



How to participate

If you are a permanent resident, age 55+, and would like to participate in some of our Seniors Club 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 or call 604.254.9626



This Seniors Club is made possible by:



Immigration, Refugees and Citizenship Canada

Immigration, Réfugiés et Citoyenneté Canada

Contact Information

Vancouver Burnaby Surrey
604.254.9626

Support in other languages
Chinese - 604.671.7281

Farsi/Dari - 604.500.5614

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

©MOSAIC March 2022



Seniors Club



MOSAIC

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



MOSAIC Seniors Club

A social club for immigrant seniors

Are you interested in taking part in your new community? The MOSAIC Seniors Club is for permanent residents age 55+.

This Club is a place where you feel part of a community, do age-appropriate activities, and have fun.

Seniors Club provides:

- social connection
- learning opportunities
- community information
- settlement support
- a safe place to practice English
- leadership and participation
- support group for healthy living

How will you benefit?

Participants will make new friends, learn new skills, join community events and enjoy the benefits to their physical, social, emotional and mental well-being.

Through one-on-one or group activities, participants also receive information and resources on government benefits, health-related information, community support, information on Canadian laws and rights and more.

If you are new to Canada, our Settlement Worker for seniors provides one-on-one support to answer your questions as best we can or tell you about helpful services. All our services and activities are free of charge.



MOSAIC Seniors Club participates in events like the annual "MOSAIC Multicultural Seniors Day" and community events such as World Elder Abuse Awareness Day'.

On-going activities

- **English Conversation Circles.** Learn and practice English and share stories. Circles are available for beginner learners.
- **Digital Literacy.** Learn basic computer, cellphone and iPad skills so you can stay in touch with family and friends.
- **Tai Chi and Yoga.** Take classes with other seniors for fitness and fun.
- **Knitting Circle.** Learn and practice knitting with other seniors in your community.
- **Field Trips.** Visit museums, festivals, gardens and more as a group.
- **Informational Workshops.** Useful topics about life in Canada.
- **Seniors Choir.** Practice English by learning new songs together, share love of music and make new friends.
- **Peer-led creative and art groups.** Discover your inner artist with other seniors.

Class schedules change. Contact us for current schedules.

“ 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