

Vision Statement

To reduce social isolation through intentional connection of seniors ages 75 and older in the identified areas of Metro Vancouver – North Shore, South and East Vancouver, Burnaby and the Tri-cities.



Whom do we serve?

In this collaborative project, we serve seniors 75+ who come to us through our trained outreach volunteers or referred from hospitals, social workers, police, other agencies, family members, friends and many other sources.

What is meant by a Welcoming Seniors' Space?

A barrier free physical/social space in which all who enter know they are accepted, valued, respected and encouraged to come again.

It is a collaborative project in which we seek intentional outreach opportunities to reduce isolation of seniors and connect them to services in their area.

What occurs in a Welcoming Space

The partners offer a variety of group programs for a diverse senior population e.g. dialogue, lunches, teas, dinners, shared experiences, dance, education, health and wellness activities.

Volunteer driven

Volunteers (seniors) from diverse cultural backgrounds are trained to outreach to isolated seniors in Burnaby, North Shore, Tri-cities and Vancouver.

How will we measure success in three years?

As the seniors attend the programs at the various sites we believe this will reduce their isolation. The volunteers also benefit from their training and involvement in the community and on-going education.

Research has shown that seniors who enjoy social connections experience a healthier more productive life and have the possibility of increased life expectancy by 10%.

To refer a senior to be a volunteer or to participate in one of the programs, see the numbers on the back.