

**APRIL**  
2023

# *west end seniors' network*

**Step Into Spring**  
**Granville Island Trip**  
**Easter Bonnet Making**  
**Starting a Men's Shed**  
**Cannabis Curious?**

*welcome*  
Executive Director  
**Claudine Matlo**





# Introducing Claudine Matlo

## WESN'S NEW EXECUTIVE DIRECTOR

STARTING MONDAY MARCH 27, 2022

### FROM THE BOARD OF DIRECTORS

**The Board of Directors of the West End Seniors' Network is very pleased to announce the appointment of Claudine Matlo as our Executive Director.** Claudine comes to us with over 15 years experience working with the older adult population within Neighbourhood Houses and other related seniors' serving organizations. Claudine holds a Masters of Gerontology and a Bachelor of Arts in Women's Studies and Psychology from Simon Fraser University.

Claudine most recently has held the role of Director of Family and Senior Services at Mt. Pleasant Neighbourhood House. She brings proven experience working with public funders, managing and reporting on the various funding streams, and is well known and respected by our funders. Claudine will be bringing skills in fiscal management, human resources and community engagement as we start afresh in the post pandemic environment. Please join the Board of Directors in welcoming Claudine as our new Executive Director for the West End Seniors' Network, effective March 27th, 2023.

### FROM CLAUDINE

**I am thrilled to be joining the West End Seniors' Network team. It has been my long-standing vision to lead a senior specific organization and I could not be more honored to be joining WESN as the new Executive Director.** A little about me — I go by she/her and I live and work humbly and gratefully on the unsundered lands of the Musqueam, Squamish and Tsleil-Waututh peoples.

Aside from my passion for building communities that respect and honor our Elders, I am up for anything outside! I am an avid hiker, camper, triathlete and will take any opportunity to go for a walk and talk. I love to garden (although not particularly successfully!) paint and practice yoga. I look forward to the opportunity to meet the whole team of WESN, our volunteers, the membership of WESN and our incredible community partners. Please don't hesitate to stop by and say hi! My door is always open.

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### 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.

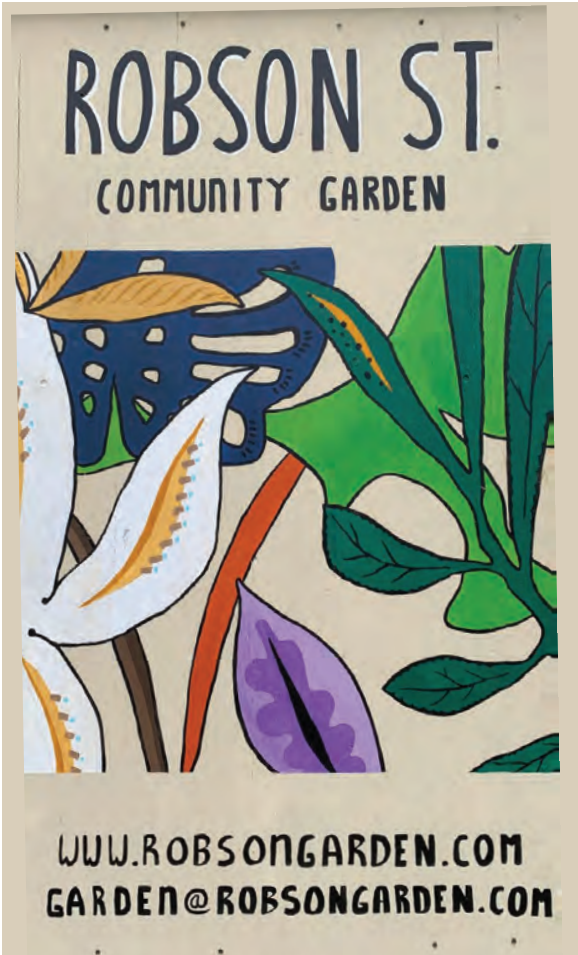
**Our Place** The West End Seniors' Network respectfully acknowledges that, in three locations, we gather on the unsundered, occupied, ancestral, and traditional homelands of the Coast Salish peoples: xʷməθkwəy̓əm (Musqueam), Skwxwú7mesh (Squamish) and Səl̓ílwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.

### 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.

# In this Issue

APRIL 2023



## THANK YOU GARDENERS

Community Garden Builders has generously waived annual fees for the WESN garden club to cultivate 6 raised cedar beds at the Robson Community Garden, at Broughton Street. Each bed is 4' x 3.3' (13 sq. ft. growing space), with excellent soil, water access, and resources. WESN shares this food-growing space with Gordon Neighbourhood House, Health Initiative For Men, More Than A Roof, Rainbow Refugees, St. Paul's Anglican Church, the West End Food Network, and Village Vancouver. [www.robsongarden.com](http://www.robsongarden.com)

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## EASTER BONNETS!

### Easter Bonnet Decorating — with Prizes!

Join special guest crafter and Close to Home animator Tara Balcombe to make your own intricate confection! Decorate with flowers, butterflies, birds, feathers, ribbons, bunnies, baskets and other Eastery tidbits. Prizes for Best Bonnet and Most Inventive. **Tuesday April 11, 10 am–noon.**



## EASTER EGG HUNT

**How many Easter Eggs can you find in the newsletter?** Count the decorated eggs and enter your guess, with name and contact info, in the box by the front door at Barclay Manor. Meeka will draw the lucky winner on **Monday April 24 after the Community Walk, around 2 pm (page 11).**

10 am-2 pm  
**wednesday  
& thursday**  
until  
**may 4**

# 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](https://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

#### Executive Director

Claudine Matlo  
604-669-5051 x 4 | [executivedirector@wesn.ca](mailto:executivedirector@wesn.ca)

#### Manager of Volunteer Resources

Evelyn Boe  
604-669-5051 x 6 | [volunteers@wesn.ca](mailto:volunteers@wesn.ca)

#### Manager of Programs, Activities and Events

Jennifer Conroy  
604-669-5051 x 110 | [programs@wesn.ca](mailto:programs@wesn.ca)

#### Manager of Community Services

Joe Humphries  
604-669-5051 x 3 | [servicesmanager@wesn.ca](mailto:servicesmanager@wesn.ca)

#### Administrative Coordinator

Kit Buckham | 604-669-5051 x 5 | [admin@wesn.ca](mailto:admin@wesn.ca)

#### Events and Projects Coordinator

Yathu Radhakrishnan  
604-669-5051 x 9 | [events@wesn.ca](mailto:events@wesn.ca)

#### Community Services Coordinator

Indira Riadi  
604-669-5051 x 2 | [servicescoordinator@wesn.ca](mailto:servicescoordinator@wesn.ca)

#### Community Services Coordinator

Miel Nicholson  
604-669-5051 x 7 | [betterathome@wesn.ca](mailto:betterathome@wesn.ca)

#### Close to Home Coordinator & Activity Coach

Meeka Marsolais | 604-669-5051 x 106  
[closetohome@wesn.ca](mailto:closetohome@wesn.ca) | [choosetomove@wesn.ca](mailto:choosetomove@wesn.ca)

#### Receptionist

Liz Robson | 604-669-5051 x 1 | [info@wesn.ca](mailto:info@wesn.ca)

#### Programs Assistant

Miriam Homem de Mello  
604-669-5051 x 110 | [assistant@wesn.ca](mailto:assistant@wesn.ca)

#### Practicum Student

Rachel Acheson  
604-669-5051 x 107 | [practicum@wesn.ca](mailto:practicum@wesn.ca)



### Board of Directors

**Chair** Jane Goodridge | [board@wesn.ca](mailto:board@wesn.ca)

**Vice Chair** Marta Filipski **Secretary** Bonnie Quam  
David Harvey, Dawid Cielosczyk, Sara Johnson

### Clothes and Collectibles

604-682-0327 | Denman Place Mall, #110

Wednesday to Friday 11 am–5 pm

Saturday 12–4 pm

**Manager** Laura Fee | [clothes@wesn.ca](mailto:clothes@wesn.ca)

**Asst. Managers** Gordana Smocilac & Will Tessier

**Supervisor** Brenda Wong

### Kay's Place

604-669-7339 | Denman Place Mall, #118

Monday to Friday 10 am–4 pm

**Manager** Susan Paré | [susan@wesn.ca](mailto:susan@wesn.ca)

**Peer Support Counsellors**

Bill Coleman | [counsellorbill@wesn.ca](mailto:counsellorbill@wesn.ca)

Jeff Darcy | [counsellorjeff@wesn.ca](mailto:counsellorjeff@wesn.ca)

# Community Services

**BETTER AT HOME** 604-669-5051 EXT 2 | [SERVICESCOORDINATOR@WESN.CA](mailto:SERVICESCOORDINATOR@WESN.CA)  
604-669-5051 EXT 7 | [BETTERATHOME@WESN.CA](mailto:BETTERATHOME@WESN.CA)

## KAY'S PLACE

- Information and Referral
- Housing Navigation
- Health Presentations
- Peer Counselling

## BARCLAY MANOR

- Social Prescribing — accepting new referrals
- Friendly Visiting & Calling
- Grocery Shopping & Delivery
- Transport to/from Medical Appointments — 5 business days notice required
- Housekeeping — waitlist more than 1 year
- Minor Home Repair — waitlist 2-6 weeks

## Wellness and Body Care at 1459 Barclay

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](http://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.



**United Way**  
British Columbia

Working with communities in BC's  
Interior, Lower Mainland, Central  
& Northern Vancouver Island



United Way helping seniors  
remain independent.



**DAVID WATTS**  
NOTARY PUBLIC

Wills, Power of Attorney &  
Representation Agreements

Real Estate Transfers & Mortgages

In-Home Visits Available

**604-685-7786 | [david@davidnotary.com](mailto:david@davidnotary.com)**

1412 - 675 West Hastings Street, Vancouver, BC V6B 1N2



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

**[thewestendjournal.ca](http://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 | COUNSELLORBILL@WESN.CA | COUNSELLORJEFF@WESN.CA  
**BARCLAY MANOR** MONDAYS IN THE MULTIPURPOSE ROOM



## **Cannabis and Seniors** with Dr. Thomas Kerr

Are you curious about the benefits of cannabis for seniors? Or potential risks of use? In the last 20 years, Canadians have used cannabis legally for pain management and other health issues. Canada was the first nation to legalize recreational use in 2017.

**Monday April 17 | 10–11:30 am | Multipurpose Rm**

## **Seniors & Sexuality** with Cookie Bain RN

Seniors are diverse, with varying sexual orientations, desires, and needs. Despite sociocultural stigma, older adults may enjoy sexual intimacy throughout life. There can be challenges: age-related physical changes, medical conditions, and medications that affect sexual function. Join us for an open, positive workshop on sexual health, with dignity and respect.

**Friday April 21 | 11 am–12:30 pm | Piano Room**

## **Golden Guys Group**

Build community and meet with 55+ gay/bi/trans men in a meaningful, fun way, perhaps taking connections to a deeper level. Share frustrations, offer support, or just appreciate the company of other senior guys. Our intention is to create a welcoming, nonjudgmental setting to discuss what matters to older gay/bi/trans men in the West End.

**Mondays | 3–4:30 pm | Multipurpose Room**

## **Seniors & Relationships with Children**

Rewarding relationships with adult children rely on mutual respect and solving conflict, especially while adjusting to new roles and shifting responsibilities. Share experiences, resources, and support.

**Monday April 24**

**11 am–12:30 pm | Multipurpose Room**

## MONDAY

**April 17** 9 am  
**Mens Breakfast at Denny's**

10–11 am  
French Conversation

10 am–noon  
Barclay Yarn Artisans

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

**April 17** 10–11:30 am  
Cannabis and Seniors

11:15–12:45 pm  
ESL Beginners with Chris

11:30–12:30 pm  
Spanish Beginners

1–2 pm  
Choose to Move

**April 24** 1–2 pm  
Step Into Spring & Prize Draw

1–4 pm  
**Bridge**

1:30–4:30 pm  
Mahjong

3–4:30 pm  
Golden Guys Group

## TUESDAY

**April 11** 10 am–noon  
Easter Bonnet Decorating

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

1:30–3:30 pm  
ESL Advanced with Walter

3–5 pm  
Tech Help with April

7–9 pm  
**Bingo for Life**



## WEDNESDAY

**Until May 3** 10 am–2 pm  
Tax Clinic

10 am–noon  
**Law Clinic at Kay's Place**

10 am–noon  
Acoustic Sessions

10 am–noon  
Barclay Yarn Artisans

12–1 pm  
Tech Help with Ella

**April 12** 12:30–1:30 pm  
Death & Dying, Part 4

1–3 pm  
Scrabble

1–2:45 pm  
German Conversation

2:30–4:30 pm  
Tech Help with Stanley

**NEW April 12, 19** 3–4 pm  
Decluttering with Diane

3–4:30 pm  
Spanish Intermediate

**April 26** 4 pm  
**Happy Hour at the Bayside**

**Until June 14** 4–5:15 pm  
**VFFL Dance Classes**

**April 12** 5:30 pm  
**Dinner Club at Yasma**

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



# Activities & Events

SIGN UP **FRIDAY MARCH 31**

## THURSDAY

**Until May 4** 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**

11:30 am–12:30 pm  
**Walking Group**

3–4 pm  
**Hatha Yoga with Lisa**

3–4:30 pm  
Ukulele Players

## FRIDAY

**Starts April 14** 10 am–noon  
**Theatre Playshop with Deborah**

**April 14** 10 am start  
TRIP Granville Island

10 am–noon  
Tech Help with Stuart

**April 21** 11 am–12:30 pm  
Seniors and Sexuality

**April 14** 12–1 pm  
MOVIE “Buffy Sainte-Marie”

**April 28** 12–1:30 pm  
MOVIE “Haida Gwaii”

**April 14, 28** 1–4 pm  
Men’s Shed / Fix it Fridays

1:30–3:30 pm  
Tech Help with Terry

**April 21** 2–3 pm  
**What is a Men’s Shed? with Mike**

3:45–4:45 pm  
Tech Help with Owen

## SATURDAY

9–10 am  
**Walking Group**



## SUNDAY

**April 30** 11 am  
**Brunch at the Sylvia**

**Until June 14** 4–5:15 pm  
**VFFL Dance Classes**



- 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, Stanley, or Terry! Book tech help most days of the week in one-hour blocks.

**EASTER CRAFT PARTY**  
**TUESDAY APRIL 11**

let's make  
easter bonnets!



**Easter Bonnet Decorating with prizes!**

Join special guest crafter and Close to Home animator Tara Balcombe and make your own intricate confection! Decorate your structure with flowers, butterflies, birds, ribbons, baskets feathers, bunnies, baskets and other Easterly tidbits. Prizes for Best Bonnet & Most Inventive.

**Tuesday April 11**

**10 am-noon | Main Floor Kitchen**





# Step into Spring

INFO@WESN.CA | 604-669-5051  
SIGN UP STARTS FRIDAY MARCH 31



## **NEW Step Into Spring Community Walk**

Explore West End murals, seawall sunny stretch and strength, snacks at Barclay Manor. All levels welcome.  
**Monday April 24 | 1–2 pm | Meet at Barclay Manor**

## **Gentle Hatha Yoga with Lisa**

With supportive options. Comfy clothes, bring a mat.  
**Thursdays | 3–4 pm | Multipurpose Room**

## **Move it Mondays Choose to Move**

Support and motivation to get active: stretch and strength, learn-to-dance, guest speakers. Join and share new experiences, successes and challenges.  
**Mondays | 1–2 pm | Multipurpose Room**

**Choose  
to Move**



friends  
for life

## **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 Weekend leaders needed!**

**Tuesday & Thursday with Diane | 11:30 am**  
Seawall benches near Sylvia Hotel | 1154 Gilford

**Saturday | 9 am | Barclay Manor porch**  
Group led. Meet and choose your adventure.

## **NEW Dance Class Vancouver Friends for Life**

For women with chronic or challenging conditions. Call 604-827-1856 to book an online assessment.  
**Wednesday & Sunday until June 14**  
**4–5:15 pm | Dance Centre, 677 Davie**

# April Flowers

INFO@WESN.CA | 604-669-5051  
SIGN UP STARTS FRIDAY MARCH 31



## MOVIE **Buffy Sainte-Marie: Starwalker**

A tribute to the musician, artist, activist, Truth and Reconciliation educator, Oscar-winning composer.

**Friday April 14**  
**12 noon | Piano Room**

## **Easter Bonnet Decorating with prizes!**

Join special guest crafter and Close to Home animator Tara Balcombe to make your own intricate confection! Decorate your straw hat or paper plate bonnet with flowers, butterflies, birds, feathers, ribbons, bunnies, baskets and other Easterly tidbits.

**Tuesday April 11**  
**10 am–noon | Main Floor Kitchen**

## **FINAL SESSION**

### **Emotional Aspects of Death and Dying**

Facilitated by WESN Peer Counsellors Jeff and Bill

**Wednesday April 12**  
**12:30–1:30 pm | Piano Room**



## **Simple Living: Discover the Satisfaction of a Decluttered Life with Diane**

Diane has a plan to get you started on decluttering. There will be opportunities for group participation and each session will end with a challenge, like gathering 5–10 good books to donate to Clothes & Collectibles. You might designate special items for consignment or visit a dollar store for baskets and shelf organizers. Diane will show you where to start, getting you closer to the satisfaction of clear space.

**Wednesday April 12 and 19**  
**3–4 pm | Main Floor Kitchen**

## **Cannabis and Seniors with Dr. Thomas Kerr**

Are you curious about the benefits of cannabis for seniors? Or potential risks of use? (See page 7.)

**Monday April 17**  
**10–11:30 am | Multipurpose Rm**



# Better Together

INFO@WESN.CA | 604-669-5051  
SIGN UP STARTS FRIDAY MARCH 31



## **Theatre Playshop** with Deborah Vieyra

Create theatre with us! An adventure through genre, plot, and character, this workshop will turn the magic of your memories into drama to be witnessed by others. Flex your creative muscles! (See page 14.)

**Friday April 14**

**10 am–noon | Multipurpose Room**

## **MOVIE Haida Gwaii: On the Edge of the World**

Explore the archipelago off BC's northwest coast

**Friday April 28**

**12 noon | Piano Room**

## **RETURN TALK What is a Men's Shed?**

Meet BC Men's Sheds President Mike Jennings

Men's Sheds are modern, shared versions of the home workshop. In the best ones, older men usually form the backbone. (See page 14.)

**Friday April 21**

**2–3 pm | Piano Room**

## **TRANSIT TRIP Granville Island** with Jeanette

Start with the False Creek Ferry, have coffee and treats in the Market, and explore the Island's mix of charming shops and galleries. Bring transit fare or compass card, along with money for treats and lunch, treasures you find. Limited to 8 participants.

**Friday April 14 | Meet at 10 am**

**Bill Curtis Square (Yaletown-Roundhouse Station)**

## **Seniors & Sexuality** with Cookie Bain RN

Join us for an open, positive workshop on sexual health, with dignity and respect. (See page 7.)

**Friday April 21 | 11 am–12:30 pm | Piano Room**

## **NEW Step Into Spring Community Walk**

Explore West End murals and a seawall sunny stretch and strength. Enjoy snacks at Barclay Manor and help us draw an egg-counting contest winner!

**Monday April 24**

**1–2 pm | Meet at Barclay Manor**

# Good Conversation

INFO@WESN.CA | 604-669-5051  
SIGN UP STARTS FRIDAY MARCH 31

## EAT DRINK SOCIALIZE

### **Dinner Club** with Mauro

Wednesday April 12 | 5:30 pm  
Yasma, 550 Denman, Coal Harbour

### **Men's Group Breakfast** with John

Monday April 17 | 9 am  
Denny's, 1098 Davie

### **Sunday Brunch** with Liz

Sunday April 30 | 11 am  
The Sylvia Hotel, 1154 Gilford

### **Happy Hour Hoppers** with Jackie

Wednesday April 26 | 4 pm  
Bayside Lounge, 1755 Davie

## LANGUAGE EXCHANGE

### **English as a Second Language (ESL)**

Beginners with Chris  
Monday 11:15–12:45 pm | Piano Room

Intermediate with Iraj  
Tuesday 11:15–12:45 pm | Computer Lab

Advanced with Walter  
Tuesday 1:30–3:30 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

### **Theatre Playshop** with Deborah Vieyra

Create theatre with us! An adventure through genre, plot, and character, this workshop will turn the magic of your memories into drama to be witnessed by others. We'll explore oral and written storytelling techniques to bring your true tales to life. Be silly, flex your creative muscles, show off your performance skills, while telling your story to a group of peers.

Friday 10 am–noon | Multipurpose Room

### **Heritage Harmonies**

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.  
Wednesday 10 am–noon | 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 FRIDAY MARCH 31



## RETURN TALK **What is a Men's Shed?**

Meet BC Men's Sheds President Mike Jennings

Men's Sheds are modern, shared versions of the home workshop. In the best ones, older men usually form the backbone. You don't have to be a skilled woodworker, just keen to gather with other guys.

**Friday April 21 | 2–3 pm | Piano Room**

## **Fix it Fridays with Don and Earl**

No-pressure, no-deadlines tinkering and problem solving with the Small Repairs Team.

**April 14 and 28 | 1–4 pm | Downstairs Kitchen**

## **Barclay Yarn Artisans**

Monday & Wednesday

**10 am–noon | Main Floor Kitchen**

## **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**

## **Creative Quest e-Newsletter**

Are you a practicing artist, writer, or poet with work to show? [creativequest2022@gmail.com](mailto:creativequest2022@gmail.com).

## **NOON Movie Fridays in the Piano Room**

**Haida Gwaii: On the Edge of the World**

Explore the archipelago off BC's northwest coast

**Friday April 28 | 12 noon**

**Buffy Sainte-Marie: Starwalker**

A tribute to the musician, artist, activist, Truth and Reconciliation educator, Oscar-winning composer

**Friday April 14 | 12 noon**

## **TED Talks and Discussion**

**Thursday 10–11:30 am | Piano Room**

**April 6** Fairy tales of the fossil fuel industry

Compassion and the true meaning of empathy

Can we feed ourselves without devouring the planet?

**April 13** Photos that are witness to modern slavery

Tales of a Zimbabwean Comedian

The unintended consequences of technology

**April 20** Squeeze all the juice out of retirement

Gourmet food for the final frontier

Video games can level up the way you learn

**April 27** School can nurture every student's genius

How one small idea led to \$1M of paid water bills

You don't have to leave your neighborhood

# ARE YOU INTERESTED IN IMPROVING YOUR BRAIN HEALTH?



## WOULD YOU LIKE FREE EXERCISE?

Researchers from UBC are inviting males aged 65-85 to participate in a research study. This study aims to determine whether an exercise program can benefit brain functioning.

The studies last 6 months and participants will receive free, [1-hour exercise sessions](#) at Vancouver General Hospital.

Vancouver  
CoastalHealth  
Research Institute



CENTRE  
for **hip** Health  
and **Mobility**

For more information, please contact Aliana Manji at  
604-875-4111 ext. 69223 or [cogmob.research@hiphealth.ca](mailto:cogmob.research@hiphealth.ca)