



WESN
WEST END SENIORS' NETWORK

A NEWSLETTER FOR
OLDER ADULTS 55+

.....
JUNE 2018



STRAWBERRY FESTIVAL 2018
FOOD, MUSIC, ENTERTAINMENT, AND COMMUNITY!
#SFEST18

JUNE 23 2018
1:00-4:00 PM
1447 BARCLAY STREET
VANCOUVER, BC V6G 1J6



Our Vision

A Vancouver community that supports and empowers older adults to live involved, healthy and fulfilling lives.

Our Mission

To enhance the quality of life of older adults by providing social, recreational, educational and supportive programs and services that foster connection and inclusion in the broader community.

BOARD OF DIRECTORS

Joel Oger, President
Kathi Thompson, Vice-President
Frank McCormick, Past President
Andrea Banks, Treasurer
Abudi Awaysheh, Secretary
Marta Filipski, Director

Jane Goodridge, Director
Sara Johnson, Director
Caine Liu, Director
Michael McCarthy, Director
Bonnie Quam, Director
board@wesn.ca

CONTACT INFO



WESN.CA



INFO@WESN.CA



WESTENDSENIORS



WESTENDSENIORSNETWORK



WEST END SENIORS'
NETWORK SOCIETY



FAX:
1-877-885-6561



CLOTHESANDCOLLECTIBLES

Barclay Manor

604-669-5051
1447 Barclay Street
Vancouver, BC V6G 1J6
Mon-Fri, 9:00AM - 5:00PM

Anthony Kupferschmidt Executive Director

executivedirector@wesn.ca
Office Hrs: Mon, 10:00AM - 12:00PM

Tasha Lorenzen-Ewing Manager of Programs programs@wesn.ca

Josh Cook
Manager of Volunteer Resources
and Community Services
volunteers@wesn.ca

Ming Chen
Better at Home Coordinator
betterathome@wesn.ca

Mhairi Campbell
Moving Toward Health Coordinator
health@wesn.ca

Vacant
Administrative and
Program Coordinator
admin@wesn.ca

Kay's Place

604-669-7339
Denman Place Mall
118 - 1030 Denman Street
Vancouver, BC V6G 2M6
Mon-Fri, 10:00AM - 4:00PM
kaysplaceinfo@wesn.ca

Veronica Page
Manager,
Support and Information Services
veronica@wesn.ca

Karsten Kaemling
Manager,
Support and Information Services
karsten@wesn.ca

Clothes and Collectibles

604-682-0327
Denman Place Mall
110 - 1030 Denman Street
Tues - Fri, 10:00AM - 6:00PM
Sat, 10:00AM - 5:00PM

Laura Fee
Manager
clothes@wesn.ca

Bonnie Patterson - Assistant Manager
Gordana Smocilac - Assistant Manager
Fran Linnington - Supervisor

STARS

of
VANCOUVER
2018

WINNER!

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CLOSURES FOR ALL WESN SITES:

Barclay Manor will be closed Friday, June 22 and Monday, June 25 for Strawberry Festival preparation and clean-up (Mani-Pedi appts only on June 22).
All WESN sites will be closed on Monday, July 2 for Canada Day.



VOLUNTEER DRIVERS WANTED

Help West End seniors get to important
medical appointments

We reimburse gas
mileage and
provide co-op cars
for volunteers

Join a team of 200+
volunteers making a
difference in our
community

volunteers@wesn.ca

604-669-5051

wesn.ca/volunteer



Barclay Manor



Anthony Kupferschmidt
Executive Director

There is a lot happening with WESN this month. June 3-9 is BC Seniors Week, it is World Elder Abuse Awareness Day on June 15, our annual Strawberry Festival is scheduled for June 23, and we are publicly launching a Housing Navigation program. Please read on to find out how you can celebrate with us, get the support you need, and get involved and engaged.

Some of you might recall that back in December 2015, in my newsletter article I wrote about Mhairi Campbell (then our Manager of Programs) leaving WESN to pursue her Master of Arts degree in Gerontology at Simon Fraser University. We even gave her flowers and a gift to thank her at the Holiday Luncheon that year.

Instead, Mhairi agreed to stay on part-time with us while completing her studies. She has led our Moving Toward Health project since then, and has done so much more than that to keep WESN running smoothly. Other than Gordana and Bonnie at Clothes and Collectibles, she is the only staff member who has been around since before I started. She has an immense amount of institutional knowledge, and I have leaned on her a lot over the last 3+ years I have been with WESN.

Unfortunately, this time she truly is leaving us. She is just wrapping up her degree and she will be moving to Ontario before the end of June. I know she will be missed by all of the staff, and by so many WESN members, clients and volunteers. Please join me in wishing her well.

And as we bid Mhairi farewell, the time has come to expand our staff team so that we can continue to improve how WESN runs on a day-to-day basis. After much delay, we are finally hiring a new Administrative and Program Coordinator. While we could never replace Mhairi (and this position certainly isn't intended to do that), this new role will support staff at all three locations to ensure that we operate as seamlessly as possible as an organization.

If you are interested in working with WESN, or if you know someone who would be right for the job, please see the link below for more information. We hope that you will consider joining our team!

WESN is Hiring!

Administrative and Program Coordinator

Please view the job posting at www.wesn.ca/job-opportunities/

Barclay Manor

Board of Directors

Call for Donations

Dear Members,

Costs keep going up and our membership is still only \$10.00 per year. WESN needs your donations. There are 4 ways to give to WESN:

1) You can make a donation at the time of renewing your membership. Consider that the membership is only \$10.00 and think about the dollar value of what WESN is providing in terms of activities for this very low membership fee: movies, computer lab access, language classes, birthday celebrations, bridge, poker, knitting, ballroom dancing, salsa dancing, ukulele, etc...

2) If you have a credit card, you can donate any amount at any time by visiting our website at <http://wesn.ca/>. In the top-right corner on the homepage (or on any page of our website), there is a blue button that looks like this:



Click on this button on the website and you will automatically be transferred to Canada Helps, which manages the donations we receive through credit cards. Choose the amount you wish to donate, type in your name and your credit card information and... that's it! Your donation comes directly to WESN and a tax receipt will be sent to you by email in February. You can choose to make one single donation or ask that smaller donations be withdrawn monthly.

3) Another way to donate is through our direct mail fundraising campaign. Stay tuned for more information about this later this year.

4) And finally, remember us in your will. It is incredible how much WESN can do with a bequest of \$20,000, \$10,000, \$5,000 or even \$1,000. Don't forget to let a WESN staff member know that you are making a bequest. And don't forget to indicate that your bequest is for WESN (and not Barclay Manor or Kay's Place).

Please do not feel you have to give, but if you can, please do. The whole membership and the clients we serve will be grateful.

DAVID WATTS NOTARY PUBLIC



Wills, Power of Attorney &
Representation Agreements

Real Estate Transfers & Mortgages

In-Home Visits Available

604-685-7786 | david@davidnotary.com

1602 - 675 West Hastings Street, Vancouver, BC V6B 1N2

Barclay Manor



Josh Cook

Manager of Volunteer Resources and Community Services

On Saturday, May 5, WESN staff and volunteers gathered for our annual Volunteer Appreciation Luncheon. This is my favourite event of the year because it gives us the opportunity to recognize and celebrate the remarkable contribution that our over 200 volunteers provide to our organization and our community. Thank you to everyone who attended and to everyone who so generously gives their time to WESN. Check out some photos from the event on the back cover!

I would also like to thank Cinematique for their wonderful prize donation.

Speaking of our incredible volunteers and all that they do for us, WESN will be hosting the 28th annual Strawberry Festival on Saturday, June 23. This year's Festival will be taking place in the park next to Barclay Manor and will involve music, food, raffle prizes, vendor and community booths, and fun activities for children. Needless to say, it is a lot of work to put an event like this together and, like everything else WESN does, the Festival only happens because of our volunteers. So, if you would like to join us on the 23rd as we host an event attended by thousands of West End residents, please let me know. After all, there's free shortcake for everyone who helps out!

Volunteer Hot Spots

Clothes and Collectables Thrift Shop – Receive donations and process sales with our fun-loving volunteer team and help raise money for important WESN programs and services.

Kay's Place Information and Referral – Provide information and referrals in person or by telephone to seniors and the general public on services related to aging. This is a position where you can learn about the services available to seniors while making a critical difference for clients who may be dealing with very challenging situations.

Spanish Conversation Class Host – We are looking for a host for our popular Spanish Conversation class. These are not structured classes and you are not expected to teach, it is more an opportunity for open conversation, practice and socializing.

Volunteer Driver – Volunteers help support the health and independence of seniors by taking them to and from important medical appointments. Volunteers can use their own vehicles or Modo Coop cars.

INTERESTED IN ANY OF THESE POSITIONS? PLEASE CONTACT THE MANAGER OF VOLUNTEER RESOURCES AND COMMUNITY SERVICES AT VOLUNTEERS@WESN.CA OR 604-669-5051.

Barclay Manor



Ming Chen

Better at Home Coordinator

Happy June! I would like to take this opportunity to share some Better at Home Program stats with everyone. For those who don't know Better at Home, it is a program which helps seniors with simple non-medical tasks so that they can continue to live independently in their homes, and remain connected to their communities. During the last fiscal year (April 2017- March 2018), Better at Home has helped 164 seniors with simple day-to-day tasks. We have provided 92 transportation services, 26 minor home repairs and 1,839 light housekeeping services (equivalent to 3,678 hours) to seniors in the West End.

Last but not least, I would also like to say a big thank you to all of our volunteer drivers and volunteer handyperson for your continued contribution, commitment and dedication!

Barclay Manor



Yathu Radhakrishnan
Program and Event Assistant

I might need to start calling Barclay Manor my summer home soon! It's great to be back here and with WESN in general! For those of you that I have not met yet my name is Yathu, pronounced like Matthew but with a Y instead of the M. I was Barclay Manor's summer intern last summer. I enjoyed it enough that I immediately accepted an offer to come back for another summer! I am a student at Kwantlen Polytechnic University in the Marketing program with just a few more classes till graduation. I also work at a bookstore once a week so if you ever want to talk books you can always chat with me at the admin desk. You may have seen the ad for a service called Scooter Hub in previous editions of this newsletter (see page 10). It is a little side project I am running in which I help anyone looking to buy or sell their electric scooters find a buyer or seller for a small commission fee. The Facebook page url is www.facebook.com/ScooterHubCDN. If this type of service interests you, feel free to come chat with me.

My major task this month is organizing the Strawberry Festival for Saturday, June 23. It's always a great community festival and I hope to make it extra special this year with some new participants and experiences. If you have any suggestions to make the Strawberry Festival more fun and enjoyable, I am always open to hearing about it!

I am also playing with the possibility of screening FIFA World Cup soccer games in the Piano room (where Friday Movies take place) when it is not occupied. I'm sure I'm not the only soccer fan here and I think it would be fun for all of us to enjoy the beautiful game together! We will not be able to show the games live as the live games will be early in the morning, but we can try to stream whichever games are playing during Barclay Manor's operating hours. If you think you would enjoy watching the FIFA World Cup at Barclay Manor please let me know by talking to me or emailing me at events@wesn.ca.



FIFA WORLD CUP

RUSSIA 2018

I'm looking forward to another great summer here at Barclay Manor!

Kay's Place



Veronica Page & Karsten Kaemling Support and Information Services, Kay's Place

Although our Kay's Place location in the Denman Place Mall is a small space (less than 400 square feet), we still manage to offer various programs and services. In this article we are highlighting two of the programs we offer out of Kay's Place.

Peer Support Program:

This program is intended for older adults experiencing difficulty coping with life stressors (e.g., illness, mild depression, isolation, loss, etc.) who would like to talk to a volunteer trained in active listening. The program provides one-to-one sessions for ten weeks. The weekly sessions are one hour in duration. For more information and to book an appointment, please contact our Kay's Place office at 604-669-7339.

Housing Navigation Program:

We also provide information on housing options for older adults (55+) who are living in the West End. Although not a housing provider or able to provide housing placements, we can provide information to help you navigate through the process of finding appropriate housing.

You can make an appointment to speak with the Manager of the Housing Navigation Program. During your appointment, you will be asked specific and personal questions about factors such as health and income to review your eligibility for various types of housing and referrals to housing providers, and for entitlement to any applicable financial support as well.

For more information and to book an appointment, please contact our
Kay's Place office at 604-669-7339.

seniors first BC

Seniors First BC offers a free elder law clinic in cooperation with the West End Seniors Network at Kay's Place in Denman Place Mall (118-1030 Denman Street).

A lawyer from Seniors First BC will be there to answer questions on elder law issues such as:

- Wills and estates (including will variation claims)
- Drafting of representation agreements, powers of attorney, and advance directives
- Small Claims Court
- Complaints against professionals, service providers, government agencies, etc.
- Elder abuse including financial exploitation (unpaid family loans, misuse of power of attorney, joint accounts, etc.)

NOTE: Seniors First BC lawyers are unable to advise with respect to real estate conveyancing, family law or criminal law matters.

The next elder law clinic is offered on Tuesday, June 19 from 11:00am to 2:00pm. Half-hour appointments are available. Please call Maggie at Seniors First BC at 604-336-5653 to book an appointment.

Clothes & Collectibles



Laura Fee

Manager of Clothes & Collectibles

Please note that due to low book stocks, Clothes and Collectibles will not be holding our book sale at Strawberry Festival this year. However, look for us at the information table, where you can find out more about us, including hours, donation guidelines and volunteering with us!

Barclay Manor



Tasha Lorenzen-Ewing

Manager of Programs

We are in search of a Nordic Pole Walking leader!

The weather is beautiful and we have lots of members who are interested in participating in a Nordic Pole Walking group, the only thing we're missing is a group leader. So if you or someone you know is interested in leading a Nordic Pole walking group in and around the West End please contact me - Tasha - at either 604-669-5051 or programs@wesn.ca. Experience using walking poles is a requirement so that you're able to show participants how to use them.



Learn how to play Western Mahjong!



Some of you may know that we used to have an ongoing Mahjong group running here at Barclay Manor but, unfortunately, the numbers recently dwindled out so we cancelled it about a month ago. Since then I've received quite a few requests to bring the group back and an interest from some to learn how to play. Luckily we had a member come forward and offer to teach Western Mahjong so we have enough people to start the group up again!

Where: Barclay Manor (1447 Barclay St.) - Basement Multipurpose Room

When: Thursday, June 21

Times: 12:00-1:00pm or 1:00-2:00pm or 2:00-3:00pm (3 people max. each session)

How: If you'd like to learn how to play Western Mahjong, please call 604-669-5051 to register. 9

Catherine (Rena) Strathie

1930-2018

How Rena will be remembered by her friends...

Rena loved to share stories about her life. Moving from Scotland to England to Ireland to Australia and then Canada throughout her life with her three boys and husband in tow.

Rena had great energy and a fantastic sense of humour. She had a way of making just about anything funny and you would frequently find yourself in stitches from laughter when you spent time with her. Rena was also very encouraging of her friends.

Rena was very creative (see her creations in the photos below). She knit beautifully and was very expressive with her paintings. Rena's imagination was amazing and she did abstract paintings that surprised her even. She also loved the moon and incorporated this in her art.



We will miss Rena tremendously.



Scooter Hub

Selling a used scooter?
Want to buy a used scooter?
Connect with buyers and sellers!

Learn more or Contact us :

<https://www.facebook.com/ScooterHubCDN/>

Friday Movies

1:30PM • Admission by donation • Includes popcorn • Barclay Manor

June

1

First They Killed My Father (2017)

Sareum Srey Moch, Phoeung Kompheak,
Sveng Socheata, and Tharoth Sam

A 5-year-old girl embarks on a harrowing quest for survival amid the sudden rise and terrifying reign of the Khmer Rouge in Cambodia. Caught in the chaos of a brutal revolution, her family is forced to make heartbreaking choices. Based on a true story. (2h 16m - rated TV-MA)

June

8

My Old Lady (2014)

Kevin Kline, Maggie Smith and Kristin Scott Thomas

A New Yorker travels to Paris to sell an apartment he inherited from his father but finds an elderly woman living there who was his father's lover...and will help save his life. (1h 47m - rated PG-13)



June

15

Friends with Money (2006)

Jennifer Aniston, Catherine Keener, Frances McDormand
and Joan Cusack

As four Los Angeles friends - three married, one single - move from one group event to the next, financial differences begin to take their toll. (1h 27m - rated R)

June 22

No Movie - Barclay Manor Closed for
Strawberry Festival Preparations

June

29

The Florida Project (2017)

Willem Dafoe, Brooklyn Prince and Bria Vinaite

A mischievous 6-year-old finds the magic in her own circumstances while living with her troubled mom in a budget motel near Disney World...A heartbreaking yet life-affirming portrait of how a child's innocence and imagination can triumph. (1h 51m - rated R)

Please note: Films shown at Barclay Manor may contain scenes that are offensive to some viewers.

Please view at your own discretion.

Program Notes

Monday

TIME / DATE	PROGRAM	INFO
9:00AM - 4:30PM	Computer Drop-in	Free • Drop-in
9:30AM - 10:00AM	French Conversation Circle (Beginners)	Free • Drop-in
10:00AM - 11:00AM	French Conversation Circle (Intermediate)	Free • Drop-in
9:30AM - 4:30PM	NEW! Computer Coach Appointments	Free 1-to-1 sessions
(June 18 only)	with Gerardo (1 hour)	Registration required
10:00AM - 11:00AM	Moving Meditation	Free
	Very simple and repetitive movements	Registration required
10:00AM - 12:00PM	Computer Coach Appointments	Free 1-to-1 sessions
	with Debra (1 hour)	Registration required
10:00AM - 12:00PM	Cell Phone Appointments	Free
	with Tenglai (30min)	Registration required
12:00PM - 2:00PM	Computer Drop-in with Tutor Marcel	Free • Drop-in
June 4	Foreign Film	By donation • Drop-in
1:30PM		P.15
June 4	Tea with Anthony	Free
2:00PM - 3:00PM		Registration required
June 11	Documentary	By donation • Drop-in
1:30PM		P.15
June 18	Birthday Celebration	Free • P.15
2:00PM - 3:00PM		Registration required
3:30PM - 4:30PM	Guided Meditation	Free
		Registration required

Tuesday

TIME / DATE	PROGRAM	INFO
9:00AM - 1:00PM	Computer Drop-in	Free • Drop-in
9:15AM - 11:00AM	“Not Quite” Beginners’ Bridge Group	Free • Drop-in
10:00AM - 12:00PM	Crochet and Knitting Social Club	Free • Drop-in
10:30AM - 11:30AM	Heritage Harmonies Choir	Free • Drop-in
11:00AM - 1:00PM	Computer Drop-in with Tutor Shelly	Free • Drop-in
	(returning mid- to late June)	
11:00AM - 4:00PM	Reflexology, Facials, Reiki	\$22 for 30 minutes
	and Chair Massage with Shirley	Registration required
12:30PM - 3:00PM	Painting Studio	Free
		Registration required
1:00PM - 3:00PM	Texas Hold'em Poker	Free • Drop-in
1:00PM - 3:30PM	Cinema Classics (P.14)	By donation • Drop-in
1:30PM - 3:00PM	ESL Class for Beginners with Susie	Free • Drop-in

Wednesday

TIME / DATE	PROGRAM	INFO
9:00AM - 4:30PM	Computer Drop-in	Free • Drop-in
	June 20: Computer Lab booked 10AM-11:30AM for Tech Talk (P.19)	
June 20 9:00AM	Men's Breakfast Club: Denny's (1098 Davie Street)	Drop-in • First time is free P. 16
10:00AM - 12:00PM	Computer, Tablet and Cell Phone with Tutor Alan - June 20: Tech Talk (see page 19) from 10AM-11:30AM	Free • Drop-in • P. 19
10:00AM - 12:00PM	Computer Coach Appointments with Damoon (1 hour)	Free 1-to-1 sessions Registration required
11:00AM - 12:00PM	Nature Show Series	By donation • Drop-in
11:00AM - 1:00PM	Acting Class	Free Registration required
1:00PM - 3:00PM	Computer Coach Appointments with Ronda (1 hour)	Free 1-to-1 sessions Registration required
June 13 1:30PM	Introducing Palliative Conversations	Free • P. 19 Registration required
June 27 1:30PM	City of Vancouver Election Outreach: Voter Education & Registration	Free • P. 19 Registration required
1:30PM - 3:00PM	Qmunity GenYoga	Free • Drop-in Space permitting
2:30PM - 4:00PM	Spanish Conversation with Carlos	Free Registration required
3:15PM - 4:45PM	Open Ballroom Dance (No instruction. Can bring own music)	Free • Drop-in
June 20 5:30PM	Dinner Club: CENTRO 1037 Denman St.	Registration required P. 16

Thursday

TIME / DATE	PROGRAM	INFO
9:00AM - 4:30PM	Computer Drop-in	Free • Drop-in
10:00AM - 11:30AM	TED Talks and Discussion	By donation Drop-in • P. 17
1:00PM - 2:30PM	Intermediate ESL Class with Cynthia	Free • Drop-in
June 14 1:00-4:00PM	Empowered Patients, Empowered Caregivers: Intro. to Advanced Care Planning	Free • P. 18 Registration required
June 21 1:30PM	Pharmasave West End: Fall Prevention	Free • P. 17 Registration required
June 28 1:30PM	What Matters To You: Preparing for the Municipal Election	Free • P. 16 Registration required
3:00PM - 4:30PM	Beginners Ukulele Practice Group	Free • Drop-in
3:30PM - 4:30PM	Postural Training - New Year, New You!	Free • P. 18 • FULL

**All programs are at Barclay Manor unless otherwise indicated.
Please note where registration is required. Register at 604-669-5051.**

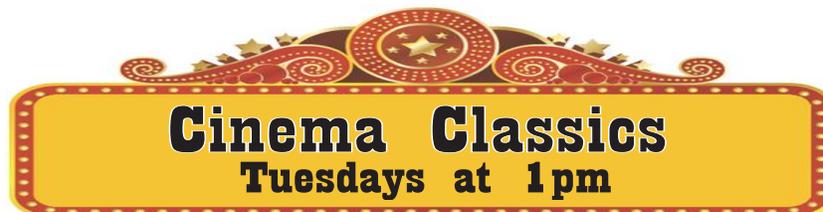
Program Notes (Con't)

Friday

TIME / DATE	PROGRAM	INFO
9:00AM - 4:30PM	Computer Drop-in	Free • Drop-in
9:30AM - 11:00AM	French Conversation Circle (Intermediate)	Free • Drop-in
10:00AM - 12:00PM	Happy Hookers Craft Group and Sales	Free • Drop-in
June 8 & 22	Manicures and Pedicures	\$15/\$18 • \$5 for polish
10:00AM - 4:00PM	with Heather	Registration required
11:30AM-1:00PM	Spanish Stories by John	Free • Drop-in
1:00PM - 3:30PM	Scrabble	By donation • Drop-in
1:30PM	Friday Movie Club	By donation • P. 11 Drop-in

Saturday

TIME / DATE	PROGRAM	INFO
11:45AM	Women's Brunch Club: The Park at The Sands Hotel (1755 Davie Street)	Drop-in • Diner pays



June Films

June 5: The Producers, 1967

Broadway producers Max Bialystock and Leo Bloom scheme to make millions by producing a sure-fire flop. Only their flop is a sensation. By Mel Brooks, starring Gene Wilder and Zero Mostel.
1 hr 23 min

June 12: Notorious, 1946

U.S. Agent Cary Grant recruits Ingrid Bergman to infiltrate a Nazi spy ring in Brazil. Directed by Alfred Hitchcock. *1 hr 43 min*

June 19: The Miracle of Morgan's Creek, 1943

A small-town girl goes overboard with war-time patriotic zeal and marries a soldier she's only met once. He disappears after one night, then she thinks she's pregnant... but she just can't remember her husband's name. Starring Betty Hutton and Eddie Bracken. *1 hr 38 min*

June 26: Suddenly Last Summer, 1959

The only son of wealthy widow Violet Venable dies while on vacation with his cousin Catherine. What the girl saw was so horrible that she went insane; now Mrs. Venable wants Catherine lobotomized to cover up the truth. Elizabeth Taylor, Katharine Hepburn, Montgomery Clift, adapted from the Tennessee Williams play. *2 hrs*

Monday Events

June

4

Masaan (2015)

Foreign Film • 1:30pm • By Donation • Drop-in

Along India's Ganges River, four people face prejudice, a strict moral code and a punishing caste system as they confront personal tragedies. Everything in their lives was ruled by a punishing moral code. All they wanted was to move past it. (1h 44m - Not Rated)

June

11

SMALL is Beautiful:

A Tiny House Documentary (2015)

Documentary • 1:30pm • By Donation • Drop-in

As the American Dream prices people out of the market, the people fight back with a simple idea: Think small. Meet four people who've bucked the housing crisis and joined the tiny house movement, creating cozy, affordable homes they own outright. (1h 7m - TV-PG)

***Films shown at Barclay Manor may contain scenes that are offensive to some viewers.
Please view at your own discretion.**

ARE YOU A MEMBER AND IS YOUR BIRTHDAY IN JUNE?
YOU ARE CORDIALLY INVITED TO
THE WEST END SENIORS' NETWORK

June Birthday Celebration



*Monday
June 18
2:00PM-3:00PM
for cake, tea & entertainment*



PLEASE RSVP BY: JUNE 15

604-669-5051

+1 GUEST *FREE!*

Printing schedule:

Barclay Manor will provide photocopying/scanning to members on Mondays, Wednesdays and Fridays 3:00PM-4:00PM. Prices posted at Barclay Manor.

Computer Tutors vs Coaches:

Computer **tutors** are available to assist with small questions on a drop-in basis while serving the entire computer lab. Computer **coaches** are available to book 1-to-1 appointments for a one-hour private lesson.

Wednesday & Thursday Events

Wed, June

20

Men's Breakfast Club

Denny's (1098 Davie Street)
9:00AM • Diner pays • Drop-in

Come join your brethren for breakfast every third Wednesday of the month for convivial conversation over a social breakfast. WESN will cover the cost of breakfast for first timers!

Wed, June

20

Dinner Club

CENTRO (1037 Denman St)

**Authentic Italian restaurant with 1970's-inspired decor.*
5:30PM • Diner pays • Registration required

Wed, June

13

Introducing Palliative Conversations Early

1:30PM • Free • Registration Required

Do you or a loved one know what your wishes are should you get sick? Many people know of advance care planning but it's more than just doing wills and power of attorney. Join us for a session about ways to make your health care wishes known to your loved ones and also to the health care team so that the team can plan with you to meet your care needs.

Wed, June

27

City of Vancouver: Election Outreach



1:30PM • Free • Registration Required

Join staff from the City of Vancouver election office to learn more about voting in the upcoming municipal election taking place on October 20, 2018. Election outreach staff will give an overview of services provided by the City of Vancouver and information on preparing to vote. Staff will be available to answer questions and assist with voter registration. Key election information can be found at vancouver.ca/vote for more details and to sign up for election updates.

Thurs, June

28

What Matters To You: Preparing for the Municipal Election

1:30PM • Free • Registration Required

Join our Executive Director, Anthony Kupferschmidt, as he leads a dialogue about what matters to you as the City of Vancouver prepares to go to the polls on October 20, 2018 to elect a new Mayor, City Councillors, Park Board Commissioners, and Vancouver School Board Trustees. We will gather your input and compile it with feedback from members of the 411 Seniors Centre and the South Granville Seniors Centre, and will share it with the candidates before the election.

Thursday Events

Thurs, June

7, 14, 21, 28

TED Talks and Discussion

10:00AM - 11:30AM • Free • Drop-in (max 12)

- | | |
|---------|--|
| June 7 | 1) A playful solution to the housing crisis (Sarah Murray)
2) Want to change the world? Start by being brave enough to care (Cleo Wade)
3) Do schools kill creativity? (Ken Robinson) |
| June 14 | 1) Why aren't we more compassionate? (Daniel Goleman)
2) How fake handbags fund terrorism and organized crime (Alastair Gray)
3) Get comfortable with being uncomfortable (Luvvie Ajayi) |
| June 21 | 1) How protest is redefining democracy around the world (Zachariah Mampilly)
2) Why you don't like the sound of your own voice (Rebecca Kleinberger)
3) To solve the world's biggest problems, invest in women and girls (Musimbi Kanyoro) |
| June 28 | 1) How fashion helps us express who we are – and what we stand for (Kaustav Dey)
2) How to build (and rebuild) trust (Frances Frei)
3) How shocking events can spark positive change (Naomi Klein) |

Thurs, June

14

Empowered Patients, Empowered Caregivers

1:30PM • Free • Registration Required

Serious Illness, Injury, and Disability can happen at any age. Learn how to plan ahead to protect your rights and wishes. You will learn about the umbrella of Advance Care documents: Representation Agreements; Advance Directives; understanding hospital and residential care medical orders of intervention; No CPR orders; and Medical Assistance in Dying. The facilitator is Connie Jorsvik; Connie was an RN for 25 years, is a professional healthcare navigator and holds her certificate in Advance Care Planning. Past attendee: "I didn't think I would get much out of it but oh my goodness she [Connie] was so good and made everything understandable... you should keep having her back to give this presentation".

Thurs, June

21

Pharmasave West End: Fall Prevention

1:30PM • Free • Registration Required

Are you worried about injuries from a fall? Interested to learn more about making your home safer? We would like to increase your understanding of how you can protect yourself against falls which can have significant effects. It is a great opportunity to educate yourself and ask any questions that you may have. There will be coupons, prizes and free refreshments! Hope to see you there!

All programs are at Barclay Manor unless otherwise indicated.

Please note where registration is required. Register at [604-669-5051](tel:604-669-5051). 17

Upcoming Events



Join us as we celebrate
BC Seniors' Week (June 3-9)
at Tea with Anthony on June 4th!

Tea with Anthony

When: First Monday of the Month; 2:00-3:00PM

June date: Monday, June 4 (July date: Monday, July 9)

Registration: Please call 604-669-5051



Would you like to sit down with Anthony, WESN's Executive Director over a cup of tea? This is an opportunity to speak directly with Anthony about issues impacting our organization and neighbourhood. Please bring your questions and comments, and we will provide the tea and snacks. New members welcome!

In celebration of **BC Seniors' Week**, which runs from June 3-9 this year, we will be sharing a cake at Tea with Anthony on June 4th! BC Seniors' Week celebrates seniors and their many contributions, providing an opportunity to acknowledge and celebrate the integral part seniors play in communities across British Columbia. Be sure to register so you don't miss out!

Postural Training - New Year, New You!

Fear slips, trips, and falls no more!

Together, let us minimize the numbers of slips, trips, and falls. The education doesn't stop in the classroom. Our aim is to simplify your everyday movements so you can carry out your daily routine with more awareness. Moving with purpose will enable you to live a more balanced life. You will be taking it all home with you; so you can live, breathe, and move with ease!

When: Thursdays, May 17 to June 28 (7 classes)

Time: 3:30pm - 4:30pm

Where: Barclay Manor - 1447 Barclay Street

**CLASSES
FULL***



**Attendance at April 26 Postural Training workshop does not guarantee you a spot in 7 Postural Training Classes. Separate*

18 registration is required. Please call to confirm your spot in the classes.

Upcoming Events

Tech Talk by Computer Tutor Alan: SmartPhone & Tablet Maintenance



Topics covered during the talk:

- Discussion Topics:
- Maintenance of Smartphones
- Maintenance of Tablets/iPads
- Cloud computing with smart devices
- Upgrading Options for devices
- Reference material included

Where: Barclay Manor - 1447 Barclay St.

When: Wednesday, June 20
from 10:00AM-11:30AM

How: Registration required.
Please call 604-669-5051.



411 Dragon Boat Team

Mondays, 1:30 – 2:30 pm

at Dragon Zone near Science World

20 paddlers are Needed to start!

Free for everyone. Members have priority.

Contact with Monica at mmurguia@411seniors.bc.ca or
604.684.8171. ext.232.

Community Events

Medical Assistance in Dying (MAiD) Information Session

Where: St. Andrew's-Wesley United Church - 1022 Nelson St.

When: Thursday, June 7 from 2-3:30pm

How: All welcome.

Please call (604) 683-4574 for more information.



Your Community,
Your News, Your Stories

thewestendjournal.ca

Roedde House Museum Classical Series
presents



Pastorale

Concerts in the Parlour

WindSong Trio

Catherine Laub
Soprano

Julie Begg
Clarinet

Rita Attrot
Piano

June 10th, 2018

4PM | \$15/\$12

Children Welcome
Arrive Early for
Tea & Tour

1415 Barclay Street
Vancouver, BC
info@roeddehouse.org
roeddehouse.org

Reservations
Recommended
Limited Seating
Purchase Tickets at:

BROWN PAPER TICKETS



So that all patrons are able to enjoy the concert, please ensure that your child is happy to sit calmly in their own seat during the hour-long performance. Children will be ticketed at the Student/Senior price.

WEST END CAR FREE DAY

Saturday
June, 16
2018

Join us as we close Denman Street to all motor vehicle traffic for the day, and fill the street with great music, food, and all kinds of **fun for everyone!**

Noon - 7pm

Find out more information about Car Free Days and sign up to Volunteer at

www.carfreevancouver.org



West End Community Centre Association (WECCA)

The following programs take place at *BARCLAY MANOR – 1447 Barclay Street*

Registration is required and taken at the West End Community Centre - 604-257-8333

Date	Time	Program
Mondays Apr 9 – May 7 & May 14 – Jun 18	11:00AM - 12:00PM	Senior Ladies Yoga
Mondays Apr 9 – Jun 18	1:00PM - 4:00PM	Bridge
Tuesdays Apr 3 – Jun 26	3:00PM - 5:00PM	Pro Bono Legal Advice appointment: 604-878-7400
Tuesdays Apr 3 – Jun 26	7:00PM - 9:00PM	Vancouver Speakers and Leaders
Tuesdays April 17 – Jun 5	1:00PM - 4:00PM	Dancing in Colours
Wednesdays Apr 11 – Jun 27	6:30PM - 9:00PM	Puti Meditation
Wednesdays Apr 4 – Jun 27	7:00PM - 9:30PM	West End Writers Club
Thursdays Apr 12 – Jun 21	9:30AM – 12:30PM	Watercolour Painting
Thursdays April 19, May 17, June 21	7:00PM - 9:00PM	'Try it Out' Open Mic
Fridays Apr 6 – May 11 & May 18 – Jun 15	11:00AM - 12:00PM	Senior Ladies Yoga

West End Community Centre Association (WECCA)

The following programs take place at the *WEST END COMMUNITY CENTRE – 870 Denman Street*

Registration is required and taken at the West End Community Centre - 604-257-8333

Date	Time	Program
Mondays Apr 23 – Jun 25	1:30PM – 2:30PM	Arthritis Fit
Mondays Apr 23 – Jun 25	11:30AM – 12:30PM	Therapeutic Weight Training
Mondays Apr 9 – May 14 & May 28 – Jun 25	12:15PM – 1:15PM	Chair Yoga
Tuesdays/Thursdays Apr 3 – Jun 28	9:10AM – 10:30AM	Yoga Over 50
Tuesdays Apr 3 – May 8 & May 15 – Jun 26	10:00AM – 11:30AM	Minds in Motion
Wednesdays Apr 11 – Jun 27	9:05AM – 10:05AM	Osteofit Level I
Wednesdays Apr 11 – Jun 27	10:05AM – 11:05AM	OsteoPro
Wednesdays Apr 4 – May 16 & May 23 – Jun 27	11:00AM – 12:00PM	Zumba Gold
Wednesdays Apr 4 – Jun 20	1:00PM – 3:00PM	Be Well for 55+
Fridays Apr 20 – Jun 22	11:00AM – 12:00PM	Qijong for Arthritis
Fridays Apr 6 – Jun 29	1:00PM – 3:00PM	Cribbage
Mondays, Wednesdays & Fridays	Times vary depending on day	SteadyFeet

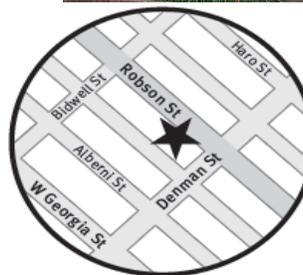
PHARMASAVE®

Pharmasave West End
where it's **Seniors' Day,**
every day!

Seniors' SAVE 20% Every Day!

*Seniors' save 20% off front store purchase.
See store for details.

- FREE Prescription Delivery
- Easy Prescription Transfers By Phone
- FREE Medication Blister Packaging
- Independently Owned & Operated



Pharmasave West End

1747 Robson St, Vancouver
604-669-6927

*Across from Safeway
**Conveniently located beside
West End Medical Clinic

Monday-Friday: 9:30am-7:00pm
Saturdays: 10am-5pm
Sundays: 12pm-5pm
Closed holidays

Please make cheque payable to West End Seniors' Network.
Submit completed form and payment to 1447 Barclay Street,
Vancouver, BC, V6G 1J6.

Today's Date:

MM	DD	YYYY

I am a first time member:

Yes No

I would like information about volunteer opportunities:

Yes No

Payment

Annual Membership Fee \$ 10.00
 Add: Newsletter Postage Fee \$22.00
 Add: Donation to WESN \$ _____
Total \$ _____
 Cash Cheque

Tax receipts issued for donations \$10.00 and over.
Charitable Business Number: 119292845RR0001

First Name:		Last Name:		
Address:		City:	Prov.:	Postal Code:
Date of Birth (MM/DD/YYYY):		Gender:		
Phone Number:		<input type="checkbox"/> Home <input type="checkbox"/> Cell <input type="checkbox"/> Work		
E-mail:		<input type="checkbox"/> Yes, please send me e-mail updates.		
Emergency Contact Name:		Emergency Contact Phone: <input type="checkbox"/> Home <input type="checkbox"/> Cell <input type="checkbox"/> Work		

Photo Consent: I consent to WESN taking and using photographs of me in print, online, or video materials, with or without my name, for any lawful purposes. Yes No

WESN will not disclose my information without my consent and will not rent, sell or trade their mailing list.

For Office Use Only

Membership Card Issued: Cheque #: _____ Receipt #: _____ Location: BM KP C&C
 Member #: _____ Data Entered By (initial): _____ Revenue Control (initial): _____ Revenue Control Sheet #: _____

Optional This section will be removed and used only for statistical purposes.
Your answers will remain anonymous and will not be attached to your name or other identifying information.

I identify with the following ethno-cultural group(s): _____

My marital status is:

Single Married / Common-Law Widowed Divorced / Separated

My current housing arrangement is:

Rent Own Subsidized Other: _____

I identify as (please select all that apply):

Heterosexual Gay / Lesbian Bisexual Transgender

My individual annual income is:

Up to \$17,688 \$17,689 - \$25,000 \$25,001 - \$38,400 Over \$38,400

Memberships and Donations

Membership

If you aren't already a member of the West End Seniors' Network, please consider joining! The cost of membership is \$10.00 / year (October through September).

To become a member or renew your membership, please complete the form on the following page and mail it with your cheque to the address below.

Some of the benefits of being a member of the West End Seniors' Network include:

- Social events, programs, workshops and drop-in activities.
- Access to the secure, friendly and respectful social environments at Barclay Manor and Kay's Place.
- Monthly newsletter and regular updates on events and activities in the West End.
- Free access to the computer lab and WiFi at Barclay Manor.
- Access to the photocopier at Barclay Manor (fees apply).
- Information and referral counselling.
- Senior peer support.
- Access to a variety of services that support older adults to live well in the West End (fees may apply).
- Volunteer opportunities.

Donations

Your donations help us to achieve our mission to improve the quality of life of adults 55 years of age and older by providing social, educational and recreational programs and services that foster connection and inclusion in the broader community.

All donations of \$10.00 or more are eligible for a tax receipt (Charitable Tax # 119292845RR0001).

Please visit us at www.wesn.ca to make a secure donation by credit card, or send a cheque payable to:

West End Seniors' Network
1447 Barclay Street
Vancouver, BC
V6G 1J6

Thank you very much in advance for your generous donation.

Volunteer Appreciation Lunch Photos!



Thank you volunteers!
- WESN Staff