



# SPENCER CHANDRA HERBERT

**MLA WESTEND & COAL HARBOUR** 



In these colder days, nothing warms us like caring and sharing. Wishing you a very Merry Christmas.

Spencer, Romi & Dev

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# MASKS OPTIONAL

If you have symptoms that could be infectious, take good care, rest up, and socialize outdoors or in well-ventilated areas. As always, wash your hands, mind others' personal space, and practice patience.

Equity, Diversity, Inclusion We celebrate and commit to a diverse, inclusive, accessible, and equitable environment in which all board members, staff, volunteers, members, and clients feel respected, welcomed and valued regardless of gender, age, race, ethnicity, ethnocultural identification, religion, immigration status, socioeconomic status, life experience, housing status, ability, heritage, national origin, sexual orientation or identity, disability, education, or other bias. We are committed to being non-discriminatory, adhering to the terms above and providing equal opportunities for employment, volunteering, and advancement in all areas of our work.

# **HOW MANY OWLS?**

Find all the owls in the newsletter, enter your guesses by Tuesday December 20, and you could win 2 tickets to the Vancouver International Film Festival! We will draw 5 winners on Wednesday December 21 at the Holiday Sing-Along (see page 17). Join Earl and Tara for a morning of seasonal tunes and stay for the prize draw!



**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 acknowledge that the West End Seniors' Network is on the unceded, occupied, ancestral and traditional homelands of the x<sup>w</sup>məθkwəyəm (Musqueam), Skwxwú7mesh (Squamish) and Səlíıwəta?/Selilwitulh (Tsleil-Waututh) Nations.



# Thursday, December 8th

11 AM - 3 PM Century Plaza Dining Room, 1015 Burrard St

Tickets \$15/guest
Payment can be made online or at Barclay Manor.
Please ensure that you have RSVP'd before you
pay for your ticket.

© 604 669 5051 wesn.ca/holiday-luncheon/



# Plan Your Visit

# BARCLAY MANOR, KAY'S PLACE CLOTHES AND COLLECTIBLES

# **Barclay Manor**

1447 Barclay St, Vancouver BC V6G 1J6 Monday to Friday 9 am-5 pm

# **Manager of Volunteer Resources**

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

# **Manager of Programs and Events**

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

# **Manager of Community Services**

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

### **Administrative Coordinator**

Kit Buckham 604-669-5051 ext 5 | admin@wesn.ca

### **Community Services Coordinator & Activity Coach**

Miel Nicholson | 604-669-5051 ext 7 betterathome@wesn.ca | choosetomove@wesn.ca

### **Events and Communications Coordinator**

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

# **Community Services Coordinator**

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

# **Program Coordinator, Close to Home**

Meeka Marsolais 604-669-5051 ext 106 | closetohome@wesn.ca

### Receptionist

Liz Robson | 604-669-5051 ext 1 | info@wesn.ca

# **Programs Assistant**

Miriam Homem de Mello 604-669-5051 ext 110 | assistant@wesn.ca

### **Practicum Student**

Rachel Acheson 604-669-5051 ext 116 | practicum@wesn.ca



### **Board of Directors**

President Jane Goodridge | board@wesn.ca Vice Presidents Karsten Kaemling & Marta Filipski Treasurer Omid Toub Secretary Bonnie Quam Directors David Harvey Dawid Cielosczczyk, Sara Johnson

### **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, until 2 pm on December 24

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 Friday 10 am-4 pm

Manager Susan Paré | susan@wesn.ca Peer Support Counsellors

Bill Coleman | counsellorbill@wesn.ca Jeff Darcy | counsellorjeff@wesn.ca



# **Warm wishes**

# CLOSED 2 DM DECEMBED 24

CLOSED 2 PM DECEMBER 24 BACK WEDNESDAY JANUARY 4

It's hard to believe another year is drawing to a close. We continue to be amazed and grateful for the quantity and quality of the donations we receive. The goods you donate and purchases you make support the programs, services, and events our members and neighbours benefit from and rely on. A huge thank you to our volunteers who gift their time to all three of our sites, and help brighten the lives of so many. Our warmest wishes to you.

We will be closed Thursday December 8 for the WESN Holiday Luncheon (see page 4). We will also be closed over the holidays this year; see above for details. We will not be accepting any donations after Friday December 23. Gordana, Will, Brenda, and I wish you all the best for the holiday season. I hope you find time to relax, to visit with family and friends, and enjoy some festivities. We look forward to seeing you all in 2023!





# Light the lights with us

We have heaps of decorations — now all we need are helpers. Join us for decorating, music, and hot chocolate, hosted by WESN's new events and social committee.

Friday December 2 2-4 pm | Piano Room

# Come to Kay's Place

STOREFRONT RESOURCE CENTRE AT DENMAN MALL

INFORMATION & REFERRAL, HOUSING NAVIGATION



# **INFORMATION & REFERRAL**

- Accessing federal, municipal, provincial, and community resources
- Finding contact information for local programs
- Change, loss, mental health, financial stress
- · Applying for CPP, OAS or GIS

# HOUSING NAVIGATION

- Subsidized rental housing
- BC Housing, Shelters, Vancouver Rent Bank
- Landlord/property manager concerns
- Home Owner Grants, Property Tax Deferral
- BC Rebate for Accessible Home Adaptations
- Independent, Assisted Living, Residential Care

# **Holiday Hours**

Closed Thursday December 8 for the WESN Holiday Luncheon (p4). Closed December 23–January 2.

### A safe space and a warm welcome.

You can pick up our monthly newsletter, make a donation, become a member of the West End Seniors' Network, or renew your membership (p 23).

# PEER SUPPORT

- Starts Winter 2023 compassionate support to peers and local seniors in a group setting
- For older adults experiencing difficulty with life stressors (retirement, health, isolation, loss).
- Older adult volunteers are trained, supervised by a staff member and follow ethical guidelines.
- Offer confidential emotional support to improve the well-being of older adults.

# SENIORS FIRST LAW CLINIC

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

1st Wednesday of the month | 10 am-12 pm Call 604-336-5653 to make an appointment



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



# RACHEL ACHESON PRACTICUM@WESN.CA MIRIAM HOMEM DE MELLO ASSISTANT@WESN.CA

**Rachel:** I am studying social work at the University of British Columbia, with an interest in mental health, social isolation, and aging. Previous work with aging communities as a support worker has been extremely valuable learning that I am eager to take with me throughout my work in the community. This is my first year here in Vancouver, so I am looking forward to getting out hiking and skiing whenever possible. When I am not outside, I love to crochet, paint, and embroider, and am always looking to get involved in a new hobby. I am looking forward to seeing all of you around Barclay Manor and getting to know everyone in the community!





**Hi, I'm Miriam** the new Programs Assistant. In Brazil I was always interested in all types of art. I've had a ceramics studio, a design office, a publishing house, and did several photography exhibitions. I learned to dance, play the piano, the acoustic guitar, and I love to write and to read all kinds of books. It was here in Vancouver, studying Gerontology, that I found the art that makes the most sense to me: the art of living, learning a little bit each year about how to achieve the best version of myself. I am very excited to be a part of the WESN team and hope that our paths will cross many times on one of the programs that take place at Barclay Manor. See you around!



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!





# **Spotlight**

**VOLUNTEER KENT DESROCHERS**FRIENDLY VISITOR AND RETIRED NURSE

Hi everyone, my name is Kent! I am a new member, volunteer, and recently retired from nursing after 35 years. I am a longtime resident of the West End LGBTQ community with my husband Cesar. I have been a volunteer with various organizations including Friends For Life, City of Vancouver, AIDS Vancouver, and Vancouver Arts Council. As a friendly visitor, I meet people in their homes to go for coffee, a walk, or just sit and chat about current life events. I have a positive attitude and enjoy communicating. As the youngest of 7 kids from a small town farming community in Saskatchewan, I have the gift of being neighbourly. I am looking for more community members to come and visit, so let's get together to chat. Contact Indi at servicescoordinator@wesn.ca



# Community Services

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

We are in need of additional check-in callers and transportation volunteers. We have a Modo account, so interested volunteers that don't have a car can still volunteer to be a driver with us as long as they have a valid driver's license! If you would like to volunteer, contact Miel at 604-669-5051 ex 7 or betterathome@wesn.ca or Indi 604-669-5051 ex 2 or servicescoordinator@wesn.ca.

**Waitlist** Check-in Calls/Emails, Housekeeping, Minor Home Repairs, Groceries, Friendly Visiting, and Social Prescribing

**Active** Transport to/from Medical Appointments **Paused** Peer Support











# **Our Heroes**

**VOLUNTEERS@WESN.CA**MEET NEW PEOPLE, MAKE A DIFFERENCE

Volunteers play a critical role at the West End Seniors' Network. Almost all of our programs, events, and services are delivered directly by volunteers, and we offer a wide range of volunteer opportunities for people of all ages.

Last year, 260 volunteers contributed more than 21,200 hours of their time to the West End Seniors' Network. We want you to join our team! **Apply online:** wesn.ca/volunteer/

# PEER SUPPORT

As a peer support volunteer at Kay's Place you will help to lend a compassionate ear to your peers and support local seniors in a group setting.

# FRIENDLY VISITING

Volunteers meet clients in their homes for tea, coffee, friendly chat, or a walk. We are looking for a weekly to biweekly commitment with flexible hours or be a Friendly Caller and volunteer remotely.

# DANCE PARTY LEADERS

Do you have some dance experience? We have people keen to get together, to learn steps or just enjoy the music. Some creative movement and step dance experience is a plus. 1 hour class/week.

# INFORMATION AND REFERRAL

At Denman Place Mall. Meet with clients in person or over the phone, discuss their needs, and inform them about services available to them at the local, municipal, provincial, and federal levels. One 3+ hour shift/week, Monday-Friday between 10 am to 4 pm.

# **VOLUNTEER DRIVERS**

Help transport clients to and from medical appointments in the Vancouver area. Drivers can use our Modo car share account and don't need to spend money on gas! This is an on call role: you can volunteer as much or as little as you would like.



# ONLINE GROCERY SHOPPERS

New remote volunteer position with flexible hours! We are looking for volunteers who can call our homebound grocery shopping clients and order their groceries for them online. Training is available!

# IGA GROCERY CALLERS

Call one grocery client on a weekly basis, collect their order, then send their grocery list via email back to WESN. Help seniors get groceries!

# COMPANY FOR CHRISTMAS

Meet volunteers and WESN Board members Sunday December 25 | 10 am-noon

After years away, this historic event returns to Barclay Manor. All WESN members, clients, and volunteers are invited to spend Christmas Morning enjoying refreshments, merriment and warm company with your neighbors. Would you like to volunteer at Company for Chrismas? Contact Evelyn at 604-669-5051 or volunteers@wesn.ca.

### MONDAY

9 am-5 pm Computer Lab Drop-in

December 19 9 am **Mens Breakfast at Denny's** 

10-11 am French Conversation

10 am-12 pm **Barclay Yarn Artisans** 

10 am-4 pm **Wellness with Shirley** 

11:15-12:45 pm **ESL Beginners** 

1-2 pm **Choose to Move** 

1-4 pm **Bridge** 

**December 12** 1:30-3 pm **Nutrition with Nicole** 

1:30-4:30 pm Mahjong

Offsite: Walking Group

Offsite: Food/Drink

**Onsite: Guest Event** 

**Offsite: Community Event** 

**Onsite: Partner Event** 

### **TUESDAY**

9 am - 5 pm Computer Lab Drop-in



10:30-11:30 am **Heritage Harmonies** 

11:15-12:45 pm **ESL** Intermediate with Iraj

11:30 am-12:30 pm **Walking Group** 

1-3 pm **Poker and Tea Time** 

1:30-3:30 pm FULL **ESL Advanced with Cynthia** 



7-9 pm **Bingo for Life** 

### WEDNESDAY

9 am-5 pm **Computer Lab Drop-in** 

**December 7** 10 am-12 pm **Law Clinic: Kay's Place** 

10 am-12 pm **Acoustic Blues: Holiday Sessions** 

10 am-12 pm **Barclay Yarn Artisans** 

**December 21** 10 am – 12 pm Holiday Sing-Along + Prize Draw

1-3 pm **Scrabble** 

1-2:45 pm **German Conversation** 



December 7 2:30-4 pm **Fluid Pour Painting with Serena** 

December 14 5:30 pm **Dinner Club at La Tavola** 

# Programs & Events SIGN UP WEDNESDAY NOVEMBER 30

# **THURSDAY**

9 am-5 pm Computer Lab Drop-in

10 am-4 pm
Wellness with Shirley

10-11:30 am TED Talks and Discussion

10-10:30 am **Nordic Walking Beginners** 

10:30-11:30 am **Nordic Walking** 

**December 8** 11 am-3 pm **WESN Holiday Luncheon** 

11:30 am-12:30 pm Walking Group

12-2 pm Karaoke with Lan

**December 1** 12–3 pm **VFFL Open House** 

12:30-4:30 pm Painting Studio with Graham

3-4:30 pm Ukulele

### **FRIDAY**

9 am-5 pm Computer Lab Drop-in

**December 9** 10 am-12 pm **Curious About Acting?** 

**December 16** 10 am-12 pm **Estate Planning** 

10 am-12 pm Cribbage



**December 9** 1-2 pm **Hearing Health** 

**December 2, 16** 1–4 pm Fix it Fridays with Don & Stanley

**December 2** 2–4 pm Deck the Halls of Barclay Manor

### **SATURDAY**

9-10 am Walking Group



### SUNDAY

**December 25** 10 am-12 pm Company for Christmas

Offsite: Walking Group
Offsite: Food/Drink
Onsite: Guest Event
Offsite: Community Event

Onsite: Partner Event

# **The Tech Coaches**

**BOOK A SESSION OR DROP-IN SOME THURSDAYS**SIGN UP STARTS WEDNESDAY NOVEMBER 30



**Simon** I have been working in the technology field for 22 years. In my time off, I go hiking, camping and dabble in landscape photography.



**Nitish** I work as a software engineer and enjoy reading, travel, writing, running, hiking, movies, coffee, and volunteering. As an introvert, you might see me sneak past a big group in Barclay Manor.



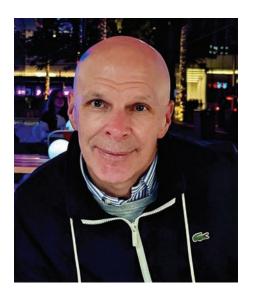
**Ella** I moved from Ireland 3 years ago and love the West End. I enjoy hiking and camping in summer, and skiing in winter. I've been volunteering for a year and enjoy helping and getting to know you.



**Rob** Hi! I'm a recently retired high school IT teacher, and am happy to help.



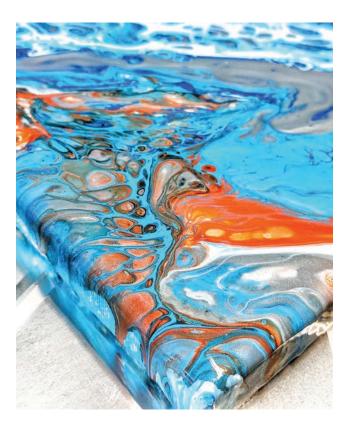
Chrys Hello! I'm here to help you.



**Terry** I enjoy experiential adult learning where people gain skill and knowledge through doing. I can help with Apple, Microsoft, and Android questions.

# **Popular Returns**

INFO@WESN.CA | 604-669-5051 WESN MEMBERS DO IMPRESSIVE THINGS

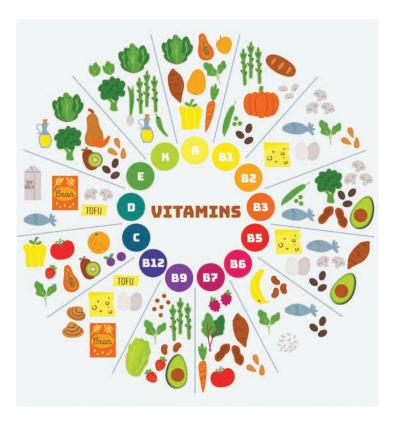


# painting workshop 2

FLUID POUR PAINTING WITH SERENA

Presented in October and fully booked immediately, this is a special return session with ceramicist and art teacher Serena.

Create marbling, swirling and cells in this mesmerizing fluid pour painting workshop on **Wednesday December 7, 2:30–4 pm in the Multipurpose Room.** Serena will guide you through applying acrylic paint onto your canvas. Boxes supplied for transport, paintings will be wet and must be taken home the same day. Serena also designs colouring book style murals. She has a panache for creating a fun learning experience.



# lets talk about vitamins

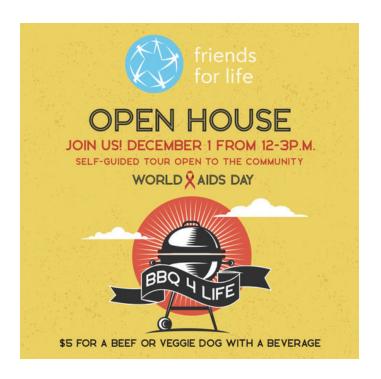
# **NUTRITION WITH NICOLE**

Special return session with registered Health and Nutrition Coach Nicole Hoffmeister

Should we take vitamins? Which ones? Vitamins! What to take, daily intake recommendations and what's really important. Join us on **Monday December 12**, **1:30–3 pm, in the Computer Lab.** Bring your notepad and craving questions for a lively presentation. Meal planning, grocery shopping, and budget tips, with time for questions and discussion.

# Only in December

INFO@WESN.CA | 604-669-5051 OPEN TO ALL WESN MEMBERS





# **Vancouver Friends for Life Open House**

Come tour this magnificent house in Barclay Heritage Square, gorgeously updated as a holistic treatment centre. Take part in a self-guided tour designed to commemorate World AIDS Day.

Thursday December 1 12–3 pm | 1459 Barclay (next door)

# **Deck the Halls**

We have heaps of decorations — now all we need are helpers. Join us for decorating, music, and hot chocolate, hosted by the events & social committee.

Friday December 2 2-4 pm | Piano Room

### **WESN Holiday Luncheon**

See page 4 for complete details.

Thursday December 8
11 am-3 pm | Century Plaza Hotel

# **Hearing Health & Hearing Loss**

Dr. Katarina Vavrovicova, Doctor of Audiology

Hearing health is closely connected to our overall well-being. Dr. Katarina works to restore hearing and communication, and helps people improve their well-being state. Being able to hear well can have a direct influence on a person's social life, physical well-being, and emotional state. Types and causes of hearing loss, early signs of hearing loss, hearing loss linked to other diseases and conditions, the impact of hearing loss and treatment. Learn how hearing works and how you can preserve it.

Friday December 9 1–2 pm | Piano Room

### **Company for Christmas**

See page 6 for complete details.

Sunday December 25 10 am-12 pm | Barclay Manor

# **Deck the Halls**

INFO@WESN.CA | 604-669-5051 SIGN UP STARTS WEDNESDAY NOVEMBER 30





# **Curious about Acting?**

**Robert David Duncan, Director and Actor** 

Join this class to explore the craft of acting, starting with the fundamentals of relaxation and voice, moving on to improvisation, scene work and more. Led by Robert David Duncan, award-winning director and actor. Limited to 8 learners as we get started.

Friday December 9 10 am-12 pm | Piano Room

# Fix it Fridays with Don

Boost your fix-it skills with retired contractor Don, and electronics whiz Stanley.

Meet in the multipurpose room for no-pressure, no-deadlines tinkering and problem solving. If you're interested in helping out with the Small Repairs Team for Community Services, talk to Don.

Friday December 2 and 16 1–4 pm | Multipurpose Room

# **Holiday Sing-Along** plus VIFF Tickets Draw!

Join Earl and Tara for a morning of seasonal tunes and stay for the prize draw! Count the number of snowy owls in the newsletter, enter your guesses in the box by Tuesday December 20, and you could be going to the Vancouver International Film Festival!

Wednesday December 21 10 am-12 pm | Piano Room

# **Estate Planning:** What You Should Know Certified Executor Advisor, David Perkins

By organizing your affairs and documenting your plans, you help ensure that your assets will be distributed, and final arrangements will be made, based on your objectives. Planning will minimize taxes, lower expenses, and maximize support for your loved ones in the event of your passing.

Friday December 16 10 am-12 pm | Piano Room

# Eating & Playing

INFO@WESN.CA | 604-669-5051

SIGN UP STARTS WEDNESDAY NOVEMBER 30

# EAT DRINK SOCIALIZE

Sign up at least 3 days before, do not call the restaurant, meet there, pay own way.

# **Dinner Club** with Mauro

Wednesday December 14 | 5:30 pm La Tavola. 1829 Robson

# Men's Group Breakfast with John

Monday December 19 | 9 am Denny's, 1098 Davie

# **Sunday Brunch** with Liz

Paused through December

# **Happy Hour Hoppers** with Jackie

Paused through December and January

# **GAMES**

# **Bridge**

Call 604-257-8333 to register.

Monday 1–4 pm | Piano Room

# **Cribbage**

Friday 10 am-12 pm | Main Floor Kitchen

# **Mahjong** with Rich

Monday 1:30-4:30 pm | Main Floor Kitchen

### **Scrabble**

Wednesday 1–3 pm | Main Floor Kitchen

### Texas Hold'em Poker and Tea Time

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

# **MUSIC**

### Acoustic Blues Jam with Ros

Bring your instruments and ideas — blues, jazz and classic melodies — and make music together.

Wednesday 10 am-12 pm | Piano Room

# Heritage Harmonies with Frank, Mavis, George

Sing popular songs accompanied on piano.

Tuesday 10:30–11:30 am | Multipurpose Room

### Karaoke with Lan

Thursday 12-2 pm | Piano Room

# **Ukulele Players Song Circle**

Thursday 3-4:30 pm | Main Floor Kitchen

# LANGUAGE EXCHANGE

# **Language Practice Buddies**

Do you speak another language? Would you like to share it with someone? Email assistant@wesn.ca

# **ESL Beginners, Intermediate, Advanced**

Beginners with Chris

Monday 11:15-12:45 pm | Piano Room

Intermediate with Iraj

Tuesday 11:15-12:45 pm | Computer Lab

Advanced (Cynthia away in December) FULL Tuesday 1:30–3:30 pm | Multipurpose Room

### **Spanish Conversation** with Alicia

Paused through December

### **French Conversation**

Monday 10-11 am | Piano Room

# **German Conversation** with Brigitte

Wednesday 1–2:45 pm | Fireside Room

# **Arts & Culture**

INFO@WESN.CA | 604-669-5051 SIGN UP STARTS WEDNESDAY NOVEMBER 30



# Creative Duest 2022—Week 4



# There's a letter here for you!

Do you write or receive cards at this time of year? Delight in writing on paper and personal exchange. Contact assistant@wesn.ca to learn more.

### **TED Talks and Discussion** with John

Thursday 10-11:30 am | Piano Room

# **December 1**

Helen Fisher: Technology hasn't changed love Dr. George Blair-West: 3 ways to a happy marriage Cara E. Yar Khan: Balance between courage and fear

# **December 8**

(Barclay Manor closed for Holiday Luncheon)

### **December 15**

Karen Eber: How your brain responds to stories Pardis Parker: Why being a billionaire is a joke Chrystia Freeland: The new global super-rich

# **December 22**

Thomas Crowther: The new global movement to restore biodiversity

Anna Piperal: What a digital government looks like Shameran Abed: 4 steps to ending extreme poverty

# **Painting Studio** with Graham

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

Thursday 12:30-4 pm | Multipurpose Room

# **Creative Quest** e-Newsletter

Publish with a creative community. Send your art or writing to creativequest2022@gmail.com. See their current work at wesn.ca/creativequest.

# **Barclay Yarn Artisans**

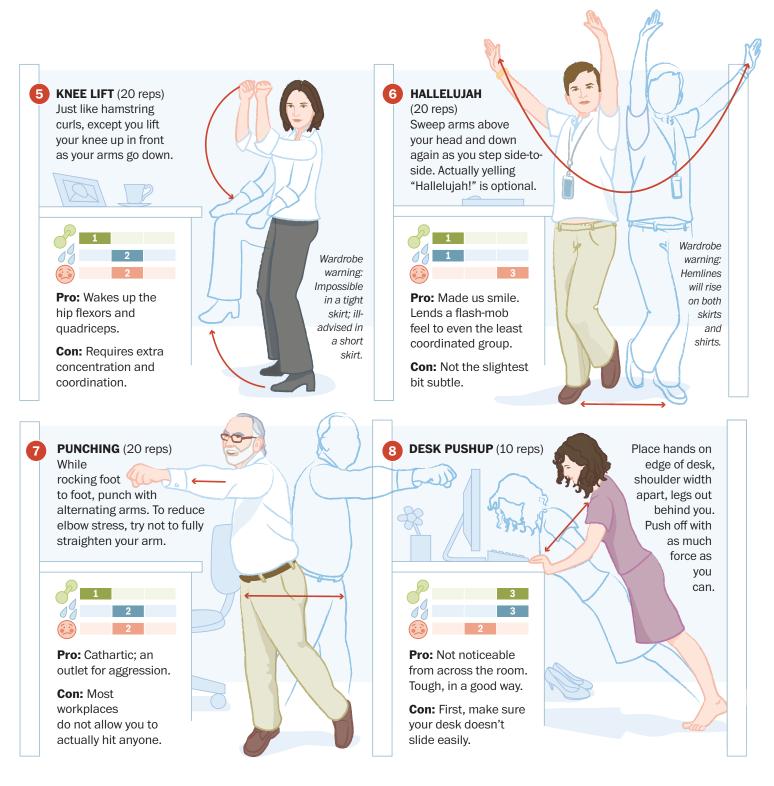
Knit or crochet in a social setting.

Monday and Wednesday 10 am-12 pm Main Floor Kitchen



# **Move it Mondays**

CHOOSETOMOVE@WESN.CA | 604-669-5051 EXT 7
MONDAYS 1-2 PM WITH MIEL | MULTIPURPOSE ROOM









# **Movement & Wellness**

INFO@WESN.CA | 604-669-5051 SIGN UP STARTS WEDNESDAY NOVEMBER 30

# **CHEST STRETCHES**





# This stretch is good for posture.

- Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend arms out at your sides with your hands relaxed and thumbs pointing upwards.
- Gently push your chest forwards and up until you feel a stretch across your chest.
- Hold for five to 10 seconds and repeat five times.

# **UPPER BODY TWISTS**





# This will develop and maintain flexibility in the upper back.

- Sit upright with feet flat on the floor, cross your arms and reach for your shoulders. With leg straight and raised, point your toes away from you.
- Without moving your hips, shuffling your legs or leaning with your knees, turn your upper body to the left as far as is comfortable.
- Hold for five seconds. Repeat going right. Do five of each.

# **HIP MARCHING**





# This will strengthen hips and thighs and improve flexibility.

- Sit upright and away from the back of the chair Hold on to the sides of the chair.
- Lift your left leg, with your knee bent, as far as is comfortable. Place foot down with control.
- Repeat with the opposite leg. Do five lifts with each leg.

# **Nordic Pole Walking** with Mary

Skills practice around Barclay Heritage Square. Thursday 10–10:30 am | Barclay Manor porch

A neighbourhood walk with extra support! Good for posture, strength, and rehab. Borrow/bring poles. Thursday 10:30–11:30 am | Barclay Manor porch

# **Weekday Walking Group** with Diane

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

# **Saturday Walking Group** with Owen

Saturday | 9–10 am | Barclay Manor porch Please register or let Owen know you are coming.

# **Wellness and Body Care NEW LOCATION**

Hosted by the Vancouver Friends for Life Society next door to Barclay Manor at 1459 Barclay Street.

Professional therapeutic care sessions. Massage, reflexology, or reiki with Shirley: 604-376-0106. Hand and foot care with Seema: 778-885-4636.



WESN members enjoy activities, events, day trips, presentations, and learning opportunities. Each month we invite you to gatherings, games, music, and movement groups. We send you new ideas, newsletters, giveaways, contests, prizes, adventures, and community partners. Join us.

A membership costs \$10 per year and is valid from September 2022 until September 2023.

https://wesn.ca/buy-your-membership/

# MEMBERSHIP BENEFITS

- · Activities, events, day trips, presentations
- Monthly newsletters, e-newsletters, and updates
- Services that help older adults live well
  - Transport to/from medical appointments
  - Grocery shopping/delivery (fees may apply)
  - Check-in phone calls and emails
- Contests, prizes, games, music, walking group
- Volunteer opportunities

# 2022-23 **MEMBERSHIP FORM**





FIRST NAME		LAST NAME	
ADDRESS SUITE, STREET, CITY, I	POSTAL CODE &	BUZZER CODE	
EMAIL ADDRESS		PHONE NUMBER HOME AND/OR MOBILE	
DATE OF BIRTH DAY, MONTH, YE	EAR	PRONOUNS EG. HE/SHE/THEM	
HOW WOULD YOU LIKE TO BE IDI	ENTIFIED?	GENDER, SEXUAL ORIENTATION, ETHNICITY	
HOW DID YOU FIND US? FRIEN	ID/FAMILY, WEB	SITE/SOCIAL MEDIA, NEWSLETTER, CALL/WALK IN	
EMERGENCY CONTACT FULL NA	ME	PHONE NUMBER HOME AND/OR MOBILE	
PAYMENT INFO E-TRANSFER: INF	FO@WESN.CA	CONSENT & ACTIVITY WAIVER	
BASIC MEMBERSHIP	\$10	First, I consent to WESN taking photos of me for print, online, video with/without my name, for any lawful purpose. Second, I release and forever discharge all legal rights and claims for injury/damages I may sustain	
YES, I WILL SUPPORT WESN ANONYMOUS DONATION □	\$	participating in WESN activities with volunteers or staff. I discharge WESN employees from all injury/damages sustained by me arising from said participation. Finally, WESN will not disclose my information without	
NEWSLETTER POSTAGE	\$25	my consent, unless requested under the Societies Act, and will not rent, sell or trade their contact list. Charitable Registration #119292845RR0001	
CASH CHEQUE E-TRANSFER	TOTAL	OFFICE USE ONLY	
DELIVER COMPLETED FORM AND FEE TO BARCLAY MANOR 1447 BARCLAY, V6G 1J6 KAY'S PLACE 118-1030 DENMAN, V6G 2M6		Card Issued Cheque # Location Staff/Volunteer Rev Control Data Entered by	

# Qualicare

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