

**MARCH
2023**

west end seniors' network

Nowruz Mubarak!
International Women's Day
Tax Clinic Returns
Dust Off Your Lucky Charms
Rainbow Men's Group
movies
Women Beyond Bollywood
Persepolis



Family-like support for you and your loved ones

Tuktu connects you with **safe and friendly people** from the neighbourhood to help you and your loved ones manage everyday tasks and share experiences.

Visit www.tuktu.ca to see all our services.



Personal Shoppers \$15-20/hr

Pickup and delivery of groceries, medication, and other items to your home.

- ▶ Stores from supermarkets to corner shops.
- ▶ Shelving and unpacking included.

Housekeepers \$25-40/hr

Keeping homes clean, comfortable and organized.

- ▶ Light housekeeping, laundry, dishes, organizing shelves, changing sheets etc.
- ▶ Both indoor and outdoor areas.

Companions \$20-25/hr

Friendly company for recreational activities or for uplifting conversations.

- ▶ At home, outdoors or at events.
- ▶ A variety of activities to choose from.

Travel Companions \$25-40/hr

Accompaniment for medical appointments and other travel needs.

- ▶ By car, public transport or on foot.
- ▶ Help with stairs, seatbelts, luggage etc. when needed.

Book now!

www.tuktu.ca +1 866 938 8588

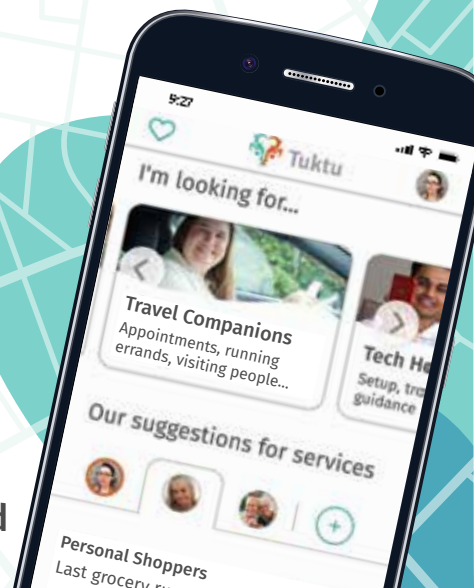


Tuktu Care Inc.
170-422 Richards Street
Vancouver, BC, V6B 2Z4



Book on mobile

Scan QR code or visit
tuktu.ca/download



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HOW MANY APPLES?

Nowruz Mubarak! This Monday March 20, 10 am-noon, take a break from spring cleaning and join us to observe Nowruz with celebratory treats and knits. We wish you joyful and clutter-free homes for a fresh start, greeting a season of new life, and good luck in the year ahead. Count the apples, and enter to win tickets to Ballet BC. Come help Meeka pick a winner on Monday March 13, 1-2 pm.



Equity, Diversity, Inclusion

The West End Seniors’ Network celebrates and commits to a diverse, inclusive, equitable accessible environment in which members, clients, volunteers, staff and board members feel respected, valued, included and welcomed regardless of gender, age, race, ethnocultural identification, ethnicity, religion, immigration status, socio-economic status, life experience, housing status, heritage, national origin, ability, sexual orientation or identity, disability, education, or other bias. We commit to non-discriminatory practice, holding to the terms above, and offering equal opportunities for employment, volunteering, and advancement.

THE WEST END SENIORS’ NETWORK

Vision A Vancouver community that empowers and supports older adults in healthy, involved, fulfilling lives.

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

Our Place The West End Seniors’ Network respectfully acknowledges that, in three locations, we gather on the unceded, occupied, ancestral, and traditional homelands of the Coast Salish peoples, including the xʷməθkwəy̓əm (Musqueam), Skwxwú7mesh (Squamish) and Səl̓ílwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.

starts
march 15
wednesday
& thursday
10 am-2 pm

tax clinic

With CRA's Community Volunteer Income Tax Program, we offer free tax return filing for seniors. Do you have a modest income and simple tax situation?



YES 1. Family size and total family income is less than \$35K for 1 person, \$45K for 2, \$47.5K for 3, or \$50K for 4 people. **2.** Fill out Tax Clinic Intake form.



YES 1. employment, pension, support payments; **2.** RRSPs, scholarships, fellowships, bursaries, grants; **3.** CPP, disability/employment insurance, social assistance; **4.** Interest under \$1,000



YES I will gather all my paperwork (2021 Notice of Assessment, 2021 TD1 income tax summary, income tax slips and receipts) in an envelope, and **fill out the Tax Clinic Intake form beforehand (pick up at Barclay Manor/Kay's Place).**

..then what?



- **Location: Back basement entrance**
- Barclay Manor Multipurpose Room
- Drop-off only, no appointments
- Bring photo ID and all paperwork
- Parking is limited, not guaranteed
- **wesn.ca/income-tax-clinics**

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, Activities and Events

Jennifer Conroy
604-669-5051 ext 110 | 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

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

Community Services Coordinator

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

Close to Home Coordinator & Activity Coach

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



“The knowledge wove together beautifully. Cartoons helped simplify the learning into bitesized pieces and the humour helped take away the fear of legal words and ideas.” Sign up: homeonnativeland.com

Home on Native Land is a free, self-guided online course about Indigenous justice in Canada. In 10 videos, cartoons & lessons, you'll take a walk down the back alley of history—and the frontlines of legal action—with Anishinaabe comedian Ryan McMahon.

Board of Directors

Chair Jane Goodridge | board@wesn.ca

Vice Chair Marta Filipski **Treasurer** vacant

Secretary Bonnie Quam **Directors** David Harvey
Dawid Cielosczyk, 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

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 (Closed March 2)

Manager Susan Paré | susan@wesn.ca

Peer Support Counsellors

Bill Coleman | counsellorbill@wesn.ca

Jeff Darcy | counsellorjeff@wesn.ca

Community Services

BARCLAY MANOR 604-669-5051 EXT 2 | SERVICESCOORDINATOR@WESN.CA
KAY'S PLACE 604-669-7339 | SUSAN@WESN.CA

KAY'S PLACE Closed Thursday March 2

- Information and Referral
- Housing Navigation
- Seniors Law Clinic
- Health Presentations
- Peer Counselling

BARCLAY MANOR Ask us about eligibility

- Social Prescribing
- Check-in Calls/Emails, Friendly Visiting
- Grocery Delivery
- Transportation to/from Medical Appointments
- Housekeeping, Minor Home Repair

Wellness and Body Care at 1459 Barclay St Hosted by the Vancouver Friends for Life Society

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

VOLUNTEER WITH US wesn.ca/volunteer

Clothes & Collectibles Denman Mall, 3hr/wk

Join the West End's only thrift store! Slow customer flow, run cash register, take donations, put items out.

Information & Referral Denman Mall, 3hr/wk

Meet clients in person/on phone, listen and give info on local, municipal, provincial, federal services.



**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

Your Community, Your News,
Your Stories Online At...

thewestendjournal.ca

New features and photos every month

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



Relationship Building

KAY'S PLACE 604-669-7339 | THURSDAYS AND FRIDAYS

BARCLAY MANOR COUNSELLORBILL@WESN.CA | COUNSELLORJEFF@WESN.CA



NEW Rainbow Mens Group

WESN welcomes gay, bi, and trans men to an open environment for discussion, a space for older men to connect and share experiences of life in the West End. Join for fun, meaningful socializing, and serious conversation. Share support, share frustrations, or just hang out. Facilitated by Bill Coleman and Jeff Darcy, counsellors in private practice and at WESN.

Starts Monday March 13

3–4:30 pm | Multipurpose Room

LGBTQ+ Literary and Film Volunteers Needed!

Help lead book and film discussions on LGBTQ+ experiences, at a one-hour weekly group.

Making and Keeping Friends with VPL

Join Jeff and Bill for a community discussion: why friends are important for health and happiness; the challenges of making friends as we get older; how to sustain existing friendships; and friends or acquaintances, why we need both.

Tuesday March 14

5–6 pm | West End Community Centre

NEW Seniors & Relationships with Children

Relationships with adult children can be complex. Years together can include good times and not-so-good times. As children become financially and emotionally independent, the balance of power shifts. Rewarding relationships with adult children need to be based on mutual respect, which can be elusive if conflicts are unresolved. A 'helping' parent can be seen as trouble-making, and 'caretaking' by an adult child can seem to diminish a parent.

Adjusting to new roles and shifting responsibilities between parents and adult children can be tough. Join Bill and Jeff for a monthly drop-in discussion, to share experiences, resources, and support.

Monday March 20

11 am–12:30 pm | Multipurpose Room

NEW Seniors and Cannabis

Presentation by Dr. Thomas Kerr, Head, Division of Social Medicine, UBC, and Director of Research/ Senior Scientist, BC Centre on Substance Use.

Monday April 17 | Multipurpose Room

MONDAY

March 20 9 am
Mens Breakfast at Denny's

10-11 am
French Conversation

10 am-noon
Barclay Yarn Artisans

March 20 10 am-noon
EVENT Nowruz Mubarak!

10 am-4 pm
Wellness with Shirley

March 20 11 am-12:30 pm
Seniors & Adult Children

11:15-12:45 pm
ESL Beginners

11:30-12:30 pm
Spanish Beginners

1-2 pm
Choose to Move

March 13 1-2 pm
Apple Counting Prize Draw

1-4 pm
Bridge

1:30-4:30 pm
Mahjong

2-4 pm
Tech Help with Simon

Starts March 13 3-4:30 pm
Rainbow Men's Group

TUESDAY

March 28 10-11 am
Hearing Loss & Treatments

10:30-11:30 am
Heritage Harmonies

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

11:30 am-12:30 pm
Walking Group

12:30-2:30 pm
Tech Help with Rob

12:30-4 pm
Painting Studio with Graham

1-3 pm
Poker and Tea Time

3-4 pm
Tech Help with Nitish

3-5 pm
Tech Help with April

March 14 5-6 pm
Making & Keeping Friends

7-9 pm
Bingo for Life

WEDNESDAY

Starts March 15 10 am-2 pm
Tax Clinic

March 1 10 am-noon
Law Clinic: Kay's Place

10 am-noon
Acoustic Sessions

10 am-noon
Barclay Yarn Artisans

12-1 pm
Tech Help with Ella

1-3 pm
Scrabble

1-2:45 pm
German Conversation

March 8 1-4 pm
EVENT International Women's Day

2:30-4:30 pm
Tech Help with Stanley

3-4:30 pm
Spanish Intermediate

March 29 4 pm
Happy Hour at the Bayside

March 22 4:30 pm
Hearing Health: Kay's Place

March 8 6 pm
Dinner Club at Maxine's

- Offsite: **Walking Group**
- Offsite: **Food/Drink**
- Onsite: **Guest Event**
- Offsite: **Community Event**
- Onsite: **Partner Event**



Activities & Events

SIGN UP **WEDNESDAY MARCH 1**

THURSDAY

Starts March 16 10 am–2 pm
Tax Clinic

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

March 9 10:30 am
TOUR The Life of Joe Fortes

11:30 am–12:30 pm
Walking Group

2–4 pm
Tech Help with Simon

3–4:30 pm
Ukulele Players

3–4 pm
NEW Hatha Yoga with Lisa



FRIDAY

Until March 24 10 am–noon
Acting Class with Robert

March 17 10–11:30 am
Frauds & Scams with Seniors First

10 am–noon
Tech Help with Stuart

March 10 12–1 pm
MOVIE Women Beyond Bollywood

12–1 pm
Tech Help with Nitish

March 24 12–1:30 pm
MOVIE Persepolis

March 17 1–4 pm
GAMES Luck of the Irish

March 10, 24 1–4 pm
Fix it Fridays / Men's Shed

1:30–3:30 pm
Tech Help with Terry

March 3 1:45 pm
TRIP Bill Reid Art Gallery

3:45–4:45 pm
Tech Help with Owen

SATURDAY

9–10 am
Walking Group



SUNDAY

March 12 2 am
Daylight Savings

March 26 11 am
Brunch at the Sylvia

- Offsite: **Walking Group**
- Offsite: **Food/Drink**
- Onsite: **Guest Event**
- Offsite: **Community Event**
- Onsite: **Partner Event**

Need to copy or print?
Feel free to use the printer in the computer lab, by donation. Please see new open hours, as posted.



Tech Questions?

Ask April, Ella, Nitish, Owen, Rob, Stuart, Simon, Stanley or Terry! Tech help is available most days of the week in one-hour blocks.

International Women's Day

**WEDNESDAY
MARCH 8
1-4 PM**

Join us in celebration,
inspiration and admiration.

Teri Smith West End BIA
Grace Balbutin
Asian Women for Equality
Lili Vieira De Carvalho
Vancouver Latin American
Cultural Center

with **Jane Goodridge**
WESN Board Chair

Live Vintage Harmony
Company B Jazz Band
Documentary Screening
"Women Beyond Bollywood"

RSVP info@wesn.ca
604-669-5051

Jung Lane, near Sunset Beach, honours Vivian Jung (1924-2014), the first Chinese Canadian teacher with the Vancouver School Board, and a force in desegregating Vancouver's public spaces in the 1940s. Jung couldn't become a teacher without a swimming certification, but non-white people were barred from public pools. Her classmates and instructor refused to enter the pool in solidarity, beginning a movement for desegregation. Jung earned her swimming certificate, and went on to teach at Tecumseh School for 35 years.



Love to Move

INFO@WESN.CA | 604-669-5051

SIGN UP STARTS WEDNESDAY MARCH 1



Lisa Gosselin, 240 RYT
HATHA YOGA

Yoga Alliance



About Me

Hello, my name is Lisa. I fell in love with yoga over 15 years ago. I am an empty nester, with 2 grown kids, so a few years ago, I moved from the Valley to the beautiful English Bay area of Vancouver. I love staying active and I can usually be found on a tennis court, on the seawall, on my bike, or on my mat! Believing I am where I am supposed to be!

Education

- Vancouver School of Healing Arts
240 hour Yoga Teacher Training

My Skills:

Kind	✓
Dependable	✓
Experienced	✓
Enriched Yoga Trained	✓
CPR Certified	✓

What I bring to the mat: Gratitude

I have been extremely lucky to travel around the world. From the corners of Europe, the trails of the Andes, the rivers of the Amazon and the beaches of Bali, I have been curious about what makes people tick and how no matter what country, faith or position of hierarchy people come from, we all want to be blessed with health, both mentally and physically. We only have one body, so let's treat it with kindness and respect!



NEW Hatha Yoga with Lisa

Gentle yoga with supportive options to modify postures. Wear comfortable clothes you can move in, bring your water bottle and mat.

Thursdays | 3-4 pm | Multipurpose Room

Move it Mondays Choose to Move

Choose to Move is free and flexible, offering support and motivation to get more active. Join a group of other Choose to Movers for learn-to-dance parties, guest speakers, to share successes and challenges.

Mondays | 1-2 pm | Multipurpose Room

Nordic Pole Walking with Mary

If you're new to Nordic poles, join us for skills practice around the Square, and then walk with the group around the neighbourhood for posture, strength, and rehab. Borrow/bring poles.

Thursday 10-11:30 am | Front Porch

Walking Groups with Diane & Owen

Tuesday & Thursday | 11:30 am-12:30 pm

Seawall benches near Sylvia Hotel | 1154 Gilford

Saturday | 9-10 am | Barclay Manor porch

Please register or let Owen know you are coming.

**Choose
to Move**



active
aging
society

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

March Madness

INFO@WESN.CA | 604-669-5051

SIGN UP STARTS WEDNESDAY MARCH 1



GALLERY TRIP “Keeping the Song Alive” Bill Reid Gallery of Northwest Coast Art

In 1947, Chiefs Billy Assu and Mungo Martin collaborated with ethnomusicologist Dr. Ida Halpern to record the ceremonial music of the Pesa (potlatch). This mix of traditional music and regalia, contemporary art, film, historical documentation, celebrates a unique friendship, the spiritual power of music, preserving ceremonial art for generations.

Friday March 3
1:45 pm | 639 Hornby St

HISTORIC WALK The Extraordinary Life of Joe Fortes

Join Yasin Kiraga Misago of BC's African Descent Society for a walking tour of community pioneers in their time, celebrating the power that individuals can have in their own neighborhoods and communities.

Thursday March 9
10:30 am | meet at VPL Joe Fortes on Denman



MOVIE Women Beyond Bollywood

Montreal filmmaker Rahila Bootwala returns to the male-dominated film industry in her native India to confront her past, and to meet with the few women who are now challenging its stereotypes.

Friday March 10
12-1 pm | Piano Room

Protect Against Frauds & Scams with Seniors First BC

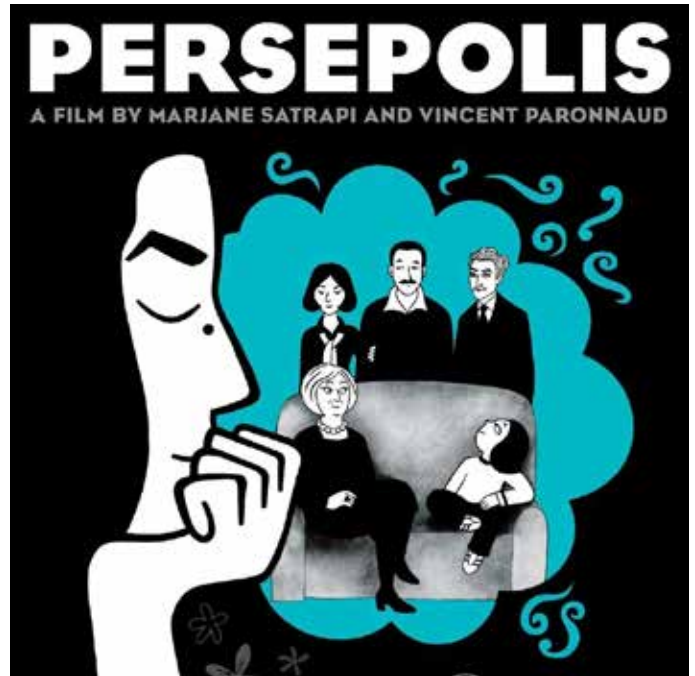
In 2022, over 56,000 Canadians were victims of fraud, \$530M was lost, and only \$2.4M was recovered. This workshop describes common frauds targeting Canadian seniors, offers safety strategies and resources to consult if you or someone you know has been affected by a fraud or scam.

Friday March 17
10-11:30 am | Piano Room

Better Together

INFO@WESN.CA | 604-669-5051

SIGN UP STARTS WEDNESDAY MARCH 1



Nowruz Mubarak! Greeting Persian New Year with the Barclay Yarn Artisans

Take a break from spring cleaning and join us to observe Nowruz with celebratory treats and knits. We wish you joyful and clutter-free homes for a fresh start, celebrating a season of new life, and good luck in the year ahead.

Monday March 20
10 am–noon | Main Floor

NEW Luck of the Irish! Games Day

Dust off your lucky charms on St. Patrick's Day for an afternoon of chances to win! Pot o' Gold Bingo, Jeopardy, and Irish dancing! Prizes and home-baked treats, none of which will be green, we promise!

Friday March 17
1–4 pm | Multipurpose Room

MOVIE Persepolis Persian Filmmakers

Marjane Satrapi's story of being a rebellious, punk-rock teenager in Iran during the Islamic Revolution.

Friday March 24
12–1:30 pm | Piano Room

Hearing Health & Hearing Loss

With Dr. Katarina Vavrovicova, Echo Hearing Care

Hearing health is closely associated with overall well-being and loss can be connected to chronic conditions. Learn about types, causes, early signs of hearing loss, conditions, impacts and treatment.

Wednesday March 22 | 4:30 pm
Kay's Place | 604-669-7339

Managing Hearing Loss & Treatments

Living with hearing impairment and quality of life, improving social interaction, the latest research treatment, hearing technology, and hearing styles.

Tuesday March 28
10–11 am | Piano Room

Good Conversation

INFO@WESN.CA | 604-669-5051

SIGN UP STARTS WEDNESDAY MARCH 1

EAT DRINK SOCIALIZE

Dinner Club with Mauro

Wednesday March 8 | 6 pm

Maxine's, 1325 Burrard

Men's Group Breakfast with John

Monday March 20 | 9 am

Denny's, 1098 Davie

Sunday Brunch with Liz

Sunday March 26 | 11 am

The Sylvia Hotel, 1154 Gilford

Happy Hour Hoppers with Jackie

Wednesday March 29 | 4 pm

Bayside Lounge, 1755 Davie

LANGUAGE EXCHANGE

ESL Prospective teachers get in touch!

Intermediate-advanced teachers: our dedicated and enthusiastic learners would like to meet you.

Beginners with Chris

Monday 11:15–12:45 pm | Piano Room

Intermediate with Iraj

Tuesday 11:15–12:45 pm | Computer Lab

Spanish Conversation with Alicia

Beginners

Monday 11:30–12:30 pm | Computer Lab

Intermediate

Wednesday 3–4:30 pm | Piano Room

French Conversation

Monday 10–11 am | Piano Room

German Conversation with Brigitte

Wednesday 1–2:45 pm | Piano Room

MUSIC & PERFORMANCE

Acting Class with Robert David Duncan

Explore the craft of acting, starting with relaxation and voice, moving to improvisation and scene work.

Fridays until March 24

10 am–12 pm | Multipurpose Room

Heritage Harmonies with Mavis

Sing popular songs accompanied on piano.

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

Acoustic Sessions

Bring instrument and voices for a casual song circle.

Wednesdays 10 am–12 pm | Piano Room

Ukulele Players Song Circle

Thursday 3–4:30 pm | Main Floor Kitchen

GAMES

Bridge

Call 604-257-8333 to register.

Monday 1–4 pm | Piano Room

Mahjong with Rich

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

Texas Hold'em Poker with Jeanette

Tuesday 1–3 pm | Piano Room

Scrabble

Wednesday 1–3 pm | Main Floor Kitchen



New Belongings

INFO@WESN.CA | 604-669-5051

SIGN UP STARTS WEDNESDAY MARCH 1



Painting Studio with Graham

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

Tuesday 12:30–4 pm | Multipurpose Room

TED Talks and Discussion

Thursday 10–11:30 am | Piano Room

March 2

The fairy tales of the fossil fuel industry
Compassion and the true meaning of empathy
Can we feed ourselves without devouring the planet?

March 9

Nuclear power is our best hope to ditch fossil fuels
A brain implant that turns your thoughts into text
Language shouldn't be a barrier to climate action

March 16

Intelligent floating machines inspired by nature
Stories of photographing monumental people
What Wikipedia teaches about truth and beliefs

March 23

A moral blueprint for reimagining capitalism
What if you could sing in a favorite musician's voice?
Marvels & mysteries of the James Webb Telescope



Barclay Yarn Artisans

Monday & Wednesday

10 am–noon | Main Floor Kitchen

Here's Jennifer's kitty Ernie sleeping on his very own Yarn Artisans ultra-soft blankie. Come visit the next delightful Knit Sale, at the Nowruz celebration.

Monday March 20 | 10 am–noon | Main Floor

Creative Quest e-Newsletter

If you are a practicing artist, writer, or poet, you are invited to publish with our growing creative community. See our work: wesn.ca/creativequest. Send a high res photo of art or text file of writing to Graham at creativequest2022@gmail.com.

Fix it Fridays

Time for guys to hang out, have a coffee, and repair small items. No-pressure, no-deadlines tinkering and problem solving, maybe join the Small Repairs Team.

Friday March 10 and 24

1–4 pm | Downstairs Kitchen



SPENCER

CHANDRA HERBERT

MLA WESTEND & COAL HARBOUR



RENTING AND THE LAW: WHAT ARE YOUR RESPONSIBILITIES AND RIGHTS?



TENANTS INFORMATION WEBINAR

Wednesday March 22 | 7pm

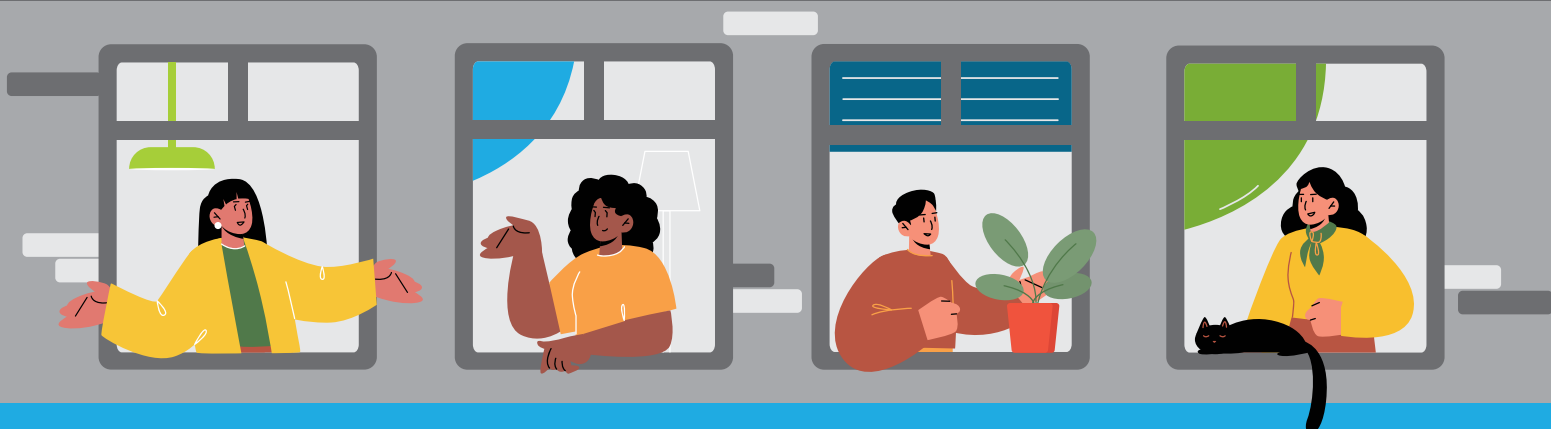
To register, call 604 660 7307
or scan this QR code:



**Community
Policing** *Works!*

TRHC

TENANT RESOURCE & ADVISORY CENTRE



923 Denman Street



spencerchandraherbert.ca



604 660 7307



s.chandraherbert.mla@leg.bc.ca