



MAY
2023

west end seniors' network

Cinco de Mayo
Daytrip to Steveston
Hiking with Frank
Tell the City about **Housing**
Poetry Read & Share

save the date
Friday June 16
Strawberry Festival

SAVE THE DATE



Strawberry Festival

Friday June 16, 1-4 pm
Barclay Heritage Square

West End Seniors' Network
with Roedde House Museum and Vancouver Friends for Life



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!



DAVID WATTS
NOTARY PUBLIC

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604-685-7786 | david@davidnotary.com

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

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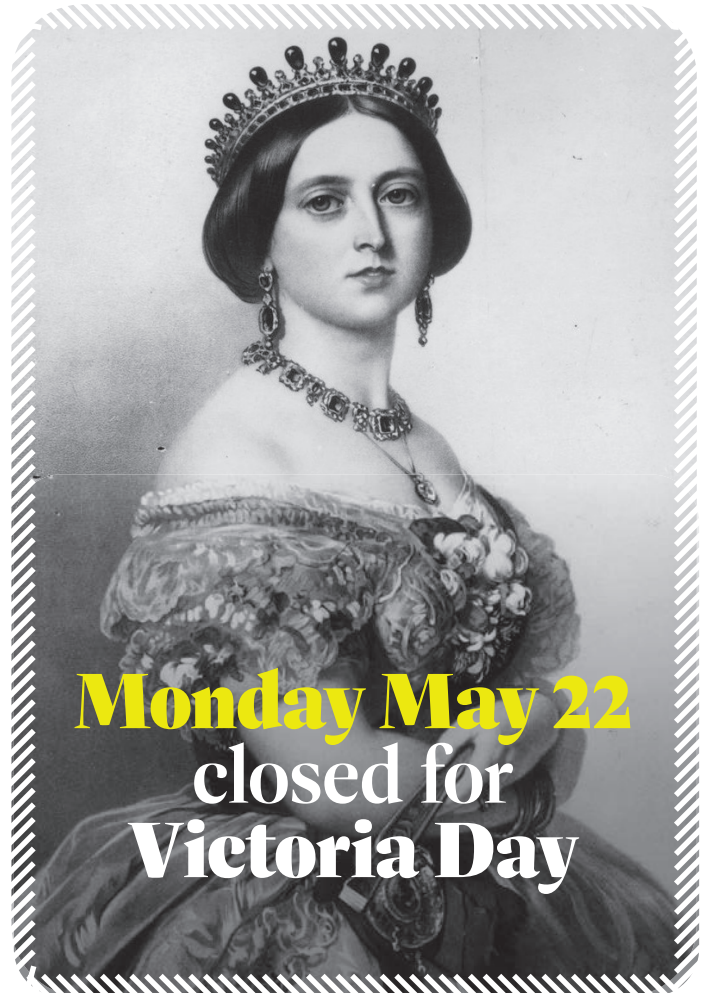
HOW MANY BALLS?

Count the baseballs and you could be on your way to Nat Bailey Stadium to see a Canadians' game on Tuesday May 30! Enter your guess, name and contact info in the box by the door at Barclay Manor. Prizes drawn **Wednesday May 24 Asian Pacific Islander Heritage Event** (page 7).



Equity, Diversity, Inclusion

The West End Seniors' Network commits to a diverse, inclusive, equitable, and accessible environment in which members, clients, staff volunteers, 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, 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 We respectfully acknowledge that we gather on unceded, occupied, ancestral, and traditional homelands of the Coast Salish peoples: xʷməθkwəy̓əm (Musqueam), Skwxwú7mesh (Squamish) and Səl̓ílwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.

Good Conversation

INFO@WESN.CA | 604-669-5051
SIGN UP STARTS FRIDAY APRIL 28

EAT DRINK SOCIALIZE

Dinner Club with Mauro

Wednesday May 24 | 5:30 pm
La Tavola, 1829 Robson

Men's Group Breakfast with John

Monday May 15 | 9 am
Denny's, 1098 Davie

Sunday Brunch with Liz

Sunday May 28 | 11 am
The Sylvia Hotel, 1154 Gilford

Happy Hour Hoppers with Jackie

Wednesday May 31 | 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 FULL
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! Adventure through genre, plot, and character, turn the magic of your memories into drama. Flex your creative muscles, show off your performance skills, while telling your story in a group.

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 instruments and voices for a casual song circle.
Wednesday 10 am–noon | Piano Room

Karaoke with Lan

Thursday 12–2 pm | Multipurpose 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

Introduction and Refresher
Monday 1:30–4:30 pm | Main Floor Kitchen
Regular Session
Tuesday 12:30–3:30 pm | Main Floor Kitchen

Texas Hold'em Poker with Jeanette

Tuesday 1–3 pm | Piano Room

Scrabble

Wednesday 1–3:30 pm | Main Floor Kitchen

Lifelong Learning

INFO@WESN.CA | 604-669-5051

SIGN UP STARTS FRIDAY APRIL 28



NOON Movie Fridays

CINCO DE MAYO **Frida Kahlo**

Set in Mexico City in the early 1900s, this visually evocative film traces the controversial life of the surrealist artist Frida Kahlo, her tempestuous lifelong relationship with her mentor, and her progressive artistic, political, and sexual attitudes,

Friday May 5 | 12 noon | Piano Room

Men's Shed / Fix it Fridays with Don and Earl

Get involved and share ideas. You don't have to be a skilled woodworker, just keen to gather with other guys to work on fun things. From repairs and garden boxes, to benches and birdhouses, building together benefits men's health and local causes.

Friday | 2-4 pm | Downstairs Kitchen

Barclay Yarn Artisans

Monday & Wednesday

10 am-noon | Main Floor Kitchen

Painting Studio with Creative Quest

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

Tuesday 12:30-4 pm | Multipurpose Room



NOON Movie Fridays

ASIAN HERITAGE **Borrowed from Nature**

The beautiful and enduring history of Japanese gardens in Lethbridge, Vancouver and New Denver, as seen through the life and legacy of master garden designer Roy Tomomichi Sumi.

Friday May 19 | 12 noon | Piano Room

TED Talks and Discussion

Thursday 10-11:30 am | Piano Room

May 4 Where does your sense of self come from?
My \$500 house and the people who helped rebuild
How everyday interactions shape your future

May 11 Who owns the internet of the future?
The psychology behind your urge to break the rules
Your 3-step guide to better boundaries at work

May 18 3 skills every middle school boy needs
3 elements of true fun, and how to have more
The moral roots of liberals and conservatives

May 25 How can we escape soaring energy bills?
Machine intelligence makes morals more important
What happens to gas stations when we go electric?
Climate action should focus on communities

May the Force

INFO@WESN.CA | 604-669-5051

SIGN UP STARTS FRIDAY APRIL 28



EVENT **Cinco De Mayo Festivities**

Celebrate Mexican history and heritage, and this Cinco De Mayo (May 5) with music, stories and craft-making. Join Spanish teacher Alicia and musician Cuneyt Tirmandi, with refreshments donated by the Cardero Cafe. With Vancouver Latin American Cultural Center, Chu Chu Classes, Words in Motion.

Heritage crafting workshops (12 participants max)

1. Serena Chu will teach participants how to make Frida Kahlo-inspired flower headbands and bracelets
2. Words in Motion will teach participants how to make bright and decorative 'papel picado' banners.

Friday May 5

1-4:30 pm | Multipurpose Room

MOVIE **"Frida"**

Set in Mexico City in the early 1900s, this visually evocative film traces the bold life, loves, artistic and political views of the surrealist artist Frida Kahlo.

Friday May 5 | 12 noon | Piano Room



Seniors Housing Strategy Share your Ideas

Happy Cities and the City of Vancouver want your input on Vancouver's first-ever Seniors Housing Strategy. Join us for short presentations and guided conversations with question prompts to discuss options, programs, and processes. There will be snacks and opportunities to provide written or verbal feedback. shapeyourcity.ca/seniors-housing

Wednesday May 10

10 am-noon | Multipurpose Room

NEW Southlands River Trail with Frank

Join master adventurer Frank for long, appreciative rambles on beautiful trails. Transit to start, hike, then refresh at a nearby coffee stop. Rain or shine! Bring comfortable footwear, water bottle and snacks, transit fare/pass, money for coffee stop.

Wednesday May 10

9 am | Meet near Kay's Place at Denman Mall

Better Together

INFO@WESN.CA | 604-669-5051

SIGN UP STARTS FRIDAY APRIL 28



TRANSIT TRIP Steveston Pier with Jeanette

Book now for the guided tour of the Gulf of Georgia Cannery; just \$8. Lunch at Dave's Fish & Chips, then stroll the pier, shops and post office museum. Bring transit fare and treat money. 16 spots, RSVP now.

Wednesday May 24 | Meet at 10 am
Bill Curtis Square (Yaletown-Roundhouse Station)

Coffee & Verse with Large Print Bookshop

Join us for a poetry reading by Ashten Leverick, then a read and share, with refreshments donated by Starbucks (Davie and Denman, Bentall Centre). Bring a favourite piece to read aloud, and share your love for literature, poetry, novels, stories, even comics.

Wednesday May 17
1-3 pm | Multipurpose Room

HAPPY RETURN Karaoke with Lan

Starts Thursday May 11
12-2 pm | Multipurpose Room

EVENT Asian and Pacific Islander Heritage

Help us welcome three cultural groups with Chinese, Japanese, and Filipino ancestry. Join us to explore BC's Asian and Pacific Islander heritage through music and crafts. Experience a traditional Japanese dance by the Nikkei Centre, and a tribute to Filipino Indigenous roots by the Kathara Society. The Dr. Sun Yat-Sen Classical Chinese Garden is sending their mobile gift shop and a craft workshop. Sign up now to make your own Chinese paper fan!

Wednesday May 24
1-4 pm | Multipurpose Room

MOVIE "Borrowed from Nature"

The beautiful and enduring history of Japanese gardens in Lethbridge, Vancouver and New Denver, as seen through the life and legacy of master garden designer Roy Tomomichi Sumi.

Friday May 19 | 12 noon | Piano Room

MONDAY

May 15 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

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

11:30-12:30 pm
Spanish Beginners

May 15 11:30-12:30 pm
Death & Dying Discussion

May 29 11:30-12:30 pm
Relationships with Children

1-2 pm
Choose to Move

1-4 pm
Bridge

1:30-4:30 pm
Mahjong, Introductory

3-4:30 pm
Golden Guys Group



TUESDAY

10:30-11:30 am
Heritage Harmonies

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

11:30 am-12:30 pm
Walking Group



12:30-3:30 pm
Mahjong

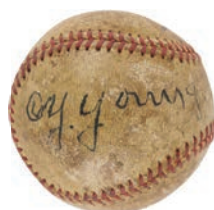
12:30-4 pm
Painting Studio with Graham

1-3 pm
Poker and Tea Time

1:30-3:30 pm FULL
ESL Advanced with Walter

3-5 pm
Tech Help with April

7-9 pm
Bingo for Life



WEDNESDAY

Starts May 10 9 am-2 pm
Hiking with Frank

May 24 10 am start
TRIP Steveston Pier

May 10 10 am-noon
Seniors Housing Focus Group

10 am-noon
Acoustic Sessions

10 am-noon
Barclay Yarn Artisans

12-1 pm
Tech Help with Ella

May 17 1-3 pm
Coffee & Verse

1-3:30 pm
Scrabble

1-2:45 pm
German Conversation

May 24 1-4 pm
Asian & Pacific Islander Event

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

3-4:30 pm
Spanish Intermediate

May 31 4 pm
Happy Hour at the Bayside

Until June 14 4-5:15 pm
VFFL Dance Classes

May 24 5:30 pm
Dinner Club at La Tavola

Activities & Events

SIGN UP **FRIDAY APRIL 28**

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

Starts May 11 12–2 pm
Karaoke with Lan

3–4 pm
Hatha Yoga with Lisa

3–4:30 pm
Ukulele Players

FRIDAY

10 am–noon
Theatre Playshop with Deborah

10 am–noon
Tech Help with Stuart

May 5 12–2 pm
MOVIE “Frida”

May 5 1–4:30 pm
Cinco de Mayo Festivities

May 19 12–1 pm
MOVIE “Borrowed from Nature”

Starts May 12 1–2 pm
Choose to Move

2–4 pm
Men’s Shed / Fix it Fridays

1:30–3:30 pm
Tech Help with Terry

3:45–4:45 pm
Tech Help with Owen

SATURDAY

9–10 am
Walking Group



SUNDAY

May 28 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, Stuart, Stanley, or Terry!
Book tech help most days of the week in one-hour blocks.



CRAFT WORKSHOP
APRIL 11, 2023 *easter bonnets*





OUT TRIPS
MAY 24, 2023 *step into spring*



Peer Support & Groups

KAY'S PLACE 604-669-7339 | COUNSELLORBILL@WESN.CA | COUNSELLORJEFF@WESN.CA
BARCLAY MANOR MONDAYS IN THE MULTIPURPOSE ROOM



NEW WESN Peer Support Program is Open

Would you like to talk with a peer about stressors such as retirement, health changes, isolation, grief, or loneliness? Our older adult volunteers are trained to offer confidential emotional support to improve the well-being of older adults, and to provide information and access to community resources. Find out more and apply online at wesn.ca/services/peer-support or in person at Kay's Place.

Discussions on Death and Dying

Following the overwhelming popularity of our 4-part Death & Dying Workshop Series, members are invited to join this ongoing discussion group, every third Monday of the month. Drop in for informal discussions about our own or someone else's death.

May 15 | 11:30 am–12:30 pm | Multipurpose Rm

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.

May 29 | 11:30 am–12:30 pm | Multipurpose Rm

Step into Spring

INFO@WESN.CA | 604-669-5051

SIGN UP STARTS FRIDAY APRIL 28



NEW Hiking Day Trips with Frank

Join master adventurer Frank for long, appreciative rambles on beautiful trails. Transit to start, hike, then refresh at a nearby coffee stop. Rain or shine!
Wednesday May 10 | 9 am | Meet at Denman Mall

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.
Monday & Friday | 1-2 pm | Multipurpose Room

Nordic Pole Walking with Mary

Skills practice in the Square, then a group walk around the neighbourhood. 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.

Dance Class Until June 14, The Dance Centre

For women with chronic or challenging conditions. Call 604-827-1856 to book an online assessment.
Wednesday & Sunday | 4-5:15 pm | 677 Davie



Community Lunches

SAFE SENIORS, STRONG COMMUNITIES WITH GORDON NEIGHBOURHOOD HOUSE
SIGN UP 604-683-2554 | [JENN@GORDONHOUSE.ORG](mailto:jenn@gordonhouse.org)



With funding from the United Way of British Columbia through Safe Seniors, Strong Communities, West End Seniors' Network is proud to partner with Gordon Neighbourhood House to bring back Community Lunches. Enjoy a meal together, meet new people, catch up with friends in a casual environment. For seniors who cannot attend in person, frozen meal delivery is available. Lunches: Mondays & Fridays. Tuesday: Frozen meal delivery. \$7 members/\$10 non-members. **604-683-2554 or jenn@gordonhouse.org**

What Is Social Prescribing?

An approach to offering non-medical support, that empowers older adults to connect with local community-based programs and services and addresses areas of need most important to them. Our Social Prescribing Coordinator works with older adults to access local programs and services to support their health and wellness, e.g. social or recreational programs, supports for aging in place in the community, mental health or nutrition services.

You may be eligible if you are 55 or older and live in the West End, Coal Harbour, or Yaletown. Please get in touch if you would like to connect with others in the community, discover ways you can engage with services and supports, or are curious about volunteering. **To find out more, contact Rachel at 604-669-5051 x 107 or health@wesn.ca.**



United Way
British Columbia

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

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

Manager of Volunteer Resources

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

Manager of Programs, Activities and Events

Jennifer Conroy
604-669-5051 x 106 | programs@wesn.ca

Manager of Community Services

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

Administrative Coordinator

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

Events and Projects Coordinator

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

Community Services Coordinator

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

Community Services Coordinator

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

Close to Home Coordinator & Activity Coach

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

Receptionist

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

Programs Assistant

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

Social Prescribing Coordinator

Rachel Acheson
604-669-5051 x 107 | health@wesn.ca

Board of Directors

Chair Jane Goodridge | 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

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

Peer Support Counsellors

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



VOLUNTEER WITH US wesn.ca/volunteer

Information & Referral Denman Mall, 3hr/wk

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

Friendly Visiting Flexible hours, Biweekly

Volunteers are matched one-on-one for visits.

Drivers Needed Flexible hours, On-call

Help people to and from medical appointments in Metro Vancouver. The hours are up to you, and you can use our Modo car share account to cover costs.

**W.E.
W.E.
W.E.
W.E.**



Joe Fortes
Public Library



West End
Community Centre



King George
Secondary School

W.E. CONNECT CONNECT

How would you like to see the future West End Community Hub take shape?

The West End Community Hub will include a renewed West End Community Hub, King George Secondary School, Joe Fortes Library and the relocated Fire Hall No. 6.

For details on how to participate:

- Visit shapeyourcity.ca/weconnect
- Connect with West End Community Centre staff in-person or by phone at **604-257-8333**

Ways to get involved

- **Fill out the survey**
Survey available online and at the community centre front desk
(Complete survey for a chance to win a prize)
- **Visit a pop-up event**
- **Attend an in-person open house**
JUNE 4, 2:00 - 5:00 PM
West End Community Centre
JUNE 5, 3:00 - 6:00 PM
King George Secondary School