



Lotus Light Charity Society

200, 357 East Hastings Street, Vancouver, B.C., Canada V6A 1P3

Tel: (604) 685-5548 Fax: (604) 605-1002 E-mail: llesvancouver@gmail.com

PRESS RELEASE

March 13, 2025

Lotus Light Charity Society Vancouver to Launch Seniors Club with Meal Program and Support Services

The Vancouver branch of the Lotus Light Charity Society is launching LLCS Seniors Club – Lotus Light Longevity Star project, a new initiative aimed at enhancing the well-being of elderly residents through nutritious Chinese meals, social activities, and essential support services. This program seeks to address senior isolation, food insecurity, and financial struggles, ensuring that seniors have access to both healthy meals and a vibrant community space.

Holistic Support for Seniors

The Seniors Club is designed to go beyond meal provision, offering a range of activities and services to support seniors' overall well-being, including:

- Nutritious Chinese Meals – Freshly prepared meals tailored to the dietary preferences of Chinese seniors.
- Wellness and Health Workshops – Sessions on nutrition, exercise, mental health, and chronic disease prevention.
- Social and Recreational Activities – Cultural events, arts and crafts, calligraphy, music, and storytelling to foster engagement and mental stimulation.
- Technology and Digital Literacy Support – Helping seniors navigate smartphones, computers, and online communication tools to stay connected with loved ones.
- Legal and Financial Assistance – Information sessions on seniors' benefits, housing, wills, and financial planning.
- Companionship and Mental Health Support – Volunteer-led visits, group discussions, and mindfulness programs to combat loneliness and depression.

Seeking Community Support

To ensure the Seniors Club and meal program remains sustainable and impactful, the Lotus Light Charity Society is actively seeking support from:

- Individuals and Donors – Financial contributions help fund food, activities, and essential services.
- Businesses and Organizations – Donations of food, supplies, and services (such as medical consultations, financial advice, and wellness programs) are greatly needed.
- Volunteers – Help is needed in cooking, serving meals, organizing events, and assisting seniors with activities.

Through caring and learning, we help to build a better tomorrow!

<http://www.vllcs.org/>



Lotus Light Charity Society

200, 357 East Hastings Street, Vancouver, B.C., Canada V6A 1P3

Tel:(604)685-5548 Fax:(604)605-1002 E-mail: llcsvancouver@gmail.com

- Government Agencies – Support from municipal, provincial, and federal programs can expand services and provide long-term sustainability.

Building on a Legacy of Service

The Lotus Light Charity Society has been serving the Vancouver community since 1993, with past initiatives including:

- The Community Caring Drive, which provided food, hygiene kits, and emergency aid during the COVID-19 pandemic.
- Hot meal and food hamper programs, benefiting thousands of low-income individuals and seniors.
- Health and wellness initiatives focused on elderly care and poverty alleviation.

A Vision for a Thriving Senior Community

The Seniors Club will serve as a safe and welcoming space where seniors can eat, socialize, learn, and receive support, improving their physical, emotional, and social well-being.

Help make a difference! To donate, volunteer, or partner with the program, visit the Lotus Light Charity Society's website and social media pages.

Together, we can build a stronger, more connected senior community.

Lotus Light warmly invites you to join our charity initiatives and welcomes donations of any amount.

Contributions can be made via PayPal, credit card, or check (payable to: Lotus Light Charity Society). For more details, please visit our website at www.vllcs.org, call us at 604-685-5548, or email

llcsvancouver@gmail.com. You can also send mail to:

Lotus Light Charity Society

PO Box 88210, RPO Chinatown

Vancouver, BC, Canada V6A 4A5

Lotus Light Charity Society's Charity Registration Number: BN 14110-4893-RR0001.