meaningful. ”

**- Seniors Program participant  
from Vancouver**