

Bridging Generations Summer 2009

Upcoming Events:

VG Picnic and Chevron Movie in the Park August 30th, 2009 Confederation Park (details to follow)

Accepting Ticket Requests for MusicFest Vancouver until June 18, 2009 for concerts held between August 2-16.

Stay tuned for more info about our upcoming Volunteer Grandparents' Contest which is currently being developed

Spread the word! Please help by telling your family and friends about our organization. We have found that word of mouth is a very important way to non-profit about hear organizations. If you would promotional like any materials, please contact our office and something can be arranged. Thanks for your help with this cause.

Program Update:

We pleased are to announce that funding has been awarded to VG to hire a summer student. I would like to introduce Eliza Sam to our members. Her main duties will be to plan the summer picnic, develop marketing materials and organize a Grandparents Dav recognition contest.



Florio Bursary:

We are excited to announce that there were three successful recipients for Florio Bursaries this year. Congratulations to all the winners! Funds will be used to support piano lessons, music lessons, and dance classes. We would like to thank Mary and Paul Florio for their amazing bursary opportunity for participants. If you would like more information on how you can contribute to the bursary, please contact Veronica.

Hats Off Day!

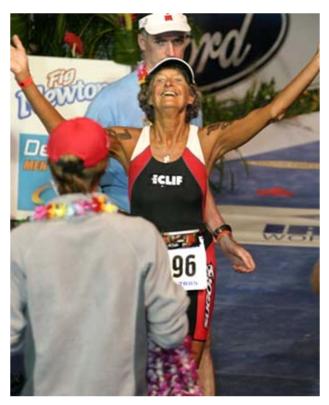
Volunteer Grandparents was present in Burnaby for the Hats Off Day event on Saturday, June 6. The summer students made a wonderful trolley car for people to take their pictures in. Great work!

Staying Active, Staying Healthy By Veronica Grossi

I had the privilege to attend the SFU Gerontology Research Centre John Friesen Conference in April. The two day conference was centered on the subject of seniors staying active and healthy in today's society. It was suggested that one of the goals that everyone should strive for is to not only extend our quantity of life but also our quality of life.

There has been a lot of research concerning what seniors and services/ organizations need to do to ensure everyone enjoys a good quality of life in old age. Volunteer Grandparents plays a vital role in enhancing our volunteer's quality Through being matched of life. with a family or volunteering in a school, a senior is actively engaged in physical activities and mental Volunteering with challenges. children is rewarding for everyone involved

During the conference, participants in a panel session discussed the issue of healthy lifestyles and the importance of keeping physically, mentally and socially active. Gareth Jones, an assistant professor of Human Kinetics at UBC Okanagan, encourages everyone to 'exercise like an Olympian'.



Aging Well In Contemporary Society Sister Madonna Buder- Triathlete at 79! Picture taken from: http://ironman.com/events/ironman/

According to Gareth's research, in today's society we have seen a decrease in physical activity and an increase in sedentary lifestyles. Furthermore, individuals that are least fit require the most amount of dependence on other people, family members and friends. The research has proven that exercise can prevent chronic disease. He suggests that individuals should be encouraged to set goals with regards to exercise. He shared the fascinating story of Sister Madonna Buder, an amazing role model. Madonna is a 79 year old triathlon runner who has set many ambitious goals for herself.

Let's all work hard to get and stay actively involved in our community!

MusicFest Vancouver -August 2-16, 2009

Through their Community Access Program, **MusicFest Vancouver** has generously offered Volunteer Grandparents 30 complimentary tickets. All concerts will take place at Christ Church Cathedral, with the exception of the Family Day at the VanDusen Botanical Garden.

Event Options:

Classical Mornings: All concerts at 10:30 am

Trio Hochelaga
Tuesday, Aug 4th
Schumann: Mrythen Song Cycle
Jacques Thibaud String Trio
Monday, Aug 10th
Wednesday, Aug 12th

Piano afternoon series: All concerts at 2:00 pm

Bach: Partitas, Prelude and Fugue
The Romantics: Beethoven and Schumann
The Power of Ligeti

Wednesday, Aug 5th
Tuesday, Aug 11th
Saturday, Aug 15th

Choral Connections Series: All concerts are at 5:30 pm

Mendelssohn Anniversary Celebration
Taipei Philharmonic Chamber Choir
Choral Music of Arvo Part
Gaudeamus Male Choir

Mendelssohn Anniversary Celebration
Tuesday, Aug 4th
Thursday, Aug 6th
Monday, Aug 10th
Friday, Aug 14th

MusicFest Flavours Series: All concerts are at 8:00 pm

Love Songs with Kiran Ahluwalia Wednesday, Aug 5th Double Choir Masterworks Friday, Aug 7th Mozart and Brahms: Jacques Thibaud String Trio Friday, Aug 14th

Family Day- Sunday, August 16th 10-3 pm

An event designed for families and fun! Site performers include the Tickle Trunk Touring Circus. There will be face painting, craft making, an interactive drumming circle and the Tom Lee Musical Instrument Petting Zoo. Children under 6 are free. http://www.musicfestvancouver.ca/home/concertInfo.php?id=296

Please let Veronica know which series you would be interested in (604-736-8271). If there are more requests then tickets available, then volunteers/families who have never received tickets before will get first priority. Deadline for requests is **June 18**th, 2009.