



WESN

WEST END SENIORS' NETWORK

November 2021

Programs, Services and Events for
Adults 55 Years of Age and Older

Lest we forget

\$200*
NEW MEMBER
OFFER



Let's talk life goals

NEW MEMBER OFFER

Receive \$200* and free chequing for a year* when you:

1. Complete a Smart Money Check and,
2. Set up a payroll, pension auto deposit or a 1 year term deposit (\$5,000 minimum into a RRSP, RIF, or TFSA) or non-registered product

EXISTING MEMBER OFFER

Receive \$100* when you refer a qualified friend or family member to the West End Branch



Simran Dhaliwal
Branch Manager
604-549-5467



Kyle Horsman
Senior Money Advisor
604-549-5285

VISIT IN BRANCH TO CLAIM THIS OFFER

WEST END BRANCH, 1003 DENMAN STREET
604-419-8888 • gffg.com

SECURITY PLUS
FLEXIBILITY

1.60%^{}**

24 MONTH TERM

Convertible

Bright Term Rate

LIMITED
TIME
OFFER

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Closure Dates

All sites are closed on Thursday, November 11 for Remembrance Day.



Vision

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

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

- President:** Jane Goodridge (board@wesn.ca)
- Vice President:** Karsten Kaemling
- Past President:** Joel Oger
- Treasurer:** Ross McKinnon
- Secretary:** Alison Maher
- Directors:** Bonnie Quam, David Harvey, Dawid Cielosczyk, Marta Filipski, Sara Johnson, Stephanie Thomas, Omid Toub

Land Acknowledgement

We acknowledge that West End Seniors' Network locations are on the unceded, occupied, ancestral, and traditional homelands of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish) and Səlilwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.

-  wesn.ca
-  info@wesn.ca
-  [westendseniors](https://twitter.com/westendseniors)
-  [westendseniornetwork](https://www.facebook.com/westendseniornetwork)
[clothesandcollectibles](https://www.facebook.com/clothesandcollectibles)
-  [westendseniornetwork](https://www.instagram.com/westendseniornetwork)
[clothesandcollectibles](https://www.instagram.com/clothesandcollectibles)
-  [West End Seniors' Network Society](https://www.linkedin.com/company/west-end-seniors-network-society)
-  Fax: 1-877-885-6561

Contact Information

Barclay Manor

604-669-5051

info@wesn.ca

1447 Barclay Street, Vancouver, BC V6G 1J6

Mon - Fri, 9:00AM - 5:00PM

Interim Executive Director: Kari Kessler

604-669-5051 ext 4 | executivedirector@wesn.ca

Manager of Programs: Kaitlin Hong Tai

604-669-5051 ext 1 | programs@wesn.ca

Administrative and Program Coordinator:

Jenna MacLeod

604-669-5051 ext 5 | info@wesn.ca

Manager of Volunteer Resources:

Evelyn Boe

604-669-5051 ext 6 | volunteers@wesn.ca

Manager of Community Services: Suma Sudhir

604-669-5051 ext 3 | servicesmanager@wesn.ca

Community Services Coordinator: Joe Humphries

604-669-5051 ext 2 | servicescoordinator@wesn.ca

LinkAGE Social Prescribing Navigator:

Emily Lonsdale

604-669-5051 ext 7 | health@wesn.ca

Choose to Move Activity Coach: Ricky Jhauj

604-669-5051 ext 9 | choosetomove@wesn.ca

Close to Home Program Coordinator: Jennifer

Conroy

604-669-5051 ext 8 | closetohome@wesn.ca

Bookkeeper: Vacant

Clothes and Collectibles

604-682-0327

Denman Place Mall

110-1030 Denman Street, Vancouver, BC V6G 2M6

Wed - Fri, 11:00AM - 5:00PM

Sat, 12:00PM - 4:00PM

Manager: Laura Fee

clothes@wesn.ca

Assistant Managers: Gordana Smocilac, Will Tessier

Supervisor: Brenda Wong

Kay's Place

604-669-7339

kaysplaceinfo@wesn.ca

Denman Place Mall

118-1030 Denman Street, Vancouver, BC V6G 2M6

Mon - Fri, 10:00AM - 4:00PM

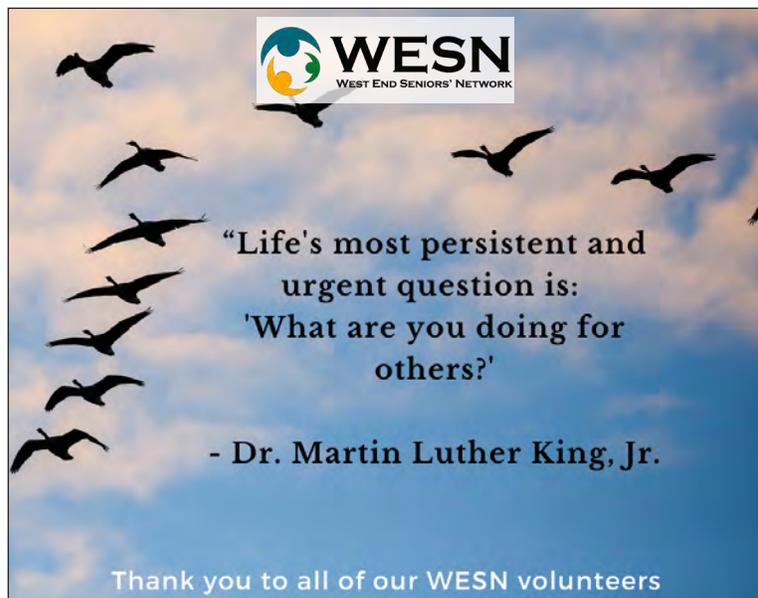
Managers of Support and Information Services:

Susan Paré

susan@wesn.ca

Alan Stamp

alan@wesn.ca



WESN
WEST END SENIORS' NETWORK

Get a Flu Shot

FOR WESN MEMBERS, CLIENTS, VOLUNTEERS AND STAFF

THE PHARMACY

MON NOV 8
1:00-3:30PM
BARCLAY MANOR

Book a 5-min appointment at:
604-669-5051 or info@wesn.ca

Board of Directors

Seniors are an asset NOT a burden to society!

The Council of Senior Citizens' Organizations of BC (COSCO), with approximately 80,000 members in BC, works diligently to promote the wellbeing of older adults by doing advocacy work and public education to showcase older adults' contributions past, present and future. COSCO believes that it is essential for older adults to work together, to speak out and call attention to "this basic truth about aging: Seniors are an asset not a burden to society."

Although nonpolitical, COSCO is a visible voice and takes on a leadership role as activists for issues important to all BC older adults, such as:

- Combatting elder abuse
- Promoting safe, affordable, accessible and efficient transportation
- Supporting measures to achieve income security for all older adults
- Working to ensure that current and future older adults' housing will include a range of appropriate, affordable and accessible options
- Advocating for a quality health care system accessible to all including a Universal Pharmacare Plan

Established in 1950, COSCO is committed to education through a catalogue of free courses and workshops for groups of 10 older adults or more. Here are a few offerings: Stay on the Road, Medication Awareness, Wills, Pedestrian Safety, and Dealing with Stress.

WESN is an affiliate member of COSCO and attends meetings and conferences offered by COSCO.

For more information, you can visit: <https://coscobc.org/>

Members Connect at Members Chatter

The first Members Chatter event was held on Friday, October 8 in the Piano Room at Barclay Manor. The meet and greet was intentionally informal to encourage dialogue. Jane Goodridge (WESN President) and Alison Maher (Membership Chair) were thrilled to meet new folks and visit with ones that have participated in Members Matter in the Spring. They had fun and hope members did too. One thing is for sure, WESN members are not shy to speak up! After a round robin of getting to know about one another, participants shared ideas and suggested topics for future events. Interest ranged from keeping conversation social to holding theme-focused programs (including townhalls).

The next Members Chatter is on Friday, November 12 at 1pm. Please join us! We look forward to having sessions of open conversation and having dialogue about social media and you (the fun and frustration, and keeping it "real").

Call 604-669-5051 or email info@wesn.ca and register for Members Chatter. If you are interested in attending virtually, please register and request for someone to discuss possible options with you. The WESN Board looks forward to meeting and talking with you!

For more info, please contact the Members Chatter organizers via board@wesn.ca.

Barclay Manor

Ricky Jhauj

Choose to Move Activity Coach

Tips for Cold Weather

Stay warm indoors:

Make sure your thermostat is working and at an ideal temperature. If you feel cold in the house, this can lead to hypothermia, and if the temperature is too high, this may promote over-dry skin and nasal passages. One can avoid raising their heating bill by wearing thicker socks, a thermal undershirt, leggings, or a scarf.

Stay well-hydrated:

While older adults may not feel as thirsty in colder weather, it is recommended to still consume six to eight glasses of water a day. Other ways to consume liquid during the winter are by drinking apple cider, cocoa, and hot tea.

Avoid isolation:

It becomes difficult seeing your friends and loved ones during the cold and rainy weather conditions. To avoid loneliness, older adults can schedule regular walks or run errands together, have personal visits, and make phone calls.

Eat a balanced diet:

Staying indoors for longer can lead to temptations of eating starchy and sugary foods. A way to counteract this is by substituting fresh fruit and vegetables. Older adults can add fruit to their smoothies or vegetables to their soup, and this is an excellent way of acquiring vitamins.

Wear appropriate clothing based on the outdoor conditions:

To prevent getting sick from the cold weather and to reduce body heat loss, it's essential to wear appropriate attire based on the weather conditions. Wearing light, layered, loose-fitting clothes under an insulated, waterproof coat or jacket can help older adults to stay warm and avoid heat loss while outdoors. Also, proper footwear is essential to avoid falling and being uncomfortable. Lastly, most body heat is lost through the head; wearing a hat can prevent heat loss.

Staying active:

West End Seniors' Network provides many options to help older adults to become maintain or improve their physical activity levels. WESN provides a program called Choose to Move that helps older adults become more physically active and motivated by engaging in activities that are choice-based.

It's always best to consult your doctor prior to exercising to make sure it is safe and to discuss any changes to your medication. If you are looking to become more active, please contact me regarding the Choose to Move program. Choose to Move is a **free, 3-month physical activity coaching program** where I will be guiding you through developing a plan, tackling any barriers that arise and providing you with support, motivation and encouragement. You will also meet other older adults who want to become more active as well!

Exercise can be low-impact and be tailored to your interests and abilities. The Choose to Move program is personalized for each participant. There will be multiple groups of Choose to Move over the next year, so intake is always ongoing. For more information, turn to P. 25, visit <http://wesn.ca/choose-to-move/> and connect with me at choosetomove@wesn.ca or leave a message on my voicemail at 604-669-5051. I will return inquiries to conduct a screening process, as there is eligibility criteria for the program.

**Choose
to Move**

active
aging
society

 **BRITISH
COLUMBIA**
Supported by the Province of British Columbia

Barclay Manor

Kaitlin Hong Tai
Manager of Programs



November is Fall Prevention Month. 20-30% of Canadian older adults fall each year, and those who have fallen are twice as likely to fall again. Falls are a leading cause of injury-related hospitalizations for older adults in Canada, and so minimizing your risk of falling is important.

Physio2U has kindly shared information below.

Do these exercises 3-4 times per week. Increase your time and/or repetitions each week. Hold onto a stable surface for extra support, keep your head up, eyes looking forward, and stand up tall!



Physio2U

1. Single leg stance - Stand on left leg, pick right leg up and hold, balance for 3-4 seconds then switch to other side. Repeat 3-5 times on each leg.
2. Weight shift side to side - Stand with feet hip width apart, shift body weight side to side (left to right), repeat 5-10 times. You may try to increase your speed over time.
3. Heal to toe walking - Imagine you are walking on a tight rope. Place one foot directly in front of the other, forward heel touches opposite toe, step forward with other foot, and repeat for 5 steps walking forwards then try it in reverse.
4. High knee stepping - Alternate lifting your knees high, aim for 90 degree at hip.
5. Body weight squats - Use a sturdy chair, sit down and stand up. Repeat 3-5 times.
6. Clock stepping - Stand with feet together, imagine there is a clock face around your body, with right foot step to 12, 1, 2, 3, 4, 5, 6, then repeat with left leg, step to 11, 10, 9, 8, 7, 6.

The above exercises are provided by Physio2U Registered Physiotherapist Clyde Smith. You can learn more about Physio2U services at 778-846-0695 or visit <https://www.physio2u.ca/>.

Clothes and Collectibles

Laura Fee
Manager



Effective January 1, 2022, the City of Vancouver is implementing a plastic shopping bag ban, which applies primarily to grocery shopping bags. The ban does not include produce bags, food wrap, or small bags for individual items (candy, small hardware purchases, etc). Many grocery and retail stores will charge for a bag – 15 cents for paper and \$1 for reusable.

Here's how this will affect Clothes and Collectibles. We will continue to accept donations of plastic shopping/grocery bags in good/reusable condition. We expect that over time we won't have supplies of bags available in store so we strongly encourage our customers to get in the habit of carrying your own reusable bag. With the expectation that you will bring your own bag, we will not be offering plastic bags at point of purchase. We will, of course, continue to wrap your breakable purchases in newsprint. We will continue to accept donations of reusable bags as well as paper wrap for breakable items. Because our bags are donated we will not be charging for bags.

Thanks for your support in continuing to donate reusable bags and wrapping materials. And don't forget your reusable bag next time you shop with us!

Kay's Place

Philip Holden and Alan Stamp
Facilitator and Manager of Support and Information Services



Did Your Family Make You Do It? Exploring Your Family of Origin

In my work as a volunteer with older adults in the West End as a peer counsellor and a check-in phone caller, I find we often talk about their families and early lives. I notice that, as I age, I'm also much more curious about where I came from, and how early experiences have influenced who I am now. I go back to old letters and photographs, talk to friends and relatives, and even do genealogical research through online resources such as ancestry.ca. When I was younger, I couldn't wait to escape from my home environment and go out into the world, but now, later in life, I'm making a reverse journey on my own terms.



Psychologists would say that this interest isn't a retreat into the past, but rather is an important way of working through the transitions we face in the present as we age. We look back into the past not to escape, but to understand ourselves, and the network of relationships we grew up with. In the 1960s and 1970s, American psychiatrist Murray Bowen became fascinated in the way that families work as systems, in which individuals tried to balance closeness and autonomy. In the last fifty years, family of origin group work has built on and expanded Bowen's ideas, and been recognised as a powerful way of gaining self-knowledge. Participants in facilitated groups begin by drawing a genogram, a very detailed family tree, and then reflect on it, looking for themes and patterns. In a warm and supportive atmosphere, they look at family values, relationships, rules, and assumptions, and their own place within larger histories of migration and social change. This knowledge in turn is beneficial in recognizing strengths to confront the challenges they face in present.

Through drawing my own genogram and sharing my family of origin's stories with others, I became more self-aware. I'd always thought that my migration to Canada, and my choice of education as a career, were unique to me. Through family of origin group work, I became aware of a history of migration in my family, and of family members pursuing education as a means of searching for a better life. This in turn made me more conscious that a decision I'd made – to return to university and train as a counsellor in my late 50s – was the right one, despite the struggles I faced as a much older student. As a trainee counsellor, I'm now interested in enabling others to undergo similar self-exploration. I welcome you to join me on your journey.

I will be facilitating a family of origin group at Kay's Place starting in November onwards. If you are interested in participating, get in touch with me at philip.familyoforigin@gmail.com. See P. 9 for more.

Monthly Engagement Question

What was the most important chance encounter you've had?

Share your response via the online survey or comment under the appropriate social media post (see P. 3 for our social media handles): <https://www.surveymonkey.com/r/9P62ZG7>

ARE YOU AN ADULT AGE 55+ WITHOUT AN INTERNET-CONNECTED DEVICE?

If you are interested in borrowing a tablet with Internet connection for 3 months, connect with Jenna at info@wesn.ca or 604-669-5051. Conditions and eligibility criteria apply.



Self-Exploration

A Family of Origin Group for Older Adults

- *Are you curious about your family of origin and how it influences who you are now?*
- *Are you interested in sharing and discovering in a small, supportive in-person group?*



Kay's Place 118-1030 Denman St
(Denman Place Mall)
7:00 - 9:00 PM
Tuesdays, starting in November 2021

For more information about joining contact
Philip at
philip.familyoforigin@gmail.com

This group is free of charge as a service to our community

Volunteers

Are you interested in volunteering with the West End Seniors' Network? Learn more about volunteering with us and our current opportunities at: <http://wesn.ca/volunteer>

Contact the Evelyn, Manager of Volunteer Resources at 604-669-5051 or volunteers@wesn.ca with a completed application form or if you have questions. The application form can be found on our website.

Below are a few opportunities that are currently available.

Clothes and Collectibles Thrift Boutique: Assist at our thrift boutique. We are looking for volunteers who are able to commit to a 3 hour shift each week, Monday through Saturday.

Grocery Caller: A work-from-home opportunity to take grocery shopping lists for older adult clients.

Exercise Class Instructor: Lead a weekly exercise class at Barclay Manor. Style of class is based on your preferences and knowledge. First aid and group fitness certification are assets.

Technology Coach: Assist older adults with their computer, cell phone or tablet questions with 1-on-1 appointments in the Barclay Manor Computer Lab. Patience and a good general understanding of technology is required.

Receptionist - Barclay Manor: Greet members and guests, answer and direct phone calls, and register people for programs and memberships. Must be comfortable using a multi line telephone and confident in booking appointments accurately.

VOLUNTEER SPOTLIGHT



MEET GROCERY SHOPPING, GARDEN CLUB AND CLOTHES AND COLLECTIBLES VOLUNTEER - DOUG

My name is Doug and I have been a volunteer with the West End Seniors' Network (WESN) since May of 2013.

At that time, I saw a table set up at the Robson Safeway for WESN's Seniors' Shopping Program. I was looking for something to 'do' in my retirement and this seemed a great way to give back. I was soon shopping every Thursday and, before long, I was asked to help by working at the grocery admin table as well.

A few years ago, at the newly built Robson/Broughton Community Garden, my husband and I were able to sign up for a plot to grow veggies. The following year I was asked to be the Garden Club volunteer lead for the WESN garden plots.

Then this year I saw that Clothes & Collectibles needed help at the thrift store in the Denman Mall, so I signed up to be a volunteer for them as well as a greeter at the door!

What has kept me volunteering and doing more and more over the years has been the wonderful staff at WESN and the other volunteers. The staff are exceptional, and the other volunteers are a great bunch. I enjoy meeting people, talking to others and supporting this great neighbourhood.





ARE YOU AN OLDER ADULT IN THE WEST END, COAL HARBOUR OR YALETOWN FACING HOUSING CHALLENGES?

Are you looking for information on housing options and support with finding and maintaining appropriate housing?

We can assist you with:

- Subsidized Rental Housing
- BC Housing
- Shelter Aid For Elderly Renters (SAFER)
- Support with landlord and property manager concerns
- Vancouver Rent Bank
- Shelters
- Home Owner Grants
- Property Tax Deferment
- BC Rebate for Accessible Home Adaptations (BC RAHA)
- Companion Housing
- Independent Living
- Assisted Living
- Residential Care

**West End Seniors' Network at Kay's Place
Denman Place Mall
118-1030 Denman Street
Vancouver, BC
V6G 2M6**

604-669-7339

kaysplaceinfo@wesn.ca

wesn.ca



Companion Housing

Save money, help your community, feel good.

WHAT IS COMPANION HOUSING?

Companion housing is a shared housing program intended to help address high housing costs while increasing social connections and opportunities for new friendships. WESN has partnered with Happipad, Canada's leading companion housing service provider, to bring this new housing solution to our community through the WESN Housing Navigation service (wesn.ca/housing-navigation).

HOW DOES IT WORK?

Participants are connected with other mature adults who have compatible lifestyles and interests to share a home, eat meals together, play cards, and develop meaningful connections.

Participation is available as a home provider (landlord/host) where you will rent spare rooms in your home.

Or, you can participate as a renter where you will pay a fair monthly rent to share a home with others.

REACH OUT TO LEARN MORE!

To learn more, please contact Susan Paré (Manager of Support and Information Services) at susan@wesn.ca or 604-669-7339 to book an appointment at our Kay's Place location.

Program funding provided by CMHC National Housing Strategy.

SAFE SENIORS, STRONG COMMUNITIES

Are you an older adult (55+) who is staying safe at home due to COVID-19?
The West End Seniors' Network is here to support you.



Friendly check-in calls



Grocery and prepared meal delivery



Prescription medication pick-up
and drop-off

If you require any of these services and have not already spoken with a WESN staff member or volunteer, please contact us at info@wesn.ca or **604-699-5051**.

For information on our services, to apply to become a volunteer or to donate, visit our website at www.wesn.ca

Safe Seniors, Strong Communities Partners



Services

The West End Seniors' Network provides services across three locations. Visit our website at wesn.ca or contact us for more information about eligibility, geographic boundaries, registration, and fees.

Better at Home

Joe Humphries 604-669-5051 ext 2 servicescoordinator@wesn.ca
<http://wesn.ca/services/better-at-home/>

Light Housekeeping	Professionals provide light housekeeping such as vacuuming, dusting and laundry. Referrals are accepted but there is a waitlist for this service.
Minor Home Repairs	Volunteers assist with basic home repairs such as replacing lightbulbs. This service is currently on hold.
Transportation to and from Medical Appointments	Receive assistance with arranging transportation for a medical appointment if you have no other means of getting there and/or back.

Life Unlimited

<http://wesn.ca/services/life-unlimited/>

Friendly Visiting	Build a social connection with a volunteer through home visits, going out for walks or coffee, or similar activities. This service is currently on hold.	Suma Sudhir 604-669-5051 ext 3 servicesmanager@wesn.ca
Grocery Shopping and Delivery	Volunteers take grocery orders by phone or email, shop, and arrange for delivery.	
Check-In Phone Calls and Emails	Connect by phone or email with a volunteer for reassurance and friendly conversation.	Emily Lonsdale 604-669-5051 ext 7 health@wesn.ca

Kay's Place

<http://wesn.ca/kays-place/>

Housing Navigation	Information on housing options and support with finding and maintaining appropriate housing.	Susan Paré 604-669-7339 susan@wesn.ca http://wesn.ca/housing-navigation/
Information and Referral	Access information on federal, provincial, municipal and community programs and services with the help of a volunteer.	604-669-7339 kaysplaceinfo@wesn.ca http://wesn.ca/info-and-referral/
Peer Support	Trained volunteers provide confidential emotional support for life stressors such as retirement, health changes, isolation, or loss.	Alan Stamp 604-669-7339 alan@wesn.ca http://wesn.ca/services/peer-support/

Clothes and Collectibles Thrift Boutique

604-682-0327 clothes@wesn.ca
<http://wesn.ca/clothes-and-collectibles/>

Friendly volunteer-driven thrift store featuring quality donated goods at reasonable prices, including clothing, jewelry, shoes, books, and art.

Services Continued

The West End Seniors' Network provides services across three locations. Visit our website at wesn.ca or contact us for more information about eligibility, geographic boundaries, registration, and fees.

LinkAGE Social Prescribing

Emily Lonsdale 604-669-5051 ext 7 health@wesn.ca
<http://wesn.ca/linkage/>

Health care professionals refer you to the LinkAGE Social Prescribing Navigator to access community-based programs and services to support your health and wellness.

Safe Seniors, Strong Communities

responsehub@wesn.ca
<http://wesn.ca/safe-seniors/>

Prepared Meal Delivery	In partnership with Gordon Neighbourhood House and Shift Delivery Co-op, frozen meals are delivered weekly to older adults experiencing financial hardship and/or challenges accessing nutritious food. Clients are asked to pay what they can. All donations help ensure we can offer sustainable services to as many clients as possible.
Prescription Medication Pick-Up and Drop-Off	Volunteers assist with picking up and bringing prescription medication to you.

Thank you to our service funders:



McGrane-Pearson Endowment Fund

**Are you on a fixed or limited income?
Do you have an unanticipated expense that you cannot afford?**

Apply to the Seniors In Need Fund for financial aid.

For more information, visit wesn.ca/seniors-in-need-fund

Or speak to a staff member at Kay's Place:
604-669-7339

kaysplaceinfo@wesn.ca
Unit 118 in the Denman Place Mall (1030 Denman Street)



[westendseniornetwork](https://www.facebook.com/westendseniornetwork)
[clothesandcollectibles](https://www.facebook.com/westendseniornetwork)



[westendseniors](https://twitter.com/westendseniors)



[westendseniors](https://www.instagram.com/westendseniors)
[clothesandcollectibles](https://www.instagram.com/westendseniors)

Check us out on
social media!

Program Information

A variety of social, recreational and educational programs are offered by the West End Seniors' Network for adults 55 years of age and older. We hope you will join us! New attendees are always welcome.

Programs take place at Barclay Manor, outdoors (weather permitting), virtually on Zoom, or elsewhere where stated. Please follow posted signage for the most up to date safety protocols in place. **Masks are mandatory. Proof of vaccination is required for indoor exercise programs, programs and events with 50+ people, at restaurants, or as specified.** If you have a medical exemption/reason for being unable to receive vaccination or wear a mask, speak with a staff member prior to registering for a program or event.

Our programs and events are for current WESN membership holders. Fees apply for non-members who would like to participate in a program.

Fees

Annual Membership: \$10.00 | 1-Week Pass: \$5.00 | Day Pass: \$2.00

In addition to membership fees, **programs are by donation if a cost is not specified.** Donations can be dropped off at Barclay Manor or Kay's Place (cash or cheque), sent via e-transfer to info@wesn.ca or made online at <http://wesn.ca/>. See P. 30 for more information.

Registration for Programs, Technology Assistance, Presentations, and Events

Registration is required for all programs including appointments, presentations and events, unless specified. Register at 604-669-5051 or info@wesn.ca. Registration is monthly for programs and per session for appointments, presentations and events, unless specified.

Registration for November 1 - 30 participation opens on October 28 at 10:00AM.

Register early as space may be limited. If you are on a waitlist, please do not attend the program until a spot opens up and you are contacted by WESN. If you can no longer attend, please let us know by calling 604-669-5051 or emailing info@wesn.ca.

Registration for Virtual Programs

Registration is required and is always open for virtual programs, unless specified. You do not need to re-register for virtual programs each month or session, unless specified.

Register through the appropriate link provided with the program description or by following specific registration instructions. If you have trouble registering via the link or you wish to call into the program, contact info@wesn.ca or 604-669-5051.

Virtual programs can be accessed through web browser, Zoom app or by calling in with a telephone.

Cancellations and Waivers

Programs may be cancelled from time to time. We apologize for any inconvenience.

Some programs require signing a waiver prior to participating.

Disclaimers

Participation in programs is at the discretion of the individual. Presentations and materials from external organizations or individuals may not reflect the views of WESN. Participant discretion is advised.

Safety Protocols in Effect

- Stay home if you are not feeling well or someone in your household is ill.
- Proof of vaccination is required for indoor exercise programs, programs and events with 50+ people, or as specified. Please bring your Vaccine Card and ID if prompted to do so.
- Masks or face coverings are mandatory while inside Barclay Manor, Kay's Place and Clothes and Collectibles. Masks are available from WESN if you need one.
- Follow posted signage.
- Clean your hands often.
- Food and drinks are not provided except for takeaway for special events. Refrain from eating or drinking while visiting our sites.



If you have a medical exemption/reason for being unable to receive vaccination or wear a mask, speak with a staff member prior to registering for a program or event.

Note: Health and safety protocols are subject to change as we continue to monitor updates from the office of the Provincial Health Officer (PHO).

Computer Lab

There are five Windows PC computers with Internet access and a printer-copier-scanner (fees apply) for members to use. First-come, first-served, but time limits apply if people are waiting (30 minutes more for the person who has been present longest if nobody volunteers to leave). Write your name and arrival time on the Computer Lab whiteboard. Masks are mandatory.

If you require assistance with printing or copying, please book an appointment with a Technology Coach.

Printing/copying fees: \$0.10/page for black and white or \$0.25/page for colour (colour prints can only be done from the staff printer - email files to info@wesn.ca)

Technology Assistance

Do you have a technology question or want to learn how to do something with a computer, cell phone or tablet? Technology Coach volunteers are available for 1-hour, 1-to-1 appointments in the Computer Lab or by phone/Zoom. Masks are mandatory.

Registration for November 1 - 30 participation opens on October 28 at 10:00AM. Book an appointment by calling 604-669-5051 or emailing info@wesn.ca. **Members may hold one upcoming appointment at a time due to high demand.**

Day and Time	Type	Coach	Book for Help with
Mondays & Thursdays 2:00PM - 4:00PM	In-Person	Simon	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media
Tuesdays 3:00PM - 4:00PM	In-Person	Nitish	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media, blogs, websites, coding
Wednesdays 12:00PM - 1:00PM	In-Person	Ella	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media, blogs, websites
Wednesdays 1:00PM - 3:00PM	By Phone*	Vincent	Android computers, cell phones and tablets (no Apple devices), email, apps
Thursdays 10:30AM - 12:30PM	In-Person	Maria	Apple computers, cell phones and tablets (no PC or Android devices), email, apps
Fridays 12:00PM - 1:00PM	In-Person	Nitish	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media, blogs, websites, coding
Fridays 3:45PM - 4:45PM	In-Person	Owen	Apple/Android computers, cell phones, tablets, email, apps, Zoom
Saturdays 9:30AM - 10:30AM	By Phone or Zoom*	Gloria	Apple computers, cell phones and iPads (no PC or Android devices), email, apps, Zoom

Our Technology Coaches are volunteers who will do their best to assist you, but we cannot guarantee that they will have the answers to all questions and issues. Thank you for your understanding.

If you require use of a computer in the Computer Lab during your Technology Assistance appointment, please let us know when making the appointment so that one can be reserved ahead of time.

*Volunteers who help by phone or Zoom may have their caller ID off. If you receive a call from a private or unlisted number around your appointment time, please pick up the call. If you request for your appointment to be done over Zoom, the volunteer will email you the joining information. Otherwise, they will call you.

In-Person Programs

Registration is required for all programs. **Registration for November 1 - 30 participation opens on October 28 at 10:00AM.** Register at 604-669-5051 or info@wesn.ca. Masks are mandatory. Proof of vaccination is required for indoor exercise programs, programs and events with 50+ people, at restaurants, or as specified. If you have a medical exemption/reason for being unable to receive vaccination or wear a mask, speak with a staff member prior to registering for a program or event.

Arts and Crafts 🎨

Happy Hookers

Work on your knitting and crocheting projects and socialize. No instruction provided.

Wednesdays, 10:00AM - 12:00PM, Main Floor Kitchen

Painting Studio

Bring in your project and supplies and paint alongside your comrades in a studio atmosphere. No instruction or supplies provided.

Wednesdays, 2:00PM - 4:45PM, Basement Multipurpose Room, Volunteer: Graham

Educational and Intellectual 🧠

TED Talks and Discussion

Join us as we view a selection of TED Talks and discuss them afterwards.

Thursdays, 10:00AM - 11:30AM, Piano Room, Volunteer: John

November 4: Jaron Lanier - How we need to remake the internet

Kenneth Lacovara - Hunting for dinosaurs showed me our place in the universe

Stefan Sagmeister - Happiness by design

November 11: Barclay Manor is Closed

November 18: Zeynep Tufekci - We're building a dystopia just to make people click on ads

Helen Fisher - Why we love, why we cheat

November 25: Nick Bostrom - What happens when our computers get smarter than we are

Dylan Marron - Empathy is not endorsement

Dan Pallotta - The way we think about charity is dead wrong

Food-based Socials 🍴

Dinner Club

Join a group of friendly faces for a meal. Register by calling WESN at least 3 days in advance. Do not call the restaurant. Meet at the restaurant. Diner pays own way. Max 10.

With Volunteer Alex: Wednesday, November 3, 5:30PM, Burgoo (101-1100 Burrard St), <https://burgoo.ca/>

With Volunteer Susan: Wednesday, November 17, 5:30PM, Dinesty Dumpling (1719 Robson St), <https://dinesty.ca/>

Men's Breakfast

Join a group of men for breakfast at Denny's. Register by calling WESN at least 3 days in advance. Do not call the restaurant. Meet at the restaurant. Diner pays own way. No volunteer lead.

3rd Monday of the Month, 9:00AM - 10:30AM, Denny's (1098 Davie St)

Sunday Brunch

Mingle with others for a leisurely brunch. Register for a session by calling/emailing WESN at least 3 days in advance. Do not call the restaurant. Meet at the restaurant. Diner pays own way. Max 10.

1st and 3rd Sundays of the Month, 10:30AM - 11:30AM, Sylvia Hotel (1154 Gilford St), Volunteers: Eric and Katherina

Games 🎲

Mahjong

Play friendly rounds of this Chinese tile-based game. No instruction provided. Must be proficient in playing. Space permitting.

Wednesdays, 11:00AM - 3:00PM, Basement Kitchen, Volunteer: Rich

Scrabble

Keep your mind active with a friendly game of triple word scores. Space permitting.

Wednesdays, 1:00PM - 3:00PM, Main Floor Kitchen

Check out our Activity Book for exercises, colouring pages, recipes, and more!

<http://wesn.ca/newsletter/> Volunteer: Laura 

In-Person Programs

Registration is required for all programs. **Registration for November 1 - 30 participation opens on October 28 at 10:00AM.** Register at 604-669-5051 or info@wesn.ca. Masks are mandatory. Proof of vaccination is required for indoor exercise programs, programs and events with 50+ people, at restaurants, or as specified. If you have a medical exemption/reason for being unable to receive vaccination or wear a mask, speak with a staff member prior to registering for a program or event.

Games Continued

Texas Hold'em Poker

Play with chips in a low-stakes game of poker while socializing and sharing a good laugh. Beginners welcome - come learn how to play!

Tuesdays, 1:00PM - 3:00PM, Piano Room,
Volunteer: Jeanette

Gardening

Garden Club - Full

Tend to a raised garden bed. In partnership with Robson St Community Garden and Friends for Life. Any Day, Dusk - Dawn, 1394 Robson St or 1459 Barclay St, Volunteer: Doug

Languages

ESL Class (Beginners/Intermediate)

Learn basic conversational English and practice in a small group setting.

Mondays, 11:30AM - 12:30PM, Piano Room,
Volunteer: Chris

ESL Class (Intermediate) - Full

Practice communicating in English. Ability to converse in English is required. Max 10.

Tuesdays, 1:30PM - 3:30PM, Basement Multipurpose Room, Volunteer: Cynthia

French Conversation Circle (Intermediate)

A social group that enables intermediate-level French speakers to maintain their language skills.

Mondays, 10:00AM - 11:00AM, Piano Room

German Conversation Circle - Time Change

A social group where German speakers of all levels can improve or maintain their skills.

Thursdays, 2:00PM - 4:00PM, Basement Kitchen or Piano Room, Volunteer: Brigitte

Languages Continued

Spanish Conversation Class B (Intermediate)

- **Back in Barclay Manor Starting November 8**
Practice your Spanish reading and speaking skills with exercises and discussions.

Mondays Starting November 8, 2:30PM - 4:00PM,
Piano Room, Volunteer: Sylvia

Music

Karaoke

Sing along to your favourite songs. Send your song selections to wesnkaraoke@gmail.com prior to the session. Bring your own microphone or sing without one. Max 10.

Thursdays, 12:00PM - 2:00PM, Piano Room,
Volunteer: Lan

Heritage Harmonies

Sing well-known songs accompanied by a pianist. Songbooks are provided for the session.

Tuesdays, 10:30AM - 11:30AM, Piano Room or Outside - Veranda, Volunteer: Frank

Ukulele Practice Group

Practice your ukulele alongside others. Songs are selected as a group. Ability to play is required. No instruction provided.

Thursdays, 3:00PM - 4:30PM, Main Floor Kitchen

Physical Activity and Wellness

Choose to Move

Choose to Move

active aging society

BRITISH COLUMBIA
Supported by the Province of British Columbia

Introduce more physical activity into your daily life in ways that make sense for you. Contact Ricky at choosetomove@wesn.ca or 604-669-5051 for information and to go through eligibility screening prior to registering for the next group.

If you believe residents in your building would be interested if the program was held at your building, connect with Ricky.

Fridays, September 24 - December 3, 2:00PM - 3:00PM, Piano Room - **Full, intake is open for the next group**

In-Person Programs

Registration is required for all programs. **Registration for November 1 - 30 participation opens on October 28 at 10:00AM.** Register at 604-669-5051 or info@wesn.ca. Masks are mandatory. Proof of vaccination is required for indoor exercise programs, programs and events with 50+ people, at restaurants, or as specified. If you have a medical exemption/reason for being unable to receive vaccination or wear a mask, speak with a staff member prior to registering for a program or event.

Physical Activity and Wellness Continued

Move Better

Learn exercise techniques and how to improve your posture in a 20 minute, 1-on-1 appointment with a Kinesiologist.

Monday, November 29, 2:30PM - 4:30PM, Main Floor Kitchen, Kinesiologist: Ricky

Nordic Pole Walking: Beginners

Learn how to use or practice using Nordic poles with a short session around the neighbourhood. WESN has poles to lend. Max 7.

Thursdays, 10:00AM - 10:30AM, Meet at Barclay Manor, Volunteer: Jennifer

Nordic Pole Walking

Enjoy a walk while using nordic poles, which are great for strength and muscle activation. WESN has poles to lend. Max 7.

Thursdays, 10:30AM - 11:30AM, Meet at Barclay Manor

Physical Activity and Wellness Continued

Outdoor Walking Groups

Enjoy our city's wonders with a leisurely walk. Registration preferred so that volunteers know they are expecting walkers or not.

Tuesdays and Thursdays, 11:30AM - 12:30PM, Meet at seawall benches across from Sylvia Hotel (1154 Gilford St), Volunteer: Diane

Restorative Seated Yoga

Seated yoga is a gentle and restorative way to stretch sore muscles, while increasing strength, balance, flexibility and mobility with the support of a chair. Breathing and meditation techniques will be incorporated. No experience required.

Wednesdays, 1:00PM - 1:45PM, Basement Multipurpose Room, Volunteer: Heather

Social

Members Chatter with the Board

Connect and converse with each other and elevate issues of importance. The Board-hosted program aims to capture your suggestions and interests.

2nd Friday of the Month, 1:00PM - 1:50PM, Piano Room

Seniors First BC Law Clinic

seniors first BC

As part of its Satellite Elder Law Clinic program, Seniors First BC is partnering with WESN to offer pro bono legal consultations to eligible older adults. The clinic will be held at Barclay Manor.

Eligible seniors can speak to a lawyer in person to receive legal assistance for:

- Preparing wills, powers of attorney, representation agreements
- Understanding your legal proceedings and what to expect in court
- Reviewing court documents
- Preparing your own case and submissions
- Representation at certain court hearings in the Supreme Court of British Columbia and the Provincial Court (Small Claims Division) of British Columbia
- Assistance in matters of adult guardianship
- General legal advice

While Seniors First BC does not offer legal services in either family or criminal law, it can direct persons to organizations who may be able to assist.

To schedule an appointment, call Seniors First BC's legal program at **604-336-5653** and mention your interest in the Satellite Clinic at Barclay Manor with the West End Seniors' Network. Masks are required.

1st Friday of the Month, 10:00AM - 12:00PM, Main Floor Kitchen

Spa and Wellness Programs

Please pay technicians with cash. Methods of booking appointments differ per technician - see their description for details. Masks are mandatory. If you have a medical exemption/reason for being unable to wear a mask, speak with a staff member prior to booking.

Manicures and Pedicures

Professional hand and foot care. \$15 manicures, \$18 pedicures and \$5 for polish. WESN membership is required.

Call WESN at 604-669-5051 or email info@wesn.ca to book.

Monday, November 22, 10:00AM - 2:30PM, Main Floor Kitchen, Technician: Heather

Reflexology, Facials, Reiki, and Chair Massage

Professional spa services at a familiar location. Prices range from \$25-\$50+GST and service times range from 30-60 minutes. WESN membership is required.

Call 604-376-0106 or email shirleyreikireflex@hotmail.com to book.

Tuesdays, 9:30AM - 3:30PM, and Thursdays, 9:30AM - 2:30PM, Main Floor Kitchen, Technician: Shirley

At Home Physiotherapy and Rehabilitation

Customized treatment programs done in the comfort of your home. Book a physiotherapy or rehabilitation session with professionals from Physio for Seniors for pain management, posture & alignment, balance & falls prevention, strength & conditioning, and movement & mobility. Prices range from \$45-\$150.

Inquire and book with Trina at: 778-378-9179 or trina@physioforseniors.com.



WE WILL NOT BE HOSTING A
HOLIDAY LUNCHEON THIS YEAR,
BUT SAVE THE DATE FOR A

*Virtual Company
for Christmas*

DECEMBER 25, 2021

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BOARD OF DIRECTORS

Events

Registration is required for all programs. **Registration opens on October 28 at 10:00AM.** Register at 604-669-5051 or info@wesn.ca. Masks are mandatory. Proof of vaccination is required for indoor exercise programs, programs and events with 50+ people, at restaurants, or as specified. If you have a medical exemption/reason for being unable to receive vaccination or wear a mask, speak with a staff member prior to registering for a program or event.

Kay Stovold Day

Pick up a treat to-go from Barclay Manor to celebrate Kay Stovold.

Kathleen (Kay) Stovold, 1911-2001, was an advocate for seniors and people with disabilities. She was a co-founder and president of WESN.

Friday, November 12, 11:00AM - 3:00PM, Fireside Room



Holiday Craft Fair at West End Community Centre

Visit our table at the community centre's Holiday Craft Fair to purchase handmade knit goods created by the Happy Hookers! All proceeds support WESN programs and services.



Saturday, November 27, 10:00AM - 4:00PM, West End Community Centre (870 Denman St)

Presentations and Workshops

Registration is required for all programs. **Registration opens on October 28 at 10:00AM.** Register at 604-669-5051 or info@wesn.ca. Masks are mandatory. Proof of vaccination is required for indoor exercise programs, programs and events with 50+ people, at restaurants, or as specified. If you have a medical exemption/reason for being unable to receive vaccination or wear a mask, speak with a staff member prior to registering for a program or event.

Imagine West End Waterfront

The Park Board and City of Vancouver are beginning a planning process, called Imagine West End Waterfront, to create a comprehensive long-term vision and plan for the West End's waterfront parks, beaches, facilities, and the surrounding street network.

If you would like to learn more about the project and the issues it will be exploring, please join us for an overview session at Barclay Manor. This is also a chance to provide early feedback on this exciting project.

<https://shapeyourcity.ca/west-end-waterfront>

Monday, November 15, 1:00PM - 2:00PM, Piano Room



Out and About: Safety in the Community

Join us for a conversation with Aleya from the West End-Coal Harbour Community Policing Centre. She will be discussing the changes in the community, how those changes may affect the perception of personal safety, and give tips on how to maintain an active day-to-day routine within these changes.



Wednesday, November 17, 1:00PM - 2:00PM, Piano Room, Presenter: Aleya, WECHPC



Virtual Programs

Registration is required and is always open for virtual programs. You do not need to re-register for virtual programs each month or session, unless specified. Please register through the link provided with the program description or by following specific registration instructions.

If you do not have a computer or smartphone, you can still participate in virtual programs hosted on Zoom. **To join, call 778-907-2071** no more than 10 minutes before the program starts and **enter the program's Meeting ID and Passcode** when prompted.

If you have trouble registering via the link or you wish to call into the program, contact info@wesn.ca or 604-669-5051. We will provide members who intend to call into programs with the Zoom Meeting ID and Passcode.

Languages

Beginners Italian Class

Learn how to speak conversational Italian.

Fridays, 10:30AM - 11:30AM, Volunteer: Ariane

Register at: <http://ow.ly/ino050DuYG3>

Language Exchange

Are you fluent in multiple languages and want to help someone learn or become stronger in a language? Are you looking to improve your skills?

Sign-up to be matched at:

<https://forms.gle/SFmHd4ZK7rEiS6wH7>

Or, complete a form at Barclay Manor.

Spanish Conversation Class A (Intermediate)

Practice your Spanish reading and speaking skills with exercises and discussions.

Wednesdays, 3:00PM - 4:30PM, Volunteer: Carlos

Register at: <http://ow.ly/SXgR50CRrFY>

Physical Activity and Wellness

Aquafit at Home: Seniors Flow

A fun and inclusive gentle movement class. Focus on balance, breath and dancing! Wear comfortable exercise clothing and give yourself enough space to move around.

Tuesdays, 12:00PM - 12:30PM, Volunteer: Meaghan

Register at: <http://ow.ly/EhQJ50GeIb9>

Creative Movement



A series of gentle, energizing movements. All levels welcome, no dance experience required.

Thursdays, September 30 - December 16, 3:00PM - 4:00PM, Instructor: Linda

Register at: programs@wesn.ca

Physical Activity and Wellness Continued

Stay Active and Independent for Life (SAIL)



SAIL is an evidence-based strength, balance and fitness program for adults 65+. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chances of falling. No registration required.

Wednesdays, October 6 - December 1, 3:00PM - 4:00PM, Instructors: UBC Kinesiology Students

Join on Zoom: <http://ow.ly/Lktw50GdhR8>

Meeting ID: 879 7258 0822 Passcode: 561992

Technology

Tech Talk: Google Sheets and Google Drive

Learn about Google Gmail this month in a group setting. Bring your questions!

1st Saturday of the Month, November 6, 9:30AM - 10:30AM, Volunteer: Gloria

Register at: <http://ow.ly/c3sh50Gfxz4>

Writing

Pen Pal

Connect with another individual with letters sent by mail. An initial start-up package of materials will be provided by WESN.

Complete this online intake form:

<https://forms.gle/puERc9FyuujffkW3A>

Or, contact Jennifer at closetohome@wesn.ca or 604-669-5051 to register.

We will contact you when we have a match for you.

GET THE MOTIVATION YOU NEED TO BE ACTIVE!

Join Today-
It's **FREE!**

“Being involved in Choose to Move has given me the incentive to be more active. I look for simple ways to add a little more movement to my everyday living.”

A FREE program that supports seniors to
BECOME and STAY active!

- ✓ Develop a personal action plan to help meet your goals
 - ✓ Choose activities you like
 - ✓ Receive 1-on-1 coaching and group support
 - ✓ Learn new ways to live a healthier, more active life

www.choosetomove.ca



Contact Ricky Jhauj,
Activity Coach, to learn more
and register:

604-669-5051

choosetomove@wesn.ca

WESN-Gordon Neighbourhood House

Joint Programs



WESN and Gordon Neighbourhood House have joint programming for older adults. The following programs are **hosted by Gordon Neighbourhood House**. Participants should be a WESN or Gordon Neighbourhood House member. **Registration is required**. In-person sessions have a max of 10 per class. Register weekly with Stephanie at 604-683-2554 or stephanie@gordonhouse.org.

In-Person

Seniors' Lounge with Grace Hann

Tuesdays at 1:30PM

Connect with your community and meet your neighbours.

Chair Yoga

Wednesdays at 10:00AM

Maintain better health and wellness. Our trained instructor will guide participants through a series of exercises to help improve mobility, flexibility and strength. In the Gordon House Courtyard.

Crafty Neighbours

Wednesdays at 1:00PM

Join for a weekly social gathering outside in the Gordon House Plaza that connects our knitting community members and other creative folks to share their talents.

Tech Tips & Tricks

Want to learn how to increase your technology skills? If you're brand new or tech savvy, together we will go through how to use Zoom Video, social media, mobile apps and any other topics or questions you have regarding technology. By appointment.

Virtual

Nourish in the Kitchen with Stephanie

Mondays at 2:00PM

Follow along with Stephanie while she goes through easy, delicious and nutritious recipes from her kitchen. You can sign up and then pick up ingredients at Gordon House on Friday. Or, enjoy the show for your leisure. There is always room for creativity and personalization to one's diet!

Beginners' Spanish Class

Tuesdays at 9:30AM

Virtual Spanish classes via Zoom. To register, email [welcome@gordonhouse.org](mailto:welcom@gordonhouse.org).

Photo Club

Wednesdays at 1:00PM

Connect with your creative side and others! Take pictures on your camera or phone and share your perspective through the lens. Send us your pictures and share your stories each week and we'll make prints for you to frame, make cards and scrapbooks to go down memory lane! Alternates weekly between in-person and virtual.

Seniors' Lounge with Grace Hann

Thursdays at 1:30PM

Connect with your community and meet your neighbours.



Neighbourhood
Small Grants
Downtown
Peninsula

Ideas that Connect
Neighbours



IN PARTNERSHIP WITH
van^{co}uver
foundation

www.neighbourhoodsmallgrants.ca | Facebook & Instagram: @nsgnetwork

Neighbourhood Small Grants are available until funds are used up. If you have an idea for a community project, send in an application today.

Visit the website at
www.neighbourhoodsmallgrants.ca
for more information.

Community Information

**ARE YOU AN OLDER ADULT
WHO NEEDS ASSISTANCE
CARING FOR YOUR DOG?**



We can help with:

- Dog walking
- Delivering or picking up dog food
- Light grooming and hygiene
- Trips to the vet
- Temporary care during hospitalization



This is a free service provided by volunteers.

For more information:
elderdog.ca
info@elderdog.ca
1-855-336-4226



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WEST END SENIORS' NETWORK



Are you an older adult who:

- Wants to meet new people?
- Believes in the importance of grandparent connections?
- Enjoys sharing skills and experiences?
- Would love to have a positive impact in the life of a child?

To learn more about our not-for-profit organization please call 604-736-8271 or visit our website at www.volunteergrandparents.ca



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**Community
Engagement
Workshops**

Help guide the future redevelopment of the West End Community Hub, the site that includes the West End Community Centre, King George Secondary School, Joe Fortes Library, and other important facilities.

Your input is important to reimagine a space where everyone can come together to connect, relax, learn, and play.

To learn more about the project, to register to get involved in different workshops or to complete the online West End Experiences survey, visit: <https://shapeyourcity.ca/weconnect>

Community Information



The West End Community Centre offers some programs at Barclay Manor for older adults.

To register and pay for these programs, call 604-257-8333 or sign up online at <https://vancouver.ca/westendrec>.

Questions about the below programs should be directed to the West End Community Centre.

Bridge - 374073

Nov 8, 2021 to Dec 13, 2021
Each Mon 1pm to 4pm

This casual group meets to play bridge and socialize. Bring a friend and come and play. Beginners and newcomers are always welcome!



Watercolour Painting- 367780

Nov 4, 2021 to Dec 16, 2021
Each Thu 1pm to 3pm except Nov 11

This program for older adults will give you the chance to learn to apply watercolour painting by exploring the medium's full potential. Learn to use water, paper, colour, and brushes to create an endless variety of tones and atmosphere in your painting. We will focus on landscape painting techniques and studies of nature (flowers).

M. Reza Atashzad has over 30 years experience in teaching drawing and painting at his own Atashzad Academy of Art. He has also been teaching different art programs at several community centres in Vancouver since 2011. He has published more than 700 watercolour paintings, such as greeting cards, posters, albums, and books. Visit: <http://www.atashzad.com/enindex.php>.

Alliance of Seniors' Centres

The West End Seniors' Network is proud to be a member of the Alliance of Seniors' Centres.

Please consider getting involved with other member organizations:

411 Seniors Centre Society
(604) 684-8171
411seniors.bc.ca

South Granville Seniors Centre
(604) 732-0812
southgranvilleseniors.ca



Want to reach older adults to promote your research, events, specials, and more?

Advertise in WESN's monthly newsletter or social media channels! Our newsletter reaches over 2,000 people and our social media channels reach over 1,000 users.



Visit wesn.ca/advertising for details including rates.

Community Information

Virtual Safety Workshops for Women

The Vancouver Police Department Women's Personal Safety Team offers free virtual workshops that teach women of all ages safety tactics.

The upcoming workshops are on November 4, November 25 and December 2.

To register, email wpst@vpd.ca with REGISTRATION in the subject line at least three business days before the scheduled workshop.

Specify your preferred date, and include your full name and email contact.

Your Zoom account name must reflect your first name used in the registration.

For more information, visit: <https://vpd.ca/crime-prevention-safety/womens-personal-safety-team/>



Your Community, Your News, Your Stories Online At

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West End Events - Small Space Gardening - King George High School News - Community History - Business, Community, and Restaurant Spotlights ... and More!

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In-Home Visits Available

604-685-7786 | david@davidnotary.com

1412 - 675 West Hastings Street, Vancouver BC V6B 1N2
COVID-19 - Protocols in Place

Membership

If you are not already a member of the West End Seniors' Network, please consider joining! Anybody can join regardless of age, and this is one way you can support our organization. The cost of membership is \$10.00/year (October 2021 through September 2022).

To become a member or to renew your membership, please complete the form on the following page and mail or drop it off with your payment at:

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

or

West End Seniors' Network
Kay's Place
118-1030 Denman Street
Vancouver, BC
V6G 2M6

Or, completed forms and e-transfer payments can be emailed to: info@wesn.ca

Some of the benefits of being a member include:

- Access to programs, events, workshops, and presentations (ages 55 and over)
- Monthly newsletters or e-newsletters and regular updates
- Access to services that support older adults to live well, including:
 - Check-in phone calls and emails
 - Information and referral support
 - Peer support
 - Housing navigation
 - Prescription medication pick-up and drop-off
 - Grocery shopping and delivery (fees may apply)
 - Prepared meal delivery (fees may apply)
 - Transportation to and from medical appointments (fees may apply)
- Volunteer opportunities

Note that some of our usual benefits are not accessible at this time due to the COVID-19 pandemic.

Donations

Your donations help us achieve 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.

All donations of \$10.00 or more are eligible for a tax receipt.
Charitable Registration Number: 119292845RR0001

Please visit us at <http://wesn.ca/> to make a secure donation by credit card. An email address must be provided for the tax receipt to be emailed to you for an online donation.

Cash and cheques may be dropped off at Barclay Manor and Kay's Place.
Please make cheques payable to the West End Seniors' Network (1447 Barclay St, Vancouver, BC V6G 1J6).

E-transfer donations can be sent to: info@wesn.ca



Thank you very much in advance for your generous donation.



Oct 2021 - Sep 2022 Membership Application Form

Membership is valid until the September 2022 Annual General Meeting.

Today's date: ___/___/___
MMM DD YYYY

Payment	
<input type="checkbox"/> Annual membership fee	\$ 10.00
<input type="checkbox"/> Donation to WESN	\$
<input type="checkbox"/> I want my donation to be anonymous	
<input type="checkbox"/> Newsletter postage fee (\$25)	\$
Total	\$
<input type="checkbox"/> Cash <input type="checkbox"/> Cheque <input type="checkbox"/> E-transfer <input type="checkbox"/> Credit Card	
Please Note: Tax receipts are issued for donations of \$10.00 and over.	

Please make cheques payable to West End Seniors' Network.

Submit completed form and cash or cheque to:

Barclay Manor
1447 Barclay Street
Vancouver, BC V6G 1J6

Kay's Place
118-1030 Denman Street
Vancouver, BC V6G 2M6

OR submit completed form and e-transfer to:

info@wesn.ca

How did you hear about us?

- Social Media Friend/Family
 Other _____

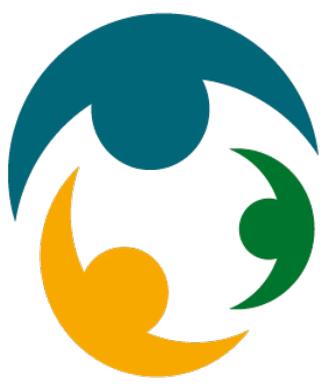
First Name:		Last Name:	
Address:		Buzzer:	
City:	Province:	Postal Code:	
Date of Birth (MMM/DD/YYYY):		Gender: <input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> Non-Binary <input type="checkbox"/> Transgender <input type="checkbox"/> Other: _____ <input type="checkbox"/> Prefer not to answer	
Preferred Phone Number:		<input type="checkbox"/> Home <input type="checkbox"/> Cell <input type="checkbox"/> Work	
Alternate Phone Number:		<input type="checkbox"/> Home <input type="checkbox"/> Cell <input type="checkbox"/> Work	
Email:		<input type="checkbox"/> Do not send e-newsletter	
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.			<input type="checkbox"/> Yes <input type="checkbox"/> No

Emergency Contact:	
First Name:	Last Name:
Emergency Contact Relationship:	
Phone Number:	<input type="checkbox"/> Home <input type="checkbox"/> Cell <input type="checkbox"/> Work
Email:	

WESN will not disclose my information without my consent, unless requested under the Societies Act, and will not rent, sell or trade their contact list.

Charitable Registration Number: 119292845RR0001

FOR OFFICE USE ONLY			
Mbrshp Card Issued: <input type="checkbox"/>	Cheque #: _____	Receipt #: _____	Location: <input type="checkbox"/> BM <input type="checkbox"/> KP <input type="checkbox"/> C&C
Staff/Volunteer (int.): <input type="checkbox"/>	Rev Control (int.): <input type="checkbox"/>	Rev Control Sheet #: <input type="checkbox"/>	Data Entered by (int.): <input type="checkbox"/>



WESN

WEST END SENIORS' NETWORK

Membership Renewal

only
\$10

This is a friendly reminder that your 2020-2021 West End Seniors' Network (WESN) membership expired at our Annual General Meeting on September 17, 2021.

You can purchase your 2021-2022 WESN membership by cash or cheque at any of our locations:

Barclay Manor
1447 Barclay Street

Clothes and Collectibles
Denman Place Mall
110-1030 Denman Street

Kay's Place
Denman Place Mall
118-1030 Denman Street

Or, the membership form can be downloaded from our website at wesn.ca/membership and the completed form and e-transfer payment can be sent to info@wesn.ca.

Social Programs
and Events

Recreational
Activities

Educational
Workshops

Services to Help
You Live Well

Information and
Referral

Welcoming
Social Spaces

Wi-Fi and
Computer Lab

Newsletters and
Updates

Volunteer
Opportunities