



WESN

WEST END SENIORS' NETWORK

December 2021

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



Artwork by Patricia Haley-Tsui, WESN Member

Holiday Hours

Site	December 23, 2021	December 24, 2021	December 25, 2021	December 26, 2021	December 27, 2021	December 28, 2021	December 29, 2021
Barclay Manor	Regular Hours	9:00AM - 3:00PM	Closed	Closed	Closed	Closed	9:00AM - 3:00PM
Clothes and Collectibles	Regular Hours	11:00AM - 2:00PM	Closed	Closed	Closed	Closed	11:00AM - 3:00PM
Kay's Place	Regular Hours	Regular Hours	Closed	Closed	Closed	Regular Hours	Regular Hours

Site	December 30, 2021	December 31, 2021	January 1, 2022	January 2, 2022	January 3, 2022	January 4, 2022
Barclay Manor	9:00AM - 3:00PM	9:00AM - 3:00PM	Closed	Closed	Closed	Regular Hours
Clothes and Collectibles	11:00AM - 3:00PM	11:00AM - 3:00PM	Closed	Closed	Closed	Closed
Kay's Place	Regular Hours	Regular Hours	Closed	Closed	Closed	Regular Hours



Note that regular hours of operation can be found on P. 4 of the newsletter.

Program Changes

No Barclay Manor programs on the dates we are closed.

Bridge: 1:00PM - 3:00PM on December 24 and 31

Computer Lab: Open until 3:00PM on December 24, 29, 30, and 31

German Conversation Group: No session on December 30

Outdoor Walking Group: No sessions on December 25 and January 1

Painting Studio: No session on December 29

Ukulele: No session on December 30

Other program changes may occur. Ensure you are registered so that we can notify you if needed.



Ho Ho Ho...You're Invited To...Ho Ho Ho

VIRTUAL COMPANY FOR CHRISTMAS

Celebrate the holiday season with WESN members, volunteers and the Board via Zoom.

**Saturday, December 25, 2021
10:30AM - 12:00PM**

Fun stories, sing-alongs and prizes!
Socialize and share!



Register at **604-669-5051** or **info@wesn.ca** to receive the Zoom joining information and to be entered into the prize draw **by Friday December 17, 2021.**

For more information: <http://wesn.ca/company-for-christmas>

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How many candy canes are hidden in this newsletter? 

Submit your answer at
<https://www.surveymonkey.com/r/2HLJ6P5>
 Or call 604-669-5051 and give Kaitlin your name, phone number and guess.

Enter for a chance to win a gift bag of goodies!

Contest closes on Friday, December 24 at 2:00PM.
 We will contact the winner after December 29th. The prize will be picked up from Barclay Manor (1447 Barclay St).



Vision

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

Mission

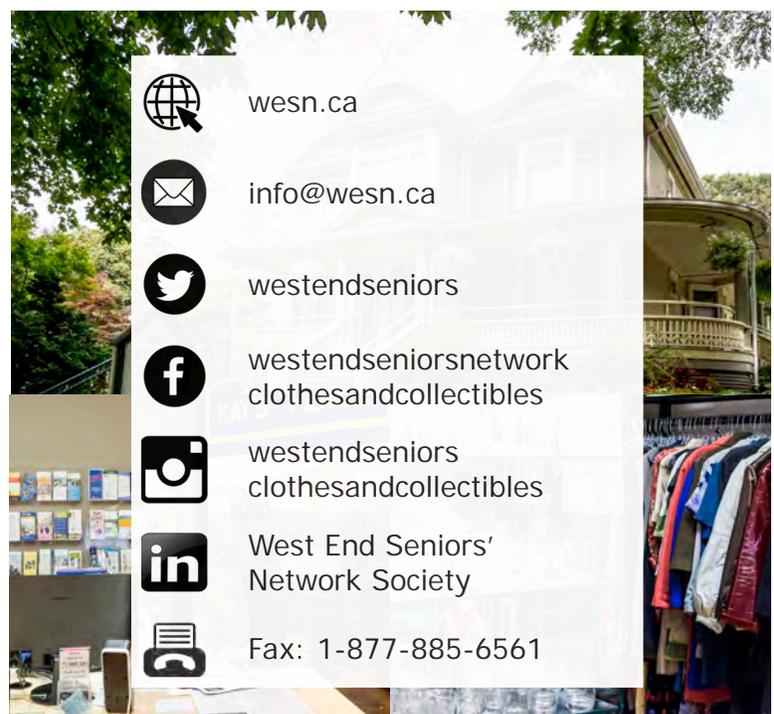
To enhance the quality of life of older adults by providing social, recreational, educational and supportive programs and services that foster connection and inclusion in the broader community.

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](#)
-  [westendseniornetwork](#)
[clothesandcollectibles](#)
-  [westendseniors](#)
[clothesandcollectibles](#)
-  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

Executive Director:

Martin Addison

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

Manager of Operations:

Kari Kessler

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

Close to Home Program Coordinator:

Jennifer Conroy

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

Bookkeeper: Cathy Hudson

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

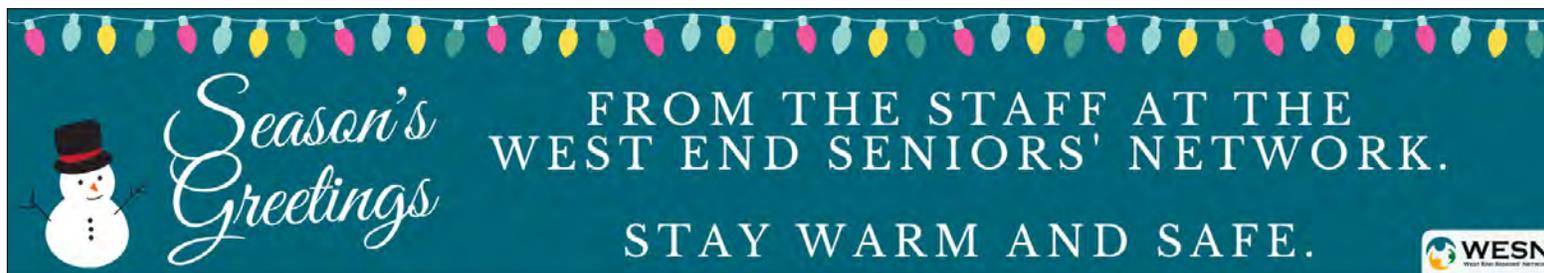
Alan Stamp

alan@wesn.ca

Administrative Assistance:

Brittanny Dzioba

kaysplaceadmin@wesn.ca



Board of Directors

Introducing WESN's New Executive Director

We are pleased to introduce Martin Addison as the new Executive Director of the West End Seniors' Network. He started on November 9th.

With over 40 years as a West End resident, Martin is keen to be giving back to the community. Martin is no stranger to WESN. His father was involved in WESN singing activities. He intends to hit the ground running and being an active listener, collaborator and voice for WESN.

Martin has served in civic and not-for-profit organizations over the past several decades. His prior roles include Executive Director in the mental health sector, Chief Development Officer and Chief Operating Office for St. John Ambulance (BC), and Senior Fund Raiser at Villa Cathay Care Home Society.



Martin's mix of leadership in the areas of administration, finance, volunteer development, and fundraising will benefit WESN as we move forward.

Please join the board and staff in welcoming Martin to the WESN family.

Thank you to Kari Kessler for her leadership during the transition period as Interim Executive Director.

Members Chatter

We held our second Members Chatter event on November 12th at Barclay Manor. Members joined Martin (Executive Director), Jane (Board President) and Alison (Membership Chair) and voiced interest in advocacy for older adults.

Serendipity! It was Kay Stovold Day that day. Kay (1911-2001) was a co-founder of WESN and an advocate for older adults and people with disabilities.

Discussion covered community issues such as rental affordability for older adults, concerns about the rise of crime, increased visibility of drug use and homelessness on our streets, and the impacts for the community, and more.

Interest was expressed for WESN to connect the civic minded and curious with elected civil servants and seniors' advocates. Members want to hear of achievements and activities made since elected as well as be able to ask questions. We are considering ways to best do that. Please email us at board@wesn.ca with your ideas or comments. Leave your contact information so we can reach out to you.

The next Members Chatter will be on Friday, December 10 at 1:00PM at Barclay Manor. Register at 604-669-5051 or info@wesn.ca. We hope to see you there.

To our  community of members, volunteers, funders, stakeholder, partners, and staff,

The Board wishes you good tidings for the season.

Sincerely,

*Dawid Cieloszczyk, Marta Filipski, Jane Goodridge, David Harvey, Sara Johnson, Karsten Kaemling,
Alison Maher, Ross McKinnon, Bonnie Quam, Stephani Thomas, and Omid Toub*



Barclay Manor

Martin Addison
Executive Director



As 2021 ends, it is with a sense of pride that we look back and join with our friends and colleagues to celebrate our accomplishments and extend our heartfelt thanks for the overwhelming support shown to the West End Seniors' Network.

This past year we saw older adults impacted not just by the pandemic but also the heat dome. As we prepare for 2022, we are looking at the emerging needs of our community. With every program we offer, we listened, took notes, and dared ourselves to ask, "How can we do this better?"

December is that great month of feel-good traditions: family, food, music, and giving. The older I get, the more deeply I understand and appreciate the secret side of giving, the joy of seeing it received. This applies not only to tangible things that can be wrapped up and tied with a bow, but also compliments, kindnesses and gifts of time.

My father was a supporter of WESN, and I clearly remember him saying, "Philanthropy isn't just for the wealthy. Every gift is important, no matter the size, because every single dollar takes a senior a tiny step closer to success." Light bulb moment! I was a philanthropist. Suddenly, I felt connected to my community, and invested in its achievements. In giving, I was also receiving.

Thank you for your gifts to the West End Seniors' Network. May the holiday season bring you joy in the understanding that you have most certainly changed lives.

Wishing you happy holidays and a bright 2022.



Barclay Manor

Kaitlin Hong Tai
Manager of Programs



Although mask mandates and vaccination checks for exercise classes and dining programs are in place, things have settled down at Barclay Manor. From January to October 2021, we have hosted an average of 41 programs, events, workshops, and presentations per month and have seen a monthly average of 691 activity attendees. If you are not familiar with what activities are taking place, I encourage you to look at PP. 16-25 in this newsletter. If there is something that you - and others - would like to participate in that we are not offering, let me know (programs@wesn.ca or 604-669-5051) and I will look into it.

We are aware that demand for the Technology Assistance program is high and it is difficult to book appointments. To try to increase the number of people who can get an appointment, we will try out 30 minute appointments. Members have the option of booking 2 appointments back-to-back if they feel they need 60 minutes, but for those who do not, having 30 minute sessions doubles the capacity. Let us see how it goes! We are also always working to find more Technology Coach volunteers.

In other news, Ricky, our Choose to Move Activity Coach, will be leaving WESN on December 31, 2021. If you participated in Choose to Move or Move Better, you will know that Ricky is enthusiastic about supporting older adults to lead active lives. Ricky will be heading to Australia in January to complete his Physiotherapy degree. Thank you, Ricky, for your hard work. Join me in wishing him well!

Lastly, I hope you have a good holiday season - we look forward to continuing to see you.

Barclay Manor

Suma Sudhir

Manager of Community Services



We will be adjusting our Grocery Shopping and Delivery service hours for the month of December. Please note that there will be **no shopping on Wednesday, December 29th at IGA**. We ask all clients and members who use the service at IGA to please keep this date in mind and adjust your orders accordingly. Thank you, and happy holidays!



Barclay Manor

Ricky Jhauj

Choose to Move Activity Coach

Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons. Also known as the winter depression. SAD is commonly experienced during the fall and winter seasons due to shorter days, less sunlight and decreased temperature. Symptoms specific to winter-onset SAD are oversleeping, weight gain, tiredness or low energy, and change in appetite, particularly craving for foods high in carbohydrates. Below I have provided insight on how to manage the winter depression.

1. Try an exercise program. Exercising regularly can help increase serotonin and endorphins which are known as feel-good brain chemicals. Exercising outside during day light hours will further help fight seasonal depression.
2. Social connections - connecting regularly with friends, colleagues or family members - can help uplift your spirits. Other benefits of socializing are reducing risk of depression, anxiety and cognitive decline. In addition, improve your self-esteem.
3. Light therapy boxes mimic outdoor lighting. A light therapy box may help with seasonal affective disorders, sleep disorders and other conditions. If you require further information regarding light therapy boxes, please consult your doctor.

It is 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 into 2022, so intake is ongoing. Interested individuals are screened for eligibility, so please leave your contact information with Barclay Manor reception at 604-669-5051 and I will be in touch. Or, email me at choosetomove@wesn.ca. For more information about the program, turn to P. 25 or visit <http://wesn.ca/choose-to-move>.



Barclay Manor

Emily Lonsdale
LinkAGE Social Prescribing Navigator



With the holiday season approaching, our team wants to acknowledge how difficult this time of year can be for members of our community. This can be a time of joy for a lot of people, but the holiday blues impacts many of us. During this time of year individuals might be missing loved ones or experience negative feelings in relation to negative past holiday memories. The holiday blues may present as any of the following symptoms: tiredness, lack of energy or motivation; tension; frustration; loneliness or isolation; sadness; and/or a sense of loss.

Typically, reaching out for support or comfort through conversation and connection can help manage some of these seasonal blues symptoms. If you find yourself in need of some additional social support, or wishing to provide that support to neighbors please contact me to discuss the Life Unlimited Check-In Call Service at 604-669-5051 or health@wesn.ca.

In addition to comforting conversations, listed below are actions that can help combat the holiday blues. This list was compiled with adapted resources and tips from FOUNDRY BC (<https://foundrybc.ca/stories/what-are-the-holiday-blues/>).

- Set aside time for yourself: it's important to take the time to ensure you're okay! Self-care activities such as getting enough sleep, eating a balanced diet, staying physically active, and taking the time to relax can all help reduce stress and recharge your battery.
- And set aside time for socialization: in addition to taking time for you, it's equally important to spend time with supportive, caring people. It may be helpful to have a conversation with a trusted person about your feelings around the holidays.
- Double check your expectations surrounding the holidays: our society puts a lot of emphasis on how perfect the holidays need to be, but know that you don't need to live up to any expectations surrounding this time of year!
- Remind yourself of the meaning of the holidays: don't take things too seriously and remind yourself that the season is about spreading love and joy within your community. Use this time to reflect on yourself and set some thoughtful intentions for the months ahead.
- Don't be afraid to say no: respect your boundaries and limits too! No need to overextend yourself with activities and commitments you don't have the time, energy, or resources for.

Remember that the holiday blues will pass, and that you are not alone in these feelings. If you feel like you are going through this, please reach out to the West End Seniors' Network to discuss what supports we might be able to offer.



Kay's Place

Susan Paré and Alan Stamp
Managers of Support and Information Services



As we move into the holiday season - a time of giving - I'm reminded of how much our team of dedicated volunteers at Kay's Place give to clients and to the WESN organization throughout the year. As in years past, Kay's Place volunteers assisted clients - many disadvantaged - who frequently are in need. Your skills, thoughtfulness, patience, and optimistic attitude have helped to brighten the lives of countless clients and community members who turn to us for guidance and support. We wish to express our gratitude to all volunteers during the holidays, the New Year and beyond.

Clothes and Collectibles

Laura Fee
Manager



2021 has been a year, like 2020, of more challenges and changes. Yet we are continuing to manage masks and sanitizers, limited customer numbers and donation quarantines. And we still find opportunities to have a few laughs and share a joke. And we've all learned to smile with our eyes.

We are so grateful to all of you for supporting our store by volunteering, donating and shopping. We appreciate your kind words and patience, compliments about our window and mannequin displays and the treats you've brought us.

Gordana, Will, Brenda, and I wish you all a safe and healthy holiday season with whatever feeds your soul. Here's to a New Year of more activities, fewer masks, and more social gatherings. The best of health to each and every one of you.

Monthly Engagement Question

If you put up or enjoy Christmas trees, do you prefer real or faux trees? For faux trees, do you go for traditional green or a non-traditional colour like white, blue or gold?

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/KFJ28Z3>



SHARE YOUR HOLIDAY STORIES & MESSAGES

- Write down your story, greeting or message
- Include your name and email address
- Let the Board know if you wish to read it at the event
- Submit it to the Board at board@wesn.ca by Wednesday, December 15, 2021

Stories and greetings will be shared at the Virtual Company for Christmas event on December 25th, 2021.

For more information: <http://wesn.ca/company-for-christmas>



DAVID WATTS NOTARY PUBLIC



Wills, Power of Attorney &
Representation Agreements

Real Estate Transfers & Mortgages

In-Home Visits Available

604-685-7786 | david@davidnotary.com

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

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.

Some of our current opportunities are below.

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 strong general understanding of technology is required.

Kay's Place Information and Referral: Located in the Denman Place Mall. Volunteers meet with clients in person or over the phone, discuss their needs with them, and inform them about the services that are available to them at the local, municipal, provincial, and federal levels.

VOLUNTEER SPOTLIGHT



MEET RECEPTION VOLUNTEER AND LONG TIME DONOR KATHY!

My name is Kathy. I relocated from Toronto to Vancouver in March 2013. My sister came with me and stayed until I was settled in.

One day she was in Denman Mall and discovered Kay's Place. She went in and talked to one of the volunteers, she was told to tell me to go in and fill out a volunteer application. I did so and I was hired.

I started working at Kay's Place in June 2013. During the time I was there a member of staff and I had a conversation and he was very helpful. I told him that I would like an opportunity to work at Barclay Manor and he said "Go for it!" For the past three years I have been doing reception and I am totally devoted to it. It is my pleasure to say thanks to WESN and all the wonderful friends that I have.

The past eight years that I have been with WESN have completely changed my life and words can't say how happy I am to be connected.

I hope to continue doing reception and help people to the best of my ability for as long as possible.

Thanks again WESN.

Kathy

Kathy is a bright shining light on our team of receptionists. She truly enriches the community at WESN and is a joy to work with. From all of us at WESN, thank you Kathy for your dedication and kind heartedness!



WESN

WEST END SENIORS' NETWORK

Give the Gift of Membership!

only
\$10

If you have adults age 55+ in your life who are not connected with WESN, give them the gift of membership this year!

WESN membership provides opportunities to be connected and involved in the community. This gift can lead to the formation of new friendships and the creation of memories while supporting WESN's work to enhance the quality of life of older adults.

Purchase membership by cash or cheque at Barclay Manor (1447 Barclay St) or Kay's Place (110-1030 Denman St). Or, download the form from our website at <http://wesn.ca/membership> and submit the completed form and e-transfer payment 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



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 and events 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 December 1 - 31 participation opens on November 25 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. Waitlists are kept for the current month only. 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

Programs may be cancelled from time to time. We apologize for any inconvenience. Ensure you are registered so that we can contact you, if needed.

Waivers

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.

Printing/copying fees (letter size): \$0.10/page for black and white or \$0.25/page for colour.

Note: Colour printing can only be done from the staff printer. Email files to info@wesn.ca and ask Jenna for assistance, preferably before you come in.

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 30 minute, 1-to-1 appointments. If needed, members may book 2 sessions back-to-back for a 60 minute appointment. Masks are mandatory.

Registration for December 1 - 31 participation opens on November 25 at 10:00AM. Book an appointment at 604-669-5051 or info@wesn.ca. **Members may hold one session at a time due to high demand.** Waitlists are kept for filling cancellations within the current month - names are not carried over for booking in the next month.



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 2:00PM - 4:00PM	By Phone*	Vincent	Android computers, cell phones and tablets (no Apple devices), email, apps
Wednesdays 2:30PM - 4:30PM	In-Person	Sarah	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media, blogs, websites
Thursdays 10:30AM - 12:30PM	In-Person	Maria	Apple computers, cell phones and tablets (no PC/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/Android devices), email, apps, Zoom
Saturdays 11:00AM - 12:30PM	In-Person**	Christina	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media, blogs, websites, coding

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

*Volunteers may have their caller ID off. Please answer a call from a private or unlisted number around your appointment time.

**These appointments take place at the West End Community Centre (870 Denman St) because Barclay Manor is closed on weekends. Meet in the lounge area by the front desk.

In-Person Programs

Registration is required for all programs. **Registration for December 1 - 31 participation opens on November 25 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

View a selection of TED Talks and discuss them.

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

December 2: Adam Grant - The surprising habits of original thinkers

Alain de Botton - A kinder, gentler philosophy of success

December 9: Bjorn Lomborg - Global priorities bigger than climate change

Jon Ronson - Strange answers to the psychopath test

Pranav Mistry - The thrilling potential of sixth sense technology

December 16: Susan David - The gift and power of emotional courage

Stuart Brown - Play is more than just fun

December 23: Zeynep Tufekci - We're building a dystopia just to make people click on ads

Susan Graham - A new way to restore Earth's biodiversity from the air

Helen Fisher - Why we love, why we cheat

December 30: 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 with WESN at least 3 days in advance. Do not call the restaurant. Meet at the restaurant. Diner pays own way.

With Volunteer Alex: Wednesday, December 1, 5:30PM, Earl's Kitchen + Bar (1185 Robson St)

With Volunteer Susan: Wednesday, December 15, 5:30PM, Robba da Matti (1906 Robson St)

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.

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

Sunday Brunch - **No Session in December, Returns in January**

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.

Games

Bridge - **New**

Play friendly rounds of bridge with your peers. Minimum 4 required to play.

Fridays, 1:00PM - 4:00PM, Main Floor Kitchen, Volunteer: John

Mahjong

Learn and play this Chinese tile-based game.

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

Scrabble

Keep your mind active with triple word scores.

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

In-Person Programs

Registration is required. Registration for December 1 - 31 participation opens on November 25 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 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.

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

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

Thursdays, 2:30PM - 4:30PM, Piano Room,
Volunteer: Brigitte

Music

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, Mavis,
George

Karaoke

Sing along to your favourite songs. Send your song selections to wesnkaraoke@gmail.com by the Wednesday before the session.

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

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.

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**

Move Better

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

Monday, December 20, 2:30PM - 4:30PM, Piano Room, Kinesiologist: Ricky

Interested in volunteering to lead or participating in a program that WESN does not offer? Share your ideas with Kaitlin, Manager of Programs, at programs@wesn.ca or 604-669-5051.

In-Person Programs

Registration is required. Registration for December 1 - 31 participation opens on November 25 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

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, or bring your own poles.

Thursdays, 10:00AM - 10:30AM, Meet at Barclay Manor front entrance, 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, or bring your own poles.

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

Outdoor Walking Groups

Enjoy our city's wonders with a leisurely walk. Rain or shine.

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

With Volunteer Owen/Alex: Saturdays, 9:00AM - 10:00AM, Meet at Barclay Manor front entrance (1447 Barclay St), Registration preferred so the volunteer knows if people are expected to attend

Physical Activity and Wellness Continued

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

Tea with Martin - New

Chat with Martin, WESN Executive Director, and your peers in a safe, welcoming and informal space. Bring your discussion topics. No tea or snacks are provided at this time due to COVID-19.

2nd Monday of the Month, 1:00PM - 2:00PM, 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.

Book through WESN at: 604-669-5051 or info@wesn.ca

Mondays, December 6 and 20, 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 for more information and to book.

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

At Home Physiotherapy and Rehabilitation Appointments



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 and falls prevention, strength and conditioning, movement, and mobility. Prices range from \$45-\$150.

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



Happy Birthday to our December-born members!



WESN
WEST END SENIORS' NETWORK

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



**We cannot do what we do
without your support**

**DONATE NOW
WWW.WESN.CA**

Thank you!



Events

Registration is required unless indicated as drop-in. **Registration opens on November 25 at 10:00AM.** Register at 604-669-5051 or info@wesn.ca. Masks are mandatory. Proof of vaccination is required for indoor exercise programs and programs and events with 50+ people.



Deck the Halls

Assist WESN with decorating Barclay Manor for the holiday season.

We have the decorations here - all we need are helpers!

Friday, December 3
1:00PM - 2:00PM
Fireside Room
Drop-in



OUTING: ICE SKATING & COFFEE SHOP

Have fun skating with your peers at the West End Ice Rink then head to a nearby coffee shop for a snack/drink and chat.

WESN will pay for rink admissions and skate rentals. Max 10. Attendees pay for their own snacks/drinks. Facilitated by a volunteer. Please meet the volunteer in the lobby of the West End Community Centre at the start time.

Thursday, December 16
3:15PM - 4:45PM
870 Denman St

Register at:
604-669-5051 or
info@wesn.ca



CHRISTMAS MOVIE SCREENING

Get into the festive spirit with a screening of *Miracle on 34th Street* (1 hr 36 m).

Friday, December 24, 10:00AM, Piano Room

"In this Christmas classic, an old man going by the name of Kris Kringle fills in for an intoxicated Santa in Macy's annual Thanksgiving Day parade. Kringle proves to be such a hit that he is soon appearing regularly at the chain's main store in midtown Manhattan. When Kringle surprises customers and employees alike by claiming that he really is Santa Claus, it leads to a court case to determine his mental health and, more importantly, his authenticity."



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: Social Media - Facebook, LinkedIn, Twitter, and Instagram

Learn about different social media platforms this month in a group setting. Bring your questions!

1st Saturday of the Month, 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.

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

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



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 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

By appointment.

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, social media, mobile apps and any other topics or questions you have regarding technology.

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.

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.

Qigong with Christine

Wednesdays & Fridays at 10:30AM

Qigong combines gentle flowing movement, sitting meditation, breathwork, intention, and imagination. Relax, activate, heal, and align your body, heart, mind, and spirit. Come home to your calm and loving center.

This program is streamed by WESN at Barclay Manor for those who do not have an Internet-connected computer or space. Interested participants must notify Stephanie ahead of time.

Seniors' Lounge with Grace Hann

Thursdays at 1:30PM

Connect with your community and meet your neighbours.



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



Proudly supported by  **WESN**
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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promote your research, events,
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Our newsletter reaches
over 2,000 people and
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channels reach over
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for details including rates.



Helping neighbours build friendly, lively places.

Are you an older person living in a West End apartment building?

Would you like more activities, events, or fun with neighbours, right where you live?

**JENNIFER CONROY
COORDINATOR**

604-669-5051, EXT 8
CLOSETOHOME@WESN.CA
WESN.CA/CLOSE-TO-HOME

We can help. Close to Home offers ideas, how-to's, resources, and support. With your spark and knowledge, we can plan, and we can help you make it happen.

PROUD MEMBER OF THE HEY NEIGHBOUR COLLECTIVE
FUNDED BY THE CMHC NATIONAL HOUSING STRATEGY



We acknowledge that West End Seniors' Network locations are on the unceded, occupied, ancestral and traditional homelands of the Musqueam, Skwxwúmesh, and Tsleil-Waututh Nations.



Clothes and Collectibles Donation Policy

Thank you for your generous donations to Clothes and Collectibles. We are overwhelmed with donations and can only accept **one grocery or shopping bag per person per day**.

We gratefully accept small amounts of men's and women's clothing, shoes and accessories (belts, handbags, wallets, ties, scarves, and jewelry) in clean and wearable condition. We also accept small home décor items, books, CDs, DVDs, and artwork.

Items We Cannot Accept:

We cannot, for space and/or for safety reasons, accept the following items:

- Electric Appliances – toasters, coffee makers, hair dryers, microwaves, etc
- Computers/Printers
- TVs and related electronics – stereos, turntables, VCRs, DVD players, cassettes, VHS tapes
- Children's clothing, shoes, books, or toys
- Encyclopedias, magazines, dated travel guides, photo albums
- Computer or academic textbooks
- Food
- Plastic kitchenware
- Knives
- Household linens – bedding, towels
- Furniture
- Medical equipment – walkers, canes, monitors, etc
- Sports equipment – helmets, roller blades, golf clubs, skates, etc
- Underwear and socks (unless new in an unopened package)
- Clothes hangers
- Suitcases
- Paper grocery bags

Thank you for your support!

Please contact us at 604-682-0327 or clothes@wesn.ca for further information.



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.

Logos: Alliance Seniors' Centres, 411 CENTRE SOCIETY, SOUTH GRANVILLE SENIORS CENTRE, WESN



Your Community, Your News, Your Stories Online At

thewestendjournal.ca

New features and photos every month

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

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.



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"/>



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