

APRIL
2022 + month-at-a-glance calendar



WESN
WEST END SENIORS' NETWORK



wesn.ca



info@wesn.ca



westendseniors



**westendseniornetwork
clothesandcollectibles**



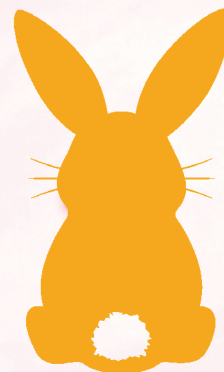
**westendseniors
clothesandcollectibles**



**West End Seniors'
Network Society**



Fax: 1-877-885-6561



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

You are invited to the

Stanley Park Lawn Bowling Club OPEN HOUSE



SATURDAY MAY 7
11 am-3 pm
Rain or shine

Try your hand at lawn bowling!
Bring a friend, have some fun.
Everyone welcome.

Stanley Park Drive next to the tennis courts
splbc.com

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

Directors Bonnie Quam, David Harvey, Omid Toub, Dawid Cielosczyk, Marta Filipski, Sara Johnson

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 Səl̓ílwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.

COVID-19 PROTOCOLS

Stay home if you or someone in your household is ill, or if you were in direct contact with someone who tested positive for COVID-19.

Physical distancing measures are in effect. Clean your hands often.

Please follow posted signage.

Only the front door of Barclay Manor will be unlocked. For accessible entry, use the lower door near the parking lot. Ring the bell and wait for help.

Food/drinks not provided except at special events. Do not eat or drink while visiting our sites.



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How many bunnies can you count?

Count all the bunnies and enter to win one of 3 giant chocolate Easter bunnies! Send your answers to info@wesn.ca or 604-669-5051, or put them in the box near the fireplace, with name and telephone. Winners will be drawn Wednesday April 13 at 11 am, at the Happy Hookers Spring Sale.

MASKS REQUIRED

WESN is committed to the highest levels of safety and comfort of our members.

We will continue to require masks to be worn for indoor programming at Barclay Manor. Masks are required to visit Kay's Place and Clothes and Collectibles.

This will stand until April 30, when we will review protocols and provide updates.

If you need a mask, supplies will continue to be freely available inside the front door.

Thank you for your patience, support, and understanding. We look forward to visiting, learning and celebrating together in a safe and welcoming environment.



Contact Information

Barclay Manor, Kay's Place, Clothes and Collectibles

All locations will close on April 15 for Good Friday

Barclay Manor

604-669-5051 | info@wesn.ca
1447 Barclay Street
Vancouver, BC V6G 1J6

Monday to Friday 9 am–5 pm

Clothes and Collectibles

604-682-0327
Denman Place Mall
110-1030 Denman Street
Vancouver, BC V6G 2M6

Wednesday to Friday 11 am–5 pm

Saturday 12 pm–4 pm

Manager

Laura Fee | clothes@wesn.ca

Assistant Managers

Gordana Smocilac and Will Tessier

Supervisor

Brenda Wong

Kay's Place

604-669-7339
Denman Place Mall
118-1030 Denman Street
Vancouver, BC V6G 2M6

Monday to Friday 10 am–4 pm

Managers of Support and Information Services

Susan Paré | susan@wesn.ca
Alan Stamp | alan@wesn.ca

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

Christopher Earl
604-669-5051 | 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

Jennifer Conroy
604-669-5051 ext 8 | choosetomove@wesn.ca

Close to Home Program Coordinator

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

Bookkeeper Ashley Lyder



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

Consider getting involved with
other local member organizations.

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

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

WESN Income Tax Clinics

Page 1 of 2 Please read carefully as you prepare your paperwork



WESN is offering older adults assistance with filing their income tax return, for those with modest income and a simple tax situation only (must meet criteria below). All income tax returns are filed electronically by volunteers that are screened, trained, and authorized through the Canada Revenue Agency (CRA) Community Volunteer Income Tax Program (CVITP).

The WESN tax clinic volunteers are happy to assist you in filing your simple income tax return, but are not in a position to give you tax advice. You may be directed to contact the CRA if you require tax-related advice.

Please respect all WESN staff and volunteers. Rudeness or disrespect of any form will not be tolerated and you may be asked to make alternate tax arrangements. WESN retains the right to refuse service.

ELIGIBILITY CRITERIA

Family size and total family income is under:

- 1 person – \$35,000
- 2 persons – \$45,000
- 3 persons – \$47,500
- 4 persons – \$50,000

Simple tax situation

- Employment, pension, or support payment
- Benefits such as Canada Pension Plan (CPP), disability insurance, employment insurance, and social assistance
- Registered retirement savings plans (RRSPs)
- Scholarships, fellowships, bursaries, or grants
- Interest under \$1,000

Your tax situation is not simple if you

- Are self-employed or have employment expenses (exceptions apply)
- Have business income and expenses
- Have rental income and expenses
- Have interest income over \$1,000
- Have capital gains or losses
- Filed for bankruptcy in the tax year (or the year before, if that return has not yet been filed)
- Are completing a tax return for a deceased person
- Have foreign income or property (T1135)

DETAILS

Location: Parking Lot Entrance

The clinic is accessed through the parking lot, to the basement entrance of Barclay Manor (1447 Barclay Street), at the back of the building. Please follow the arrows. This entrance is accessible for mobility device users. Parking is NOT guaranteed in the lot behind Barclay Manor.

Mondays and Thursdays 10 am–3pm

Until April 31, tax clinic drop-off is available Mondays and Thursdays from 10 am to 3 pm. We are using a drop-off service and do not require appointments – accordingly, clinic use may be subject to wait times and your patience is appreciated.

Cost

There is no fee for use of this clinic, but a suggested \$20 donation to WESN helps us continue to offer our programs and services.

Please read carefully as you prepare your paperwork. See over for details on Process and Next steps.



WESN Income Tax Clinics

Page 2 of 2 We appreciate your consideration for staff and volunteers

PROCESS

At home

- Check the criteria (previous page) to confirm that you meet the clinic eligibility
- Prepare all relevant tax paperwork (i.e., 2020 Notice of Assessment, 2020 TD1 income tax summary if possible, income tax slips and receipts) and place in an envelope.
- Bring picture identification.
- If possible, complete all sections of the WESN Tax Clinic Intake form ahead of time (can be picked up at Barclay Manor, Kay's Place or downloaded on our website: <http://wesn.ca/income-tax-clinics/>)

Enter via the parking lot

- The clinic is accessed through the parking lot, to the basement entrance of Barclay Manor, at the back of the building.
- Aggressive or abusive behaviour and language towards WESN staff and volunteers will not be tolerated.
- Due to ongoing COVID-19 circumstances, clinic users must respect masking requirements and social distancing measures while in line and in building.
- Complete Tax Clinic form if not done already.
- Present form, income tax documents and ID to the tax clinic intake staff.
- You will be provided with an information document to detail next steps.

DATES AND TIMES

Monday & Thursday 10 am–3 pm

Until April 31, tax clinic drop-off is available Mondays and Thursdays from 10 am to 3 pm. We are using a drop-off service and do not require appointments – accordingly, clinic use may be subject to wait times and your patience is appreciated.

NEXT STEPS

- Volunteers are assigned your income tax package and assist in the preparation and electronic filing of your return – this may take up to 4 weeks following the time of intake drop-off
- If the volunteer has any questions regarding your taxes they will call you – please note that they may be calling from a blocked number and it is important that you answer or have a functional voicemail system.
- When complete, a member of the WESN team will contact you for pick-up where you will verify and receive your completed return (please bring official ID for verification)
- If there are issues or errors found after your return is submitted, you are responsible for taking any corrective measures (calling CRA at 1-800-959-8281 or completing and submitting an adjustment form to the CRA)



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.

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



ELDERDOG
CANADA

For more information:

elderdog.ca

info@elderdog.ca

1-855-336-4226



The Board of Directors

Bonnie Quam Director



WESN is an affiliate member of The Council of Senior Citizens' Organization of BC (COSCO), an umbrella group representing various provincial associations, retired organizations and groups.

This 72 year old non-partisan organization represents over 70,000 senior citizens in BC. They advocate on issues facing seniors, and provide free workshops on a variety of topics through the COSCO Seniors' Health and Wellness Institute. Recently, COSCO held a webinar on the new regulations for LTC. They reach out to provincial and federal representatives to advocate on all issues facing seniors. For example, they spearheaded a petition drive to show support in 2020 for Bill C213-- bill to fund universal Pharmacare.

COSCO is reaching out to its membership asking us to support the Canadian Federation of Pensioners' call to action to support vulnerable seniors who have suffered the loss of pension income for the rest of their lives due to corporate insolvency.

Because this issue may affect WESN membership, please take a moment to read the letter below, describing what is happening and how we can make our voices heard to our lawmakers.

I AM REQUESTING YOUR HELP AGAIN.

Pension protection is sadly lacking and much needed in Canada. Since 1982, more than 250,000 vulnerable seniors have suffered the loss of pension income for the rest of their lives due to corporate insolvency. There are still over 4 million Canadians counting on their defined benefit pensions.

There has been progress, In the last Parliament, thanks in part to the efforts of people like you, the Bloc's pension protection bill made it through committee before the election was called and it died

on the order paper. This is much further than any similar bill in the past, one step away from being passed into law by the House of Commons.

During the last election you may have been one of the people who participated in our email campaign to tell candidates that pensioners should receive 100% of the pension their employer committed to. That 20-day campaign meant 40,000 emails going to candidates in over 92% of ridings across Canada.

Somebody is listening, this Parliament the NDP and CPC have submitted similar bills. All four opposition parties (the GPC supported these bills) now support pension protection. The government is the hold out. It is time to put pressure on the government.

This is where we ask for your help. The Canadian Federation of Pensioners has developed a strategy to pressure the government to act.

Go to petitions.ourcommons.ca and search e-3893. Please sign this petition. It is a House of Commons e-petition, secure and safe.

The petition challenges the government to develop a solution to ensure pensioners receive 100% of the pension their employer committed to. It is sponsored by MP Ryan Turnbull: Liberal Whitby.

The second step will come later. The CPC bill (MP Marilyn Gladu's C-228) is scheduled for second reading April 1. It will likely come up for a vote before summer. At that time, we will reach out to you to join our email campaign to demonstrate to MPs and Senators that there is support to protect vulnerable Canadian seniors.

Participation by people like you helped get the bill last year further than any similar bill in the past. Please help get pension protection across the finish line this time.

**Michael Powell, President
Canadian Federation of Pensioners**



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**



West End Seniors Network

Martin Addison Executive Director

At WESN, we know older people who want to continue contributing their skills and experience to the betterment of their community. We also know many who don't want the pressures of an active full-time professional life, but want to stay active and engaged. And there others who need to earn to supplement their investment income.

Volunteers are a significant driving force in the success of WESN. We know the value of experience and reliability. Sadly, some organizations overlook valuable older workers. These organizations lose out on top-quality talent due to myths about older adults. Excellent staff, old or young, have qualities most businesses seek: experience, a desire to learn, knowledge, commitment, team spirit and energy.

Experience

Older workers access professional and personal experiences that help them excel in the workplace. It's an obvious but overlooked asset. Employers may worry about a tech learning curve, but research shows older adults readily learn new tech skills.

Reliability

Older workers tend to be reliable. They're more likely to show up work on time, and less likely to call in sick. Older workers do not switch jobs as often as. Older employees shine when it comes to maturity and professionalism; resulting in a strong work ethic that rubs off on the rest of the organization.

Cost effective

One stigma about older workers is that they cost more money in training or support. It's a myth.

Confidence

In many cases, confidence is a result of experience. As we age, we become more comfortable with who we are and what we know. The combination of confidence and expertise goes a long way in the workplace. Confidence exuded by older workers can have a positive effect on younger employees. Older employees can guide their younger counterparts through gaining self-esteem at work. When your team is confident in what they do, the overall organization is more effective.

Age Diversity

An age-diverse workforce makes sense for most workplaces. Older employees still represent a large part of the buying public. At WESN, we find that they connect well with the people we serve. This connection often provides valuable insight into what our community wants.

At WESN, we're committed to creating a diverse, welcoming environment for all our members. And we know diversity is good. We love our volunteers, older and younger. If you're in business reading this article, you'll love seniors too. As we've discovered at WESN, age is no barrier to achieving your organization's goals. As we've found, it helps us succeed.



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!



Denman Mall Community Services

West End Seniors' Network Storefront Locations

Kay's Place

HOUSING NAVIGATION

Information on housing options and support 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.

Are you on a limited income? Is there an unanticipated expense you cannot afford?
Apply to the Seniors In Need Fund.

Call Kay's Place 604-669-7339

kaysplaceinfo@wesn.ca

wesn.ca/seniors-in-need-fund

DAVID WATTS NOTARY PUBLIC



ADVERTISEMENT

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

Community Services

Ask us about eligibility, geographic boundaries, registration, and fees

Barclay Manor

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

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

Grocery Shopping and Delivery

Volunteers take grocery orders by phone or email, shop, and arrange for delivery.

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.

Check-In Phone Calls and Emails

Connect by phone or email with a volunteer for reassurance and friendly conversation.

Thank you to our service funders



McGrane-Pearson
Endowment Fund

Clothes and Collectibles

Laura Fee Manager

Although we appreciate the valuable contributions of our volunteers every day, April 24–30 is National Volunteer Week, a special time to highlight our cheerful and dedicated Clothes and Collectibles team.

Did you know we have several volunteers who travel from outside the West End every week for their shift? And that we have at least five volunteers who have consistently put in time at the store for ten years or more? Or that we have one who is approaching 20 years of volunteering with us?

Our volunteers bring enthusiasm and suggestions week after week. Recently we've had a new group of volunteers join us, and their fresh ideas and

excitement are such a welcome addition to our hard-working, fun-loving team.

During the last few years of COVID, we added a new role of greeter. This has been a challenging role, especially in the early days, when masks were not yet the norm and many wanted to challenge our mask policy. Yet our volunteers met the challenge, making this vital role a fun introduction to the store.

We at WESN so appreciate our volunteers, and we hope you do, too. **Please, the next time you're in Denman Mall, walking by the store, dropping off a donation, in the line up, or shopping, take a moment to thank the men and women who keep our store running smoothly from open to close.**



APRIL 24-30, 2022



"I just want to thank the volunteers at the West End Seniors' Network... I am really very grateful to the volunteers, they take the time to be patient with us and really show us kindness. During COVID-19 especially, this patience and kindness really helps show us that people care. To everyone at the West End Seniors' Network, thank you."

WESN member and tech appt. user

"These may seem like small repairs but each brings me lasting joy each time I turn to it... A little can truly mean a lot."

WESN Better At Home client

"Thank you once again for everything! I hope I'm not being repetitive in my appreciation. But it is SO wonderful what you do for us that I can't stop saying Thank You!"

WESN Grocery Client



Thank you to all

WESN VOLUNTEERS!

Our **200+** volunteers have spent over **12,000** hours helping us to bring services and programs to older adults this year!

Volunteer appreciation luncheon to come



April 2022 at a Glance

See pages 16-24 for complete descriptions and details

MONDAY

April 18 9 am
Mens' Breakfast at Denny's

9 am–5 pm
Computer Lab Drop-in

10–11 am
French Conversation

April 25 10 am–2:30 pm
Manicures and Pedicures

10 am–3 pm
Income Tax Clinics

11:15 am–12:15 pm
ESL Beginner/Intermediate

1–4 pm
Bridge (WECCA)

2–4 pm
Tech Help with Simon

3–4 pm
Creative Movement

TUESDAY

9 am–5 pm
Computer Lab Drop-in

9:30 am–3:30 pm
Spa Appointments

10 am
Yoga in Stanley Park

10:30–11:30 am
Heritage Harmonies

11:30 am–12:30 pm
Walking Group

12–12:30 pm
Aquafit at Home

1–3 pm
Texas Hold'em Poker

1:30 pm
Seniors' Lounge

1:30–3:30 pm
ESL Intermediate

April 26 2–3:30 pm
Volunteer Meet & Greet

3–4 pm
Tech Help with Nitish

WEDNESDAY

9 am–5 pm
Computer Lab Drop-in

10 am–12 pm Happy Hookers
April 13 Spring Sale

10 am–12 pm
Tech Help with Chrysther

10 am
Chair Yoga

April 20 11 am–12 pm
Pathways to Happiness

11–3 pm
Mahjong

12–1 pm
Tech Help with Ella

1 pm
Photo Club

April 6 1–2 pm Talking Back
April 13 1–2 pm Creative Writing

1–3 pm
Scrabble

2–4:45 pm
Painting Studio

April 13 & 27 2:30–4:30 pm
Tech Help with Sarah

3–4:30 pm
Intermediate Spanish

4–5 pm
Tech Help with Vincent **by phone**

April 27 4 pm
Happy Hour at the Sylvia Hotel

April 6 5:30 pm
Dinner Club at Kinara

■ **Onsite: Barclay Manor**

■ **Offsite: Food/Drink**

■ **Virtual: Zoom/Phone**

■ **Offsite: Gordon House**

■ **Offsite: Walking Group**



Programs and Events

Onsite, offsite & virtual **Registration opens Monday March 28**

THURSDAY

9 am–5 pm
Computer Lab Drop-in

9:30 am–2:30 pm
Spa Appointments

10–11:30 am
TED Talks and Discussion

10 am–3 pm
Income Tax Clinics

10–10:30 am
Nordic Walking Beginners

10:30–11:30 am
Nordic Walking

11 am
Everyone Can Draw

11:30 am–12:30 pm
Walking Group

1 pm
Crafty Neighbours

1:30 pm
Seniors' Lounge

2–4 pm
Tech Help with Simon

2:30–4:30 pm
German Conversation

3–4:30 pm
Ukulele

3–5 pm
Tech Help with April

FRIDAY

9 am–5 pm
Computer Lab Drop-in

10 am–12 pm
Cribbage

10:30–11:30 am
Beginners Italian

10:30 am
Qigong with Christine

12–1 pm
Tech Help with Nitish

1:30–3:30 pm
Tech Help with Terry

April 8 & 22 2:30–3:30 pm
Choose to Move

3:45–4:45 pm
Tech Help with Owen

SATURDAY

9–10 am
Walking Group

9:30–10:30 am
Tech Talks

SUNDAY

April 3 & 17 11 am
Brunch at Sylvia Hotel



- **Onsite: Barclay Manor**
- **Offsite: Food/Drink**
- **Virtual: Zoom/Phone**
- **Offsite: Gordon House**
- **Offsite: Walking Group**

Do you have a Tech Question?

Book a coaching session Registration opens Monday March 28

Register | 604-669-5051 | info@wesn.ca

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. 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 and proof of vaccination is required.

Members may hold one session at a time due to high demand. Waitlists are kept for filling cancellations during the current month.

DAY AND TIME	TYPE	COACH	BOOK FOR HELP WITH
Mondays, Thursdays 2–4 pm	In-Person	Simon	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media
Tuesdays 3–4 pm	In-Person	Nitish	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media, blogs, websites, coding
Wednesdays 10–12 pm	In-Person	Chrysther	Windows, Android/Apple computers, cell phones and tablets, email, apps, Zoom, social media, websites, Adobe
Wednesdays 12–1 pm	In-Person	Ella	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media, blogs, websites
Wednesdays 4–5 pm	Phone*	Vincent	Android computers, cell phones and tablets (no Apple devices), email, apps
Some Wednesdays 2:30–4:30 pm	In-Person	Sarah	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media, blogs, websites
Thursdays 3–5 pm	In-Person	April	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media, blogs, websites, Adobe Suite
Fridays 12–1 pm	In-Person	Nitish	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media, blogs, websites, coding
Fridays 1:30–3:30 pm	In-Person	Terry	Android computers, cell phones and tablets, email, apps, Zoom, social media
Fridays 3:45–4:45 pm	In-Person	Owen	Apple/Android computers, cell phones, tablets, email, apps, Zoom
Some Saturdays 9:30–10:30 am	Phone or Zoom*	Gloria	Apple computers, cell phones and iPads (no PC/Android devices), email, apps, Zoom

*Volunteers may have caller ID off. Please answer a call from a private/unlisted number near appointment time.

Program Information

Annual Membership **\$10** 1-Week Pass **\$5** Day Pass **\$2**

A variety of social, recreational and educational programs are offered by the West End Seniors' Network for adults 55 years of age and older. Please 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 current safety protocols in place. A summary of current protocols are on page 3.

Masks are mandatory.

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

In addition to membership fees, **programs and events are by donation if a cost is not specified.** Fees and 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 page 26 to learn more about membership and donations.

REGISTRATION

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

Registration for April participation opens Monday March 28 at 10 am.

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**.

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

If you see something you are interested in, please register for it. Programs and events may be cancelled if registrations are low. We apologize for any inconvenience from cancellations. 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.

Barclay Manor Computer Lab

Computers, Internet, and Printing Print fees apply, see below.

There are five Windows PC computers for members use. There is Internet access and a printer-copier-scanner (\$0.25/pg colour, \$0.10/pg black/white).

First-come, first-served: time limits will apply if people are waiting (30 minutes more for the person present longest if nobody volunteers to leave).

Write your name and arrival time on the Computer Lab whiteboard. Masks are mandatory.

Please place printing payment into the box beside the Computer Lab printer. Different fees apply for other paper sizes. WESN has the right to turn down service requests for large printing jobs.



Events and Presentations

Registration opens **Monday March 28** at 10 am

Register | 604-669-5051 | info@wesn.ca

Talking Back: Care of the Spine

Dr. Gabrielle Lacelle presents an overview of the spine and its adjoining structures. Find out what you can do to keep your spine healthy, to remain active and well. Dr. Lacelle is bringing her stand-up spine model and several vertebrae to demonstrate.

Wednesday April 6 | 1–2 pm

Piano Room

Easter Bunny Contest Draw

Count the bunnies in the newsletter and enter to win the giant chocolate bunny. Put your name, telephone, and count, in the box near the fireplace. Or send them to info@wesn.ca or 604-669-5051.

Wednesday April 13 | 11 am

Fireside Room

Happy Hookers Sale: Welcoming Spring

Don't miss this. It is like a craft exhibit, with delicate, witty, soft wearables and linens displayed on nearly every surface in Barclay Manor's front rooms. Colour, flowers, texture, and animals, in delightful, snuggle-able form. Meet the knitters and pick up some gifts. Handmade, all proceeds to WESN.

Wednesday April 13 | 10 am–12 pm

Barclay Manor Main Floor

WESN Wordsmiths: Creative Writing

Spend an hour with other aspiring wordsmiths and explore this rewarding pastime.

Wednesday April 13 | 1–2 pm

Piano Room

Pathways to Happiness

Join your peers in a volunteer-led group to discuss the many challenges of the past few years. We will explore feelings of grief, loneliness, isolation and depression. Let's work together to find a pathway to happiness and well being.

Wednesday April 20 | 11 am–12 pm

Basement Multipurpose Room

Monthly Volunteer Meet & Greet

Come and get to know your fellow volunteers for a social hour at Barclay Manor. After the last few years of being apart it's time to meet face to face. Numbers limited, phone 604-669-5051 to register. Open to all active WESN volunteers.

Tuesday April 26 | 2–3:30 pm

Main floor kitchen or Veranda, weather permitting

In Person Programs

Masks Required Registration opens Monday March 28 **Page 1 of 3**

Register | 604-669-5051 | info@wesn.ca

ARTS AND CRAFTS

Happy Hookers

Work on your knitting and crocheting in a social setting. Spring Sale: April 13. Learn to Knit: April 27.

Wednesdays 10 am–12 pm | Main Floor Kitchen
Volunteer: Nicole

Painting Studio

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

Wednesdays 2 pm–4:45 pm
Basement Multipurpose Room

LANGUAGES

ESL Beginner/Intermediate

Learn and practice basic conversational English.

Mondays 11:15 am–12:15 pm | Piano Room
Volunteer: Chris

ESL Intermediate

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

Tuesdays 1:30–3:30 pm
Basement Multipurpose Room
Volunteer: Cynthia (away in May)

French Conversation (Intermediate)

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

Mondays 10 am–11 am | Piano Room

German Conversation

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

Thursdays 2:30–4:30 pm | Piano Room
Volunteer: Brigitte

EDUCATIONAL & INTELLECTUAL

TED Talks and Discussion

Thursdays 10–11:30 am | Piano Room
Volunteer: John

April 7

1. Ben Ambridge: 9 myths about psychology, debunked
2. Philippa Neeve: The unexpected challenges of a country's first election
3. Ze Frank: Nerdcore comedy

April 14

1. Graham Hill: Why I'm a weekday vegetarian
2. Jamie Oliver: Teach every child about food
3. Jamil Zaki: How to escape the cynicism trap
4. Elizabeth Dunn: Helping others makes us happier – but it matters how we do it

April 21

1. Luvvie Ajayi Jones: Get comfortable with being uncomfortable
2. Tim Ferriss: Why you should define your fears instead of your goals
3. Laura Vanderkam: How to gain control of your free time

April 28

1. Erin McKean: The joy of lexicography
2. Murray Gell-Mann: Beauty, truth, and...physics?
3. Brian Cox: CERN's supercollider

MUSIC

Heritage Harmonies

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

Tuesdays 10:30–11:30 am | Veranda/Piano Room
Volunteer: Frank or Mavis

Ukulele Practice Group

Practice your ukulele with others. Songs chosen as a group. Must be able to play; no instruction provided.

Thursdays 3–4:30 pm | Main Floor Kitchen

In Person Programs

Masks Required Registration opens Monday March 28 **Page 2 of 3**

Register | 604-669-5051 | info@wesn.ca

FOOD-BASED SOCIALS

Register at least 3 days in advance. Do not call the restaurant, meet there, each diner pays own way.

Dinner Club

Join a group of friendly faces for a meal. Max 10.

Wednesday April 6 | 5:30 pm
Kinara Indian Cuisine, 1326 Davie Street
Volunteer: Alex

Happy Hour Hoppers

Quench your thirst and enjoy snacks at local happy hour spots. Max 8.

Wednesday April 27 | 4 pm
The Sylvia Hotel, 1154 Gilford Street
Volunteer: Jackie

Men's Group Breakfast

Join a group of men for breakfast at Denny's.

Monday April 18 | 9 am
Denny's, 1098 Davie Street

Sunday Brunch

Mingle with others for a leisurely brunch. Max 6.

Sunday April 3 and 17 | 11 am
Sylvia Hotel Restaurant, 1154 Gilford Street
Volunteer: Sarah

GAMES

Bridge (WECCA)

No session April 18. Call 604-257-8333 to register.
Mondays 1-4 pm | Basement Kitchen

Cribbage

A game of playing and grouping cards for points.
Fridays 10 am-12 pm | Main Floor Kitchen

Mahjong

Learn and play this Chinese tile-based game.
Wednesdays 11 am-3 pm | Basement Kitchen

Scrabble

Keep your mind active with triple word scores.
Wednesdays 1 pm-3 pm | Main Floor Kitchen

Texas Hold'em Poker

A low-stakes game with friends. Beginners welcome!
Tuesdays 1 pm-3 pm | Piano Room



In Person Programs

Masks Required Registration opens Monday March 28 **Page 3 of 3**

Register | 604-669-5051 | info@wesn.ca

EXERCISE AND MOVEMENT

Choose to Move (Register for May-July)

Introduce more physical activity into your daily life in ways that make sense for you. Contact Jennifer at choosetomove@wesn.ca or 604-669-5051 extension 8 for information and to go through eligibility screening.



Nordic Pole Walking (Beginners)

Learn to use Nordic poles with a short lesson at Barclay Heritage Square. WESN has poles to lend.

Thursday 10–10:30 am | Barclay Manor porch
Volunteer: Mary (will be away in May)

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.

Thursday 10:30–11:30 am | Barclay Manor porch
Volunteer: Mary (will be away in May)

Outdoor Walking Groups (Rain or shine)

Enjoy our city's wonders with a leisurely walk.

Tuesday & Thursday | 11:30 am–12:30 pm
Seawall benches near Sylvia Hotel | 1154 Gilford
Volunteer: Diane

Saturday | 9–10 am | Barclay Manor porch
Please register or let leaders know you are coming
Volunteer: Owen or Amadea

SPA AND WELLNESS

Methods of booking differ by technician.
Please bring cash payment.

Manicures and Pedicures

Professional hand and foot care. Manicures \$15, pedicures \$18, polish \$5. Membership required.

Monday April 25 | 10 am–2:30 pm
Main Floor Kitchen | Practitioner: Heather

Reflexology, Facials, Reiki, Chair Massage

Professional spa services at a familiar location.
Price range \$25–50 +GST. Service 30–60 minutes.
Membership required. Ask about gift cards!

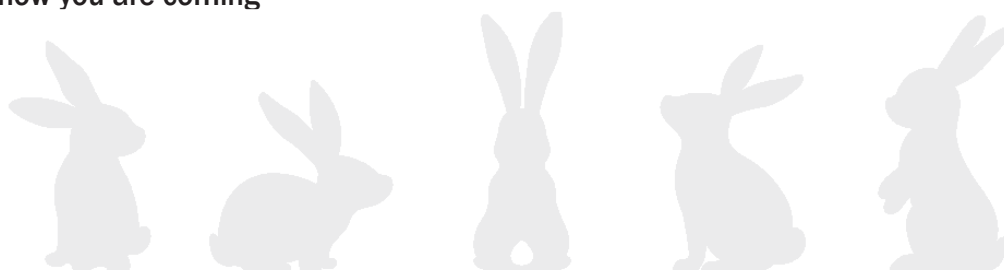
604-376-0106 | shirleyreikireflex@hotmail.com

Tuesdays 9:30 am–3:30 pm
Thursdays 9:30 am–2:30 pm | Main Floor Kitchen
Practitioner: Shirley

At Home Physiotherapy and Rehabilitation Appointments

Customized treatment programs 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 \$45–150.

778-378-9179 | trina@physioforseniors.com



Connections at a Distance

Some tech required Email, podcasts, paper and stamps

Register | 604-669-5051 | info@wesn.ca

Language Exchange

Do you speak another language? Would you like to share it with someone? If you are fluent or want to better your skills, we can match you with someone.

Have you had a Pen Pal?

Write letters by hand, on paper, and share in the delight of a personal exchange. We will match you with a Pen Pal, and provide a start-up package of 12 stamps, 12 envelopes, pen, and paper.

Creative Quest

Contribute your creations to a weekly e-newsletter. This Creative Quest will feature your work. Email a photo of your art or text of your writing/poetry to Graham at creativequest2022@gmail.com.



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There Are Many Ways to Enjoy Your Library!

All Vancouver Public Library locations are open and happy to help you out. VPL's Joe Fortes Branch in the West End Community Centre offers:

- Books, Large Print books, audiobook CDs, DVDs
- Computers with printing and scanning
- Information help from our friendly and knowledgeable staff

Do you have a print disability or mobility issue that prevents you from visiting the library?

You might be eligible for VPL's Accessible Services, which provides materials in accessible formats as well as home delivery of library materials.

604-331-4100 | accessible@vpl.ca
vpl.ca/accessible-services



Would you rather enjoy the library from the comfort of your home? Talk to library staff about Libby, an app you can install on a smartphone or tablet to borrow ebooks and digital audiobooks from VPL. Find virtual workshops/events at vpl.ca/events

And remember—your library loves you back!

Virtual Programs

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

Register using the link in the program description. You do not need to sign up each month or session. If you do not have a computer or smartphone, you can still participate: call 778-907-2071 no more than 10 minutes before the program starts and enter the Meeting ID and Passcode when prompted.

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 12–12:30 pm

Volunteer: Meaghan

<http://ow.ly/EhQJ50Gelb9>

Creative Movement: in partnership with the Dance Centre

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

Mondays April 4–July 4

No class April 18 or May 23 | 3–4 pm

Instructor: Claire French

LANGUAGES

Beginners Italian Class

Learn to speak conversational Italian

Fridays 10:30–11:30 am

Volunteer: Ariane

<http://ow.ly/ino050DuYG3>

Spanish Conversation (Intermediate)

Discussion and exercises for reading and speaking.

Wednesdays 3–4:30 pm

Volunteer: Carlos

<http://ow.ly/SXgR50CRrFY>

TECHNOLOGY

Tech Talk: Wifi, Bluetooth, Chromecast, and Airdrop

Connecting your device to other devices: what do these connections mean? (iPhone and iPad focused).

Saturday April 2 | 9:30–10:30 am

Volunteer: Gloria

<http://ow.ly/c3sh50Gfxz4>

Seniors First Law Clinic

Kay's Place Satellite Elder Law Clinic



Eligible seniors can speak to a lawyer in person to receive pro bono general legal assistance:

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

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.

Call **604-336-5653** and mention the Satellite Clinic at Kay's Place, WESN. Masks are required.

1st Friday of the month | 10 am–12 pm

Kay's Place, 118-1030 Denman St

seniors first BC

WESN & Gordon Neighbourhood House

Sign up at welcome@gordonhouse.org or 604-683-2554

Participants should be a member at WESN or Gordon Neighbourhood House. Register weekly at 604-683-2554 or jenn@gordonhouse.org.

Out-Trips

Diverse outdoor and cultural programming.

Yoga in Stanley Park

A weekly restorative stretch in nature. Bring your own mat.

Tuesdays | 10 am

Seniors' Lounge with Grace Hann

Connect with community and meet your neighbours.

Tuesdays and Thursdays | 1:30 pm

Chair Yoga

Maintain better health and wellness. Our trained instructor guide participants through exercises to help improve mobility, flexibility, and strength.

Wednesdays | 10 am

Photo Club

Connect with your creative side and other photography enthusiasts! Alternates weekly between in-person and virtual sessions. In-person: meet at GNH for a walk around the neighbourhood to take pictures. Virtual: share photos and stories from the previous week on Zoom with the group.

Wednesdays | 1 pm

Everyone Can Draw

Discover your artistic talent with local artist Moneca Loring. Anyone from a beginner to a seasoned artist can learn different techniques to create their own personal masterpiece. Blank sketch paper, a pencil, and some inspiring images will be provided to participants.

Thursdays | 11 AM

Crafty Neighbours

Join for a weekly social gathering that connects our knitting community members and other creative folks to share their talents.

Thursdays | 1 pm

Qigong with Christine

Qigong combines gentle flowing movement, sitting meditation, breathwork, intention, and imagination. Relax, activate, heal, and align your body, heart, mind, and spirit.

Fridays | 10:30 am

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

By appointment | 10 am–12 pm



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?

www.volunteergrandparents.ca





55+

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.

Memberships & Donations

Martin Addison Executive Director

If you are not already a member of the West End Seniors' Network, please consider joining!

You can join at any age, and your membership helps support our organization. The cost is \$10/year (October 2021-September 2022). To begin or renew your membership, complete the form (next page) and mail or deliver with payment to:

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

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

Member Benefits (not all accessible during COVID)

- Access to programs, events, workshops, and presentations (ages 55 and over)
- Monthly newsletters, e-newsletters, and 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/delivery (fees may apply)
 - Prepared meal delivery (fees may apply)
 - Transportation to and from medical appointments (fees may apply)
- Volunteer opportunities

The West End Seniors Network imagines a future where all seniors are thriving, achieving their full potential and having their needs met every single day. You can help to make our vision a reality by making a gift to WESN. You can bring a brighter future to seniors who need it most.

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 over \$10 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. Please include an email address if you would like the tax receipt to be emailed 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

If you have any questions or would like to discuss a gifting option, please contact:

Martin Addison, Executive Director
604-669-5051
executivedirector@wesn.ca



We cannot do what we do without your support.

DONATE NOW
at www.wesn.ca or
by cash/cheque at Kay's Place or Barclay Manor.

Thank you!

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 _____

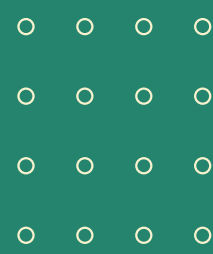
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Preferred Phone Number:		<input type="checkbox"/> Home <input type="checkbox"/> Cell <input type="checkbox"/> Work	
Alternate Phone Number:		<input type="checkbox"/> Home <input type="checkbox"/> Cell <input type="checkbox"/> Work	
Email:		<input type="checkbox"/> 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

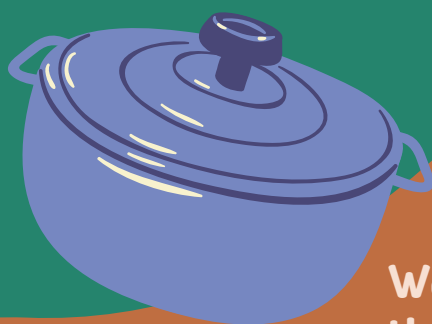
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Patrick & Emma

