

...improving the quality of neighbourhood life in a creative, caring way...

Laugh, Connect, Enrich

This information is provided to inform both newcomers to our community and established area residents of the variety of senior support services available at Alexandra Neighbourhood House.

Programs and services include:

- out trips to local sights
- seniors hot lunch
- shopping trips
- community dinners
- special interest classes
- knitting group
- drop in coffee lounge
- stretch and strength exercises
- coffee house
- tai chi
- community events

NEW MEMBERS ...

**BRING A FRIEND AND PRESENT
THIS COUPON
AT THE WEDNESDAY
HOT LUNCH PROGRAM AND GET
TWO LUNCHES FOR THE PRICE
OF ONE!**

Preregistration is Required

Alexandra Neighbourhood House

We are a member of the Association of Neighbourhood Houses of British Columbia.

Alexandra Neighbourhood House provides programs, services and events for all ages and is dedicated to making a difference through:

- Connecting and supporting individuals and families
- Fostering community spirit and participation
- Inclusion of all ages, cultures, languages, abilities and economic levels

Contact Information

Alexandra Neighbourhood House
(formerly Crescent Beach Community Services
at Camp Alexandra)

**2916 McBride Avenue
Surrey, BC V4A 3G2
Ph: 604-535-0015
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**www.alexhouse.net
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Seniors Programs



**Laugh, Connect
Enrich**

**604-535-0015
www.alexhouse.net**

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Creating Community Connections

Seniors Advisory Council



Want to have a say in shaping seniors programs?

Help us to organize, promote or run special events, concerts, out-trips, dances ...

Make new friends and play a meaningful role in your community!

Join Us!

Contact Carol Ann for more details at 604-535-0015 ext 232

Seniors Hot Lunch Program



Seniors & Adults!!!

Join together to share a community lunch every **Wednesday 12-2pm.**

Share stories, food, laughter, music, songs and educational, fun activities.

What do seniors say about it?

..helped me to make new friends
... like the fellowship and balanced meals ...good for my mental health
...loved the music and relaxed social exchange ...helped me reach out when I needed company!

All are Welcome!

Cost: \$6 for a full meal
Free rides available
in the Ocean Park area
Pre-register at 605-535-0015

Building Welcoming and Inclusive Neighbourhoods



Alexandra Neighbourhood House is looking for community members to join us in bringing together neighbours and looking at ways of creating a greater sense of belonging, trust and well-being in our community.

For more information call Maxine at 604-535-0015 ext 238.

