

Groceries Goes Online
Choose to Move is Back
Karaoke is Back
Group Bike Rides
Transit Day Trips
and
You Picked the **Peacock**

west end seniors' network



WESN

WEST END SENIORS' NETWORK
ACTIVITIES, EVENTS & SERVICES FOR ADULTS 55+

AUGUST 2022



Department of Gerontology Simon Fraser University Research Study

WHO IS ELIGIBLE?

If you are:

- Aged 65+
- Living alone in the community
- With limited or no access to family-based support

Researchers at SFU Gerontology are interested in speaking to you about your experiences accessing health and social care services!

WHAT DOES PARTICIPATION INVOLVE?

- 1 hour telephone interview with Lucy about your experiences with accessing services
- No identifying information will be recorded
- In appreciation of your time, we will provide a gift card for \$25

WHO IS CONDUCTING THIS STUDY?

This study is being conducted by SFU PhD Student Lucy Kervin as part of her doctoral research



WHAT ARE THE EXPECTED OUTCOMES?

Sharing your experiences as part of this research will contribute to work aiming to improve how services are provided to older adults.

INTERESTED?

Please contact Lucy Kervin at (705) 358-9672 OR lucy_kervin@sfu.ca

Learn more about Lucy and her research at

<https://lucykervin.wixsite.com/research>

in this issue

AUGUST 2022

Plan Your Visit	4
Wills & Estates	5
Seniors First Law Clinic	5
Come to Kay's Place	6
Why do Electrolytes Matter?	7
Caring in 7 Illustrations	8-9
New Volunteer Opportunity	10
Groceries Goes Online	11
Month at a Glance	12-13
Tech Help	14
You Picked the Peacock	15
Move it Mondays	20
Helping with Sudden Costs	22

SAVE THE DATE

WESN 2022 Annual General Meeting **Friday September 23 | 1-4 pm**

Join us for the first in-person AGM in two years! We're making it a party. Come for the representation and governance, stay for the music, food, prizes, and socializing.

Vision A Vancouver community supporting and empowering 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 activities and services that foster connection and inclusion in the broader community.

Territorial Acknowledgement

We respectfully acknowledge that the 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.

HOW MANY GULLS?

Count each gull in the newsletter — like this guy here — and enter to win a prize! Put your name, phone, and count into the box near the front door. You can also send to intern@wesn.ca or 604-669-5051 ext 1. Winners will be drawn on Friday August 26 at noon.



MASKS WELCOME

WESN welcomes the use of masks in Barclay Manor and Kay's Place. Bring a masks for tech help sessions and while visiting Clothes and Collectibles. If you need one, we've got extras. Thank you.

As with any infectious illness, monitor your health and take precautions if you think you might pass a virus to others. Stay home if you or someone you live with is ill, or if you were in direct contact with someone with COVID or other easily transmitted illness. Be mindful of others' personal space, wash your hands often, and practice patience.

Plan Your Visit

BARCLAY MANOR, KAY'S PLACE, CLOTHES AND COLLECTIBLES

Barclay Manor

604-669-5051 | info@wesn.ca
1447 Barclay St, Vancouver BC V6G 1J6
Monday to Friday 9 am–5 pm

Clothes and Collectibles

604-682-0327 | Denman Place Mall
110-1030 Denman St, Vancouver BC V6G 2M6
Wednesday to Friday 11 am–5 pm
Saturday 12–4 pm

Manager Laura Fee | clothes@wesn.ca
Asst. Managers Gordana Smocilac & Will Tessier
Supervisor Brenda Wong

Kay's Place

604-669-7339 | Denman Place Mall
118-1030 Denman St, Vancouver BC V6G 2M6
Monday to Wednesday 10 am–4 pm

Manager of Support and Information Services
Susan Paré | susan@wesn.ca

Board of Directors

President Jane Goodridge | board@wesn.ca
Vice President Karsten Kaemling
Treasurer Ross McKinnon
Directors Bonnie Quam, David Harvey,
Dawid Cielosczyk, Marta Filipski, Sara Johnson



Closed BC Day: Monday August 1

Executive Director

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

Manager of Activities and Events

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

Administrative Coordinator

Christopher Earl
604-669-5051 | admin@wesn.ca

Manager of Volunteer Resources

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

Manager of Community Services

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

Events and Communications Coordinator

Yathu Radhakrishnan
604-669-5051 ext 9 | events@wesn.ca

Close to Home / Choose to Move

Miel Nicholson
604-669-5051 ext 1 | intern@wesn.ca

Bookkeeper Ashley Lyder



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

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



**POWERED BY
AGE PODCAST**

A podcast by seniors,
for seniors.

Listen, get involved, and
share your perspective!

www.poweredbyage.com

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



Wills & Estates

MARTIN ADDISON

EXECUTIVEDIRECTOR@WESN.CA

You may have noticed themes in my contributions over the past months. One is how WESN is rebuilding Barclay Manor programming after the pandemic. We are listening carefully; let us know if you have ideas or would like to volunteer.

The other theme is end-of-life planning. I've discussed the importance of having a current will. Since then, members have approached me informally with worries about their own near-term future. They know how essential a will is and want to start planning, but do not have family or a friend they could imagine caring for their needs if they could no longer care for themselves. Some struggle to name one person who could be the executor of their estate after their passing.



Is this a common concern among members; one people are reluctant to talk about? WESN would like to help.

Look for details in the next issue on a series of casual, informative workshops on wills and planning.

SENIORS FIRST LAW CLINIC

Speak to a lawyer to receive general legal advice:

- 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

Seniors First does not offer legal services, but can direct persons to organizations who may be able to assist. Call **604-336-5653** and ask for the Satellite Clinic at Kay's Place.

1st Wednesday of the month | 10 am–12 pm
Kay's Place, 118-1030 Denman St



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

Come to Kay's Place

HOUSING NAVIGATION | INFORMATION & REFERRAL
SUSAN@WESN.CA



HOUSING NAVIGATION

Information on housing options and support finding and maintaining appropriate housing.

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

<http://wesn.ca/housing-navigation>

INFORMATION AND REFERRAL

Volunteers help match people with federal, municipal, provincial, community programs and services. Volunteers offer information and work with older adults to address their needs.

<http://wesn.ca/info-and-referral/>

Questions? Contact **Susan Paré, Manager of Support and Information Services**, at **604-669-7339** or **susan@wesn.ca**

Kay's Place, Denman Mall
Monday to Wednesday 10 am–4 pm



10 FOODS TO NATURALLY REPLENISH *Electrolytes*

On a hot day, just about any activity can make you sweat. Have you taken long walks or hikes in the heat? Spent a day golfing, gardening, or on a home repair that took longer than planned?

You know you need to rehydrate, but water alone isn't enough in the heat of the summer.

When people sweat, they lose critical nutrients such as sodium, potassium, chloride, and other trace minerals. Electrolytes are essential for fluid balance, which allows the body to rehydrate effectively.

HEALTHY HABIT To avoid heat exhaustion, boost your daily nutrition with electrolyte sources. Sports drinks are handy, and mineral-rich food is essential.



one last thing

Remember to take breaks and pace yourself, especially if you're working on a strenuous project, or an activity that requires continuous movement.



HOW TO CARE FOR Older People IN A PANDEMIC

FEATURING MY
GRANDMA,
NANAY!



BY MALAKA GHARIB

DO ENCOURAGE THE OLDER
PERSON TO FIND THEIR OWN
SOLUTIONS TO THEIR
PROBLEMS.



DON'T ASSUME YOU KNOW
WHAT'S BEST FOR THEM.



DO ASK HOW THE OLDER
PERSON IS FEELING. AND
REALLY LISTEN.



DON'T ASSUME OLDER PEOPLE CAN'T LEARN NEW SKILLS.



DO CONSIDER CULTURAL NEEDS. MANY **FILIPINOS** LIKE NANAY, FOR EXAMPLE, LOVE **FAMILY PARTIES** AND GOING TO **CHURCH**.



DON'T FORGET TO CALL! JUST BECAUSE YOU CAN'T VISIT **DOESN'T MEAN** YOU CAN'T KEEP UP YOUR **RELATIONSHIP**.



DO ACKNOWLEDGE THE HARD WORK OF **CARETAKERS**—AND FIND WAYS TO HELP THEM.





HELPING SENIORS FILE TAXES

My name is Kam and I have been volunteering for the West End Seniors' Network as a Community Volunteer Income Tax Program (CVITP) Tax Filer since 2017. I moved to Canada in 1992 and had the chance to learn about the CVITP when my wife attended a Job Finding Club' organized by a multi-service agency in Chinatown.

Since then, I started to volunteer as a Tax Filer for seniors and low income people in the Chinatown area. I was not in the Accounting field but I learned the basics of filing personal income tax returns from the program and gained knowledge through every tax return I filed.

My volunteering work was interrupted a couple years later when my son was born and I was struggling to balance life. I returned to the CVITP program in 2014. After I retired in 2015, I could commit more time to the CVITP program and volunteer for three other organizations.

Volunteering is so rewarding. As an immigrant thirty years ago I was very glad to move to Canada and am happy to have settled down here. I gained a lot here and am happy that I have a chance to give back to the community.

Volunteer



We appreciate every one of our 260+ volunteers, who gave over 21,200 hours of their time to the West End Seniors' Network last year.

To talk about the right volunteer opportunity for you, apply online at wesn.ca/volunteer or call Evelyn, Volunteer Manager at 604-669-5051 ext 6.

Kay's Place Information and Referral

One 3-4 hour shift/week, Mon-Wed, in Denman Place Mall. Meet clients in person or on the phone to discuss their needs, and go over local, municipal, provincial, and federal services open to them.

Online Grocery Shopper/Caller

A new, remote opportunity. Volunteers are paired with clients to call each week and order groceries for them online through Save-On Foods. Flexible hours Tuesday, Wednesday, or Thursday. Training provided.



Dog Days at Barclay Square

Last month, volunteers Karen and Don Ryan helped Evelyn at the WESN Garage Sale and Knit Show, part of ongoing festivities at Barclay Heritage Square. Stay tuned for VFFL's Oktoberfest!

Community Services

ASK US ABOUT GEOGRAPHIC BOUNDARIES,
ELIGIBILITY, REGISTRATION, AND FEES

Grocery Shopping and Delivery Goes Online!

Clients in our Safeway shop will be transitioned to Save-on-Foods in August. Volunteers will continue taking orders by phone, but will shop online with the Save-on-Foods website. This will give clients more control over brand preferences, quantities, substitutions, and the date and time the order is taken and delivered, as well as lower delivery fees.

The service will be offered Tuesday, Wednesday and Thursday, based on volunteer availability. There will be no changes to the IGA shop on Wednesdays.

Questions? Contact **Joe Humphries, Manager of Community Services** at 604-669-5051 ext 3 or servicesmanager@wesn.ca.

Not Accepting Referrals

Friendly Visiting
Social Prescribing
Peer Support

Active But Not Accepting New Referrals

Housekeeping
Groceries
Minor Home Repairs
Check In Calls and Emails

Active

Transportation to/from Medical Appointments
Wellness/Body Care. (For massage, reflexology, reiki, call Shirley at 604-376-0106. For hand/foot care, call Seema at 778 885-4636.)

WESN would like to thank the outstanding Grocery Callers and Shoppers who supported our service at Safeway. These volunteers committed to making sure homebound seniors receive the groceries and supplies they need. In the last two challenging years, our service has seen an explosion in demand and our volunteers have been there every step of the way.



Goni Bebzuck Marom
Baran Farhangnia
Judy McInerney
Rosemary Then
Laurie Macgregor
Mark Alexander
Lucy Twohig
Margaret Fue
Howard Dancyger
Carol Louie
Dianna Drahanchuk
Doug Miller
Georgina Kropf
Jenny Megan
Kelsey Vicars

Patricia Korbin
Anthony Stonechild
Chris Mason
Denise Schlachter
Doug McMillan
Jennifer Swan
Marianne Baccus
Ray Roland
Veronika Gruber
Jon Mahoney
Katie Tong
Marguerite Ethier
Jeannie Meredith
Peter Hawkins
Brittany Kuntz

We are immensely grateful for your hard work and dedication. We look forward to working with you as we reimagine the service with Save-on-Foods!



McGrane-Pearson
Endowment Fund

August 2022

DESCRIPTIONS & DETAILS ON **PAGES 14-20**

MONDAY

9 am–5 pm
Computer Lab Drop-in

9 am–5 pm
Wellness with Shirley

August 15 9 am
Mens Breakfast at Denny's

10–11 am
French Conversation

10 am–12 pm
Barclay Yarn Artisans

Aug 22 10 am–2 pm
Hand & Foot Care

11:15–12:15 pm
ESL Beginner

1–4 pm
Bridge

1–2 pm
Choose to Move

2–4 pm
Tech Help with Simon

3–4 pm
Creative Movement

TUESDAY

9 am–5 pm
Computer Lab Drop-in



10:30–11:30 am
Heritage Harmonies

11:30 am–12:30 pm
Walking Group

12–12:30 pm
Mid-Day Movement

1–3 pm
Poker and Tea Time

1:30–3:30 pm
ESL Intermediate

August 16 3–4 pm
Open Office with Martin

3–4 pm
Tech Help with Nitish

3–5 pm
Tech Help with April

7–9 pm
Bingo for Life

WEDNESDAY

9 am–5 pm
Computer Lab Drop-in

August 3 10 am–12 pm
Law Clinic: Kay's Place

10 am–12 pm
Barclay Yarn Artisans

12–1 pm
Tech Help with Ella

12:30–4:30 pm
Painting Studio

1–3 pm
Scrabble

1–3 pm
Mahjong

August 10 2–4 pm
Candidates Town Hall

August 17 2:30–4:30 pm
Tech Help with Sarah

3–4:30 pm (returns August 10)
Spanish Conversation

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

August 31 4 pm
Happy Hour at the Bayside

August 10 5:30 pm
Dinner Club at Earls on Robson

■ **Onsite: Barclay Manor**

■ **Offsite: Food/Drink**

■ **Virtual: Zoom/Phone**

■ **Offsite: Partner Event**

■ **Offsite: Walking Group**

Activities & Events

REGISTER **FRIDAY JULY 29**

THURSDAY

9 am–5 pm
Computer Lab Drop-in



10–11:30 am
TED Talks and Discussion

10–10:30 am
Nordic Walking Beginners

10:30–11:30 am
Nordic Walking

11:30 am–12:30 pm
Walking Group

12–2 pm
Karaoke with Lan

2–4 pm
Tech Help with Simon

2:30–4:30 pm
German Conversation

3–4:30 pm
Ukulele

August 25 7–9 pm
Roedde House Jazz Concert

FRIDAY

9 am–5 pm
Computer Lab Drop-in

August 5 9:45 am FULL
Day Trip to Port Moody

August 12 10–11 am
Ask Your Pharmacist

10 am–12 pm
Cribbage

10:30–11:30 am
Beginners Italian

12–1 pm
Tech Help with Nitish

12:30–1:45 pm
Tai Chi Group 1

1:45–3 pm
Tai Chi Group 2

1:30–3:30 pm
Tech Help with Terry

3:45–4:45 pm
Tech Help with Owen



SATURDAY

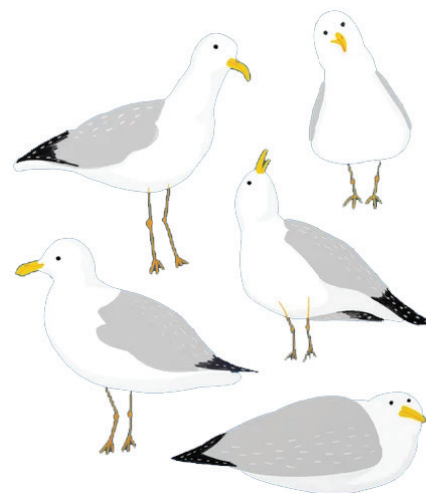
9–10 am
Walking Group

August 6 9:30–10:30 am
Tech Talks

11 am
West End Singers

SUNDAY

August 7 11 am
Brunch at the Sylvia Hotel



- Onsite: Barclay Manor**
- Offsite: Food/Drink**
- Virtual: Zoom/Phone**
- Offsite: Partner Event**
- Offsite: Walking Group**

Tech Help

BOOK A SESSION

REGISTRATION OPENS FRIDAY JULY 29



Our tech help volunteers will do their best to help but may not be able to answer all questions/issues. Tech help is available for 30-minute, 1-to-1 sessions, or two sessions back-to-back for an hour. **Bookings are only made for the current month.** Waitlists are

kept, in the event of a cancellation in the current month. **The computer lab at Barclay Manor has five Windows PCs with Internet and printing: \$.25/pg colour, \$.10/pg black/white.** Deposit payment in box beside printer. Large jobs must be done offsite.

DAY AND TIME	TYPE	COACH	BOOK FOR HELP WITH
Monday, Thursday 2–4 pm	In-Person	Simon	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media
Tuesday 3–4 pm	In-Person	Nitish	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media, blogs, websites, coding
Tuesday 3–5 pm	In-Person	April	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media, blogs, websites, Adobe Suite
Wednesday 12–1 pm	In-Person	Ella	Apple/Android computers, cell phones/tablets, email, apps, Zoom, social media, blogs, websites
Wednesday 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
Friday 12–1 pm	In-Person	Nitish	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media, blogs, websites, coding
Friday 1:30–3:30 pm	In-Person	Terry	Android computers, cell phones and tablets, email, apps, Zoom, social media
Friday 3:45–4:45 pm	In-Person	Owen	Apple/Android computers, cell phones, tablets, email, apps, Zoom

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

Activities & Events

INFO@WESN.CA | 604-669-5051

MASKS ARE WELCOME

Are you 55 years of age or older? Join us for a variety of social, recreational, and educational activities and events.

We have long-running favourites and each month there is something new. Meet at Barclay Manor, offsite for adventures, on Zoom, or gather with community partners.



Participation is open to all WESN members at a cost of \$10 annually. If you are not yet a member, you are welcome to attend for a \$2 single-day cost.

We appreciate your contributions: you help us operate as a charitable organization. Even small amounts lift the quality of experience for everyone. All gifts over \$10 are eligible for a tax receipt.

Cash/cheques are accepted at reception at Barclay Manor or Kay's Place. You can also e-transfer gifts to info@wesn.ca or online at wesn.ca. See page 23.



You picked the peacock

The votes are in! We put out all the puzzle boxes and asked members to put a coloured post-it on the one they wanted to start next. You picked the peacock, and it has 1000 pieces! Come visit the Piano Room and help us build all those feathers!

If you see something you like, sign up for it.

Activities may be cancelled if numbers are low. Contact info@wesn.ca or 604-669-5051 with your name, phone number, and email address.

Is your session on Zoom? Make sure you are familiar with Zoom before it starts. Know how to access the registration link, and practice the basics. If you need help, book a tech session in advance. Sessions are started by an offsite volunteer; staff are not able to troubleshoot.

Special Events

DON'T MISS THIS

REGISTRATION OPENS OPENS FRIDAY JULY 29



ABC Vancouver Candidates Town Hall

Meet Ken Sim, Rebecca Bligh, Sarah Kirby-Yung, Peter Melszner, Lenny Zhou and Brian Montague

Visit with local candidates and learn about their positions on civic issues, for the election in October. There will be snacks and social time, gathered in Barclay Manor's back garden cobblestone area.

Wednesday August 10

2–4 pm | Barclay Manor Back Garden

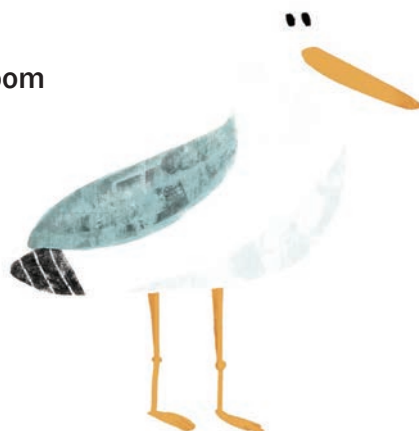
Ask Your Pharmacist

With Karen from 360 Care

Pharmacist and Manager Cathy Wang from 360 Care Denman visits to answer all your pharmacy-related questions.

Friday August 12

10–11 am | Piano Room



Transit Day Trip to Port Moody FULL

Skytrain to Port Moody for a guided 1-hr Tour and Tea at the Port Moody Station Museum with an optional walk at Rocky Point Park.

Friday August 5 | 9:45 am start

Would you like to lead a transit day trip? Do you have a favourite destination that is easily accessed by transit? If you are familiar with destinations, routes, and break spots, and could shepherd a group of your peers for a day, please get in touch!

Open Office with Martin

Book now to sit and talk with WESN Executive Director Martin Addison. Tea, coffee, and snacks.

Tuesday August 16

3–4 pm | Piano Room

Arts & Culture

INFO@WESN.CA | 604-669-5051

REGISTRATION OPENS FRIDAY JULY 29

ARTS AND CRAFTS

Barclay Yarn Artisans

Work on your knitting/crocheting in a social setting.

Mondays and Wednesdays 10 am–12 pm
Main Floor Kitchen

Painting Studio

Bring your project and supplies to paint with others in a studio setting. No teaching/supplies given.

Wednesdays 12:30–4 pm
Basement Multipurpose Room
Volunteer: Graham

Creative Quest e-Newsletter

Have your creations published weekly. Email a photo of your art or text of your writing/poetry to Graham at creativequest2022@gmail.com.

LANGUAGES

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.

ESL Intermediate

Tuesdays 1:30–3:30 pm | Main Floor Kitchen
Volunteer: Cynthia

Spanish Conversation

Wednesdays 3–4:30 pm (returns Aug 10)
Piano Room | Volunteer: Alicia

French Conversation

Mondays 10–11 am | Piano Room

German Conversation

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

EDUCATIONAL AND INTELLECTUAL

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.

TED Talks and Discussion

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

August 4

1. Kathryn Kolbert: The end of Roe v. Wade – and what comes next for reproductive freedom
2. Vicki Arroyo: Let's prepare for our new climate
3. Michael Patrick Lynch: How to see past your own perspective and find truth

August 11

1. Alex Edmans: What to trust in a "post-truth" world
2. Frances Frei: How to build (and rebuild) trust
3. Joe Gebbia: How Airbnb designs for trust

August 18

1. Travis Kalanick: Uber's plan to get more people into fewer cars
2. Rachel Botsman: We've stopped trusting institutions and started trusting strangers
3. Ayana Elizabeth Johnson: How to find joy in climate action

August 25

1. Ellen Trachman: What happens to people's donated eggs and sperm after they die?
2. James Irungu Mwangi: Africa's great carbon valley – and how to end energy poverty
3. Isaac Lidsky: What reality are you creating for yourself?

Eating & Playing

INFO@WESN.CA | 604-669-5051

REGISTRATION OPENS OPENS FRIDAY JULY 29

EAT DRINK SOCIALIZE

Register at least 3 days in advance. Do not call the restaurant, meet there, diners pay their own way.

Dinner Club

Wednesday August 10 | 5:30 pm

Earls, 1185 Robson

Volunteer: Mauro | Max 10

Men's Group Breakfast

Monday August 15 | 9 am

Denny's, 1098 Davie Street

Volunteer: John Boer

Sunday Brunch

Sunday August 7 | 11 am

The Sylvia Hotel, 1154 Gilford Street

Volunteer: Sarah | Max 6

Happy Hour Hoppers

Wednesday August 31 | 4 pm

Bayside Lounge, 1755 Davie

Volunteer: Jackie | Max 8



MUSIC

Heritage Harmonies

Sing well-known songs accompanied on piano.

Songbooks provided for the session.

Tuesdays 10:30–11:30 am | Veranda

Volunteer: Frank, Mavis, or George

Karaoke with Lan

Thursdays 12–2 pm | Piano Room

Ukulele Practice Group

Song circle. Must be able to play; no teaching done.

Thursdays 3–4:30 pm | Main Floor Kitchen

GAMES

Bridge (WECCA)

Call 604-257-8333 to register.

Mondays 1–4 pm | Multipurpose Room

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 1–3 pm | Veranda

Scrabble

Keep your mind active with triple word scores.

Wednesdays 1–3 pm | Main Floor Kitchen

Texas Hold'em Poker (and Tea Time)

A low-stakes game with friends. Beginners welcome!

Tuesdays 1–3 pm | Piano Room



Movement & Exercise

INFO@WESN.CA | 604-669-5051

REGISTRATION OPENS OPENS FRIDAY JULY 29

Choose to Move with Miel

Introduce more physical activity into your daily life in ways that make sense for you. Contact Miel at choosetomove@wesn.ca or 604-669-5051 ext 1 for information and eligibility screening.

Mondays 1–2 pm | Piano Room

Nordic Pole Walking

Learn to use Nordic poles with a short practice at Barclay Heritage Square.

Thursday 10–10:30 am | Barclay Manor porch

Enjoy a leisurely walk using Nordic poles. Posture strength, and rehabilitation. Borrow/bring poles.

Thursday 10:30–11:30 am | Barclay Manor porch

Volunteer: Mary

Outdoor Walking

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

Wellness and Body Care Services

Professionals provide therapeutic care sessions, such as massage, reiki, reflexology, hand/foot care.

See page 8.

At Home Physiotherapy and Rehabilitation

Customized treatment in the comfort of your home. Book a session with professionals from Physio for Seniors for pain management, posture, alignment, balance and falls prevention, strength and conditioning, movement, and mobility. \$45–150.

778-378-9179 | trina@physioforseniors.com



WESN Seniors Cycling Group

If you cycle everywhere or would like motivation to start riding again, the WESN Cycling Group is for you. Join a group of senior cyclists for rides to beautiful places at a leisurely pace. Rides would be short to start with—about an hour—and using safe bike paths.

Led by volunteer and experienced cyclist Ameen, the group will stop for cafés and scenic views. Destination ideas: Stanley Park, the seawall, Jericho Beach, Trout Lake, the Arbutus Greenway (south end), and could venture to Dundarave (West Vancouver) or Central Park (Burnaby).

Sign up with Ameen: amkanji@telus.net

Tai Chi, all Levels Practice

A series of gentle exercises and stretches flowing from one posture to the next. Meditative, benefits balance and control.

Fridays | 12:30–1:45 pm and 1:45–3 pm

Multipurpose Room/Back Garden

Volunteer: Wilson

Move it Mondays

CHOOSETOMOVE@WESN.CA | 604-669-5051 EXT 1
MONDAYS 1-2 PM WITH MIEL | PIANO ROOM



**Choose
to Move**

active
aging
society



**BRITISH
COLUMBIA**

Supported by the Province of British Columbia

Virtually Yours

JOIN IN ANYTIME WITH LINKS BELOW
FAMILIARITY WITH ZOOM IS REQUIRED

If you do not have a computer or smartphone, call 778-907-2071 10 minutes before the session starts and enter Meeting ID and Passcode when prompted.

Mid-Day Movement with Meaghan

Gentle movement to recharge you mid day!

Tuesdays | 12–12:30 pm

Volunteer: Meaghan | <http://ow.ly/EhQJ50Gelb9>

Beginners Italian

Fridays | 10:30–11:30 am

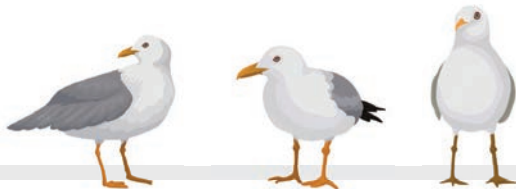
Volunteer: Ariane | <http://ow.ly/ino050DuYG3>

iCloud Settings: Privacy and Security

Go into the back end with Gloria and see what you're sharing with iCloud. Go through your iCloud Settings, see what you're sharing with Apple when using their product and how to restrict access.

Saturday August 6 | 9:30–10:30 am

Volunteer: Gloria | <http://ow.ly/c3sh50Gfxz4>



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 for October to September. To begin or renew, complete the form on page 23 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

Completed forms and e-transfer payments
may also be emailed to info@wesn.ca



The Adventure Begins

By Graham A. Brown

Creative Quest e-Newsletter

See your work published with a creative community. Send photos of your art or text of your writing/poetry to Graham at creativequest2022@gmail.com.

Creative Movement: with the Dance Centre

Gentle, energizing movements. All levels welcome.

Mondays | 3–4 pm | <http://ow.ly/IJwt50JgbpJ>

Instructor: Claire French

Benefits

- Invitations to parties and community gatherings
- 55+ activities, events, day trips, presentations, offsite/outside adventures and celebrations
- Enjoy Barclay Heritage Square park and gardens
- Monthly newsletters, e-newsletters, and updates
- Contests, prizes, games, music, walking groups
- Access to services that help older adults live well
 - Check-in phone calls and emails
 - Information and referral support
 - Housing navigation
 - Grocery shopping/delivery (fees may apply)
 - Transportation to and from medical appointments (fees may apply)
- Volunteer opportunities

Seniors in Need

HELPING WITH SUDDEN COSTS
EXECUTIVE DIRECTOR@WESN.CA



Of all the services we deliver, perhaps the least is known about the Seniors in Need Fund. The fund helps vulnerable older people with sudden and extreme costs: fees for things they cannot go without but cannot afford. This could mean medications, dental work, medical devices, glasses, or hearing aids. Several years ago, a bequest was made and the fund was created. It has been administered at Kay's Place using a thorough verification process.

Here is one of many stories of a senior living on a limited income and confronted by an unexpected cost. Older people are disproportionately affected by rising costs in the West End, and they can face impossible choices between health and finances.

Some months back, during a drop-in chat, a volunteer expressed concern that a senior was

considerably thinner. The senior admitted that she had a serious dental issue, with so much pain that she couldn't eat. But she couldn't afford the dental procedure, and her physical and mental health were deteriorating. She was anxious, frightened about her future, and asking for help.

Through the Seniors in Need fund, the work was performed and her dental bill was paid. Her pain disappeared, she was able to eat, and has now regained her healthy weight. The Seniors in Need Fund exists to help people through these sudden and difficult patches, so that they may continue in otherwise healthy and independent lives.

This fund is sustained entirely by local contributions. We thank you for your donations at Barclay Manor or Kay's Place, or by secure e-transfer to info@wesn.ca.

Gifts can be made at
Kay's Place, Barclay
Manor, or secure e-transfer
to info@wesn.ca



When you give a little,
you make a big difference
for seniors in need. Thank
you for everything.

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"/>



Home Care as unique as your family.

From basic companionship to complex care, we create a Home Care approach just for you. Safe, reliable and local.



778-897-3100

vancouver@qualicare.com
qualicare.com/vancouver-bc