

WEDNESDAY, OCTOBER 8

City of Coquitlam hosts a Welcome to Coquitlam open house, from 2 to 8:30 p.m. at City Hall, 3000 Guildford Way. Drop in any time during these hours to learn about programs and services and how to become involved in your community.

Tri-Cities Caregiver Program hosts a pair of caregiver support meetings in Coquitlam and PoCo. The Coquitlam session runs from 6 to 8:30 p.m. at the Maillardville Community Centre, 1200 Cartier Ave. The PoCo session goes from 10 to 11:30 a.m. at the Astoria Retirement Centre, 2245 Kelly Ave. All caregivers are welcome to attend either session. Info: Karen Tyrell at 778-789-1496.

SHARE Society hosts a 13-week education series around alcohol and drug use for those who have an alcohol or drug problem, and for those concerned about their use or the use of others. This week's discussion is on "Marijuana: A second class addiction?" The session includes a video, brief presentation and open discussion, 7 to 8:30 p.m. at 2615 Clarke St. in Port Moody. Registration is not required. Info: 604-936-3900.

Tri-City Centennial Stamp Club holds a stamp trivia game and a mingler, starting at 7 p.m. in the McGee Room of the Poirier Community Centre, 630 Poirier St. Test your stamp collecting knowledge, win prizes and meet and mingle with other collectors. Info: www.stampclub.ca or 604-941-9306.

THURSDAY, OCTOBER 9

Women's Connection Luncheon kicks off at noon at the Executive Inn, 405 North Rd. in Coquitlam. Guest speaker and author Ann Griffiths will be featured, as well as the group's annual fall fair. Info: Frieda at 604-937-7198.

Alzheimer Society — British Columbia hosts a session called "Heads Up: An Introduction to Brain Health," in the Nancy Bennett Room at the Poirier Library, 575 Poirier St. in Coquitlam. Learn strategies and set goals for improving the health of your mind, body and spirit. Anyone interested in brain health is welcome to attend. Registration is required. To reserve your spot, leave a message on the library's registration line at 604-937-4155.

Moody Centre Community Association hosts an open discussion on topics related to the upcoming election from 7 to 8:15 p.m. at the Kyle Centre, 125 Kyle St. in Port Moody. Info: portmoody-

community.wordpress.com.

FRIDAY, OCTOBER 10

Tri-Cities Caregiver Program meets from 10 to 11:30 a.m. at Dogwood Pavilion, 624 Poirier St. in Coquitlam. All caregivers are welcome to attend. Info: Karen Tyrell at 778-789-1496.

Metro Vancouver Parks offers a "Hunter Moon Walk" from 7 to 9 p.m. at Colony Farm Regional Park in Coquitlam. Discover nocturnal creatures and how to identify their calls from other night sounds. Join a Metro Vancouver park interpreter on the Hunter Moon Walk to learn about nature's hunters. Bring binoculars to look at the moon. For ages six and up. Cost is \$8 per person and pre-registration is required. To register, call 604-927-4386 and use barcode 489743.

Coquitlam-Maillardville MLA Selina Robinson hosts a "Gratitude Gathering" open house from 4 to 6:30 p.m. at 102-1108 Austin Ave. This is a free, family friendly event open to everyone. Light refreshments will be served. Info: www.selinarobinson.ca.

SATURDAY, OCTOBER 11

Port Coquitlam Heritage and Cultural Society marks the grand opening of the First World War display at 11 a.m. at 2100 - 2253 Leigh Sq. in PoCo. Check out the parking area between the Outlet and the Gathering Place to see the First World War Sopwith Camel replica on display for the day, courtesy of the Canadian Museum of Flight. Learn about the local First World War story through the exhibits at Leigh Square. Info: www.pocoheritage.org.

Scott Kelby Worldwide Seventh Annual Photowalk takes place from 10:30 a.m. to 12:15 p.m. at the Port Moody Station Museum and at Rocky Point Park in Port Moody. The event gives photographers of all walks of life and skill levels a chance to gather to socialize, share and inspire during this one-day, worldwide event. The event is free, though a \$1 donation to the Springs of Hope Orphanage in Kenya is suggested. Info: <http://kelbyone.com/photowalk/walk/port-moody-bc-canada-port-moody-museum>.

SUNDAY, OCTOBER 12

Poirier Street Farmers Market hosts a harvest festival and barbecue at 10 a.m. in the parking lot of Dogwood Pavilion, 624

Poirier St. in Coquitlam. Local chefs, demonstrations from Sustainable SFU and children's activities will be featured. The market opens at 9 a.m. Info: www.makebakegrow.com.

WEDNESDAY, OCTOBER 15

Terry Fox Library hosts a Citizens Services specialist from Service Canada for an open discussion from 5:30 to 7 p.m. at 2470 Mary Hill Rd. Learn about survivor/death benefits, Canada pension disability benefits, guaranteed income supplement allowance, and allowance for the survivor. Registration is appreciated. Info: 604-927-7999.

SHARE Society hosts a 13-week education series around alcohol and drug use for those who have an alcohol or drug problem, and for those concerned about their use or the use of others. This week's discussion is on "Heroin & other common depressants/opiates - addiction, struggle and recovery." The session includes a video, brief presentation and open discussion, 7 to 8:30 p.m. at 2615 Clarke St. in Port Moody. Registration is not required. Info: 604-936-3900.

University Women's Club meets at 7 p.m. at Scott Creek Middle School, 1240 Lansdowne Dr. in Coquitlam. Guest speaker Araz Rismani will discuss the challenges facing immigrants as they settle in our community. Info: Penny at 604-469-9309.

THURSDAY, OCTOBER 16

Coquitlam Public Library, City Centre branch, holds After School Story Times Thursdays from 4 to 4:30 p.m. at 1169 Pinetree Way. Parents are invited to bring children of all ages to our fun filled after school story time and learn new songs, rhymes and stories. The program runs weekly until Dec. 4. Info: 604-554-7334, 604-937-4142, or www.coqlibrary.ca.

FRIDAY, OCTOBER 17

Tri-City Singles Social Club meets at Legion Manor, 2909 Hope St. in Port Moody. The group offers an opportunity for singles over the age of 50 to get together and enjoy a variety of fun activities such as dining, dancing, theatre, travel, movies and more. Members are from the Tri-Cities and beyond, and new members are welcome. Info: 604-466-0017.



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Coquitlam Centre Guest Services

All proceeds to **I AM SOMEONE Ending Bullying Society** and their **2TALK (28255)**
bullying help text messaging platform pilot, now available to youth in the Tri-Cities.

