



west end seniors' network

**JUNE
2023**

**Friday
June 16
Strawberry
Festival**

and

**BC Seniors Week
Ice Cream Day
Wednesday June 7**

Ice Cream Day

CELEBRATING BC SENIORS WEEK

Wednesday June 7, 2-4 pm
Barclay Manor Cobblestones

The West End Seniors' Network celebrates you!
All our members, volunteers, friends and partners.
Start the summer with Rain or Shine ice cream.
Bring your membership card or \$10 to renew.



Rain OR Shine
ICE CREAM

Gulf & Fraser

Power your possible™

In this Issue

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HOW MANY BERRIES?

How many strawberries are in the newsletter?
Start on the front cover! Enter guesses and contact info by the front door for a chance to visit the Dr. Sun Yat-Sen Classical Chinese Garden! Prize draw **Friday June 23 at What are you Drinking? (p 11).**



Equity, Diversity, Inclusion West End Seniors' Network commits to a diverse, inclusive, equitable, and accessible environment in which members, clients, staff, volunteers, and board feel respected, valued, and included regardless of gender, age, race, ethnocultural identification, ethnicity, religion, immigration status, socioeconomic status, life experience, housing status, heritage, national origin, ability, sexual orientation or identity, disability, education, or bias. We commit to non-discriminatory practice, with equal opportunities for employment, volunteering, and advancement.



CONGRATULATIONS TARA!

Here is Close to Home superstar and multi-talented volunteer Tara Balcombe, receiving a Resiliency Award at the 2023 HUGStar event in May. Proceeds of the fundraiser benefit Bloom Group's House to Home Campaign, which provides housing, healthcare and social services for vulnerable populations.

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: xʷməθkwəy'əm (Musqueam), Skwxwú7mesh (Squamish) and Səl̓íl̓wətaʔ/Selilwitulh (Tsleil-Waututh) Nations.

Good Conversation

INFO@WESN.CA | 604-669-5051

SIGN UP STARTS WEDNESDAY MAY 31

Dinner Club with Mauro

Wednesday June 21 | 5:30 pm

Papi's, 1193 Denman

Men's Group Breakfast with John

Monday June 19 | 9 am

Denny's, 1098 Davie

Sunday Brunch with Liz

Sunday June 25 | 11 am

The Sylvia Hotel, 1154 Gilford

Happy Hour Hoppers with Jackie

Wednesday June 28 | 4 pm

Bayside Lounge, 1755 Davie

LANGUAGE EXCHANGE

English as a Second Language (ESL)

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

Intermediate Tuesday 11:15–12:45 pm | Lab

Advanced FULL Tuesday 1:30–3:30 pm | Lab

Spanish Conversation with Alicia

Beginners Monday 11:30–12:30 pm | 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

Friday June 2 10 am–noon | Multipurpose Room

Heritage Harmonies sing with pianist Mavis

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

Acoustic Sessions the Strawberry Jammers

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 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

Don't miss Marty's Racetrack Rundown!

Tuesday June 20 | 3–4 pm | Piano Room

Scrabble

Wednesday 1–3:30 pm | Main Floor Kitchen

Lifelong Learning

INFO@WESN.CA | 604-669-5051

SIGN UP STARTS WEDNESDAY MAY 31



NOON Movie Fridays

Sleeping Tigers: The Asahi Baseball Story

The remarkable story of the Vancouver Asahi team who, prior to WWII, won the prestigious Pacific Northwest Championship for five straight years.

Friday June 2 | 12 noon | Piano Room

The Donut King

Friday June 23 | 12 noon | Piano Room

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

Are you a practicing artist, writer, or poet with work to show? Publish it in a creative community
creativequest2022@gmail.com

Men's Shed 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

Knit or crochet with a fun and inventive group.

Visit their next sale at the Strawberry Festival!

10 am–noon | Main Floor Kitchen

TED Talks and Discussion

Thursday 10–11:30 am | Piano Room

June 1 A faster way to get to a clean energy future
Why autism is often missed in women and girls
What will the dream car of the future be like?

June 8 Where are all the aliens?
You don't have to leave your neighborhood
The 'trauma essay' in college applications

June 15

Climate action needs new frontline leadership
All about the Indigenous Land Back movement
An Indigenous perspective on humanity's survival

June 22 The shared wonder of film

Keep your hometown from becoming a ghost town
The story that shapes your relationship with nature

June 29

Pussy Riot's powerful message to Vladimir Putin
Why AI is incredibly smart — and shockingly stupid
Feng shui your fridge and other happy climate hacks

BC Seniors Week

INFO@WESN.CA | 604-669-5051

SIGN UP STARTS WEDNESDAY MAY 31



WEST END COAL HARBOUR COMMUNITY POLICING CENTRE

25 Year Open House

Help WECH CPC celebrate 25 years of serving the West End and Coal Harbour! Tour the facilities, get your bike registered, and pick up personal safety devices, activity books and stickers. And don't miss the VPD Mounted Unit — that means horses!

Saturday June 3 | 12–3 pm
Jervis St between Davie and See-em-ia

Safety in the Summer

Join us for a conversation on seniors' safety with Neil Fernyhough, Executive Director of the West End-Coal Harbour Community Policing Centre.

Thursday June 8 | 11 am–noon
Computer Lab

Ice Cream Day Rain or Shine with G&F
Wednesday June 7 | 2–4 pm (see page 2)



BC ASSOCIATION OF COMMUNITY RESPONSE NETWORKS

Spotlight on Ageism

Ageism is highly prevalent and is the most socially accepted and tolerated form of discrimination in Canada. Like sexism or racism, ageism is discrimination based on someone's age. Ageism can occur at any point in our lifespan — regardless of how old we are — and may lead to others making judgements about our background, capability, mental or physical status, based only on their impression of our age. We all have a role to play in changing how we all think, feel, and act towards age and ageing. Come join us. Everyone is welcome!

Thursday June 9
10:30–11:30 am | Piano Room

Day of Music Vancouver Symphony Orchestra
Free classical music at 5 stages around downtown Vancouver. Locations and more: dayofmusic.ca

Saturday June 10 | 10 am–10 pm

Just this June

INFO@WESN.CA | 604-669-5051

SIGN UP STARTS WEDNESDAY MAY 31



NOON Movie Fridays

Sleeping Tigers: The Asahi Baseball Story

The remarkable story of the Vancouver Asahi team who, prior to WWII, won the prestigious Pacific Northwest Championship for five straight years.

Friday June 2 | 12 noon | Piano Room

The Donut King

Cambodian refugee Ted Ngoy arrived in 1970s Los Angeles and built a multi-million-dollar donut empire that scared Dunkin' Donuts out of LA. This is a story of the American Dream ... with cream!

Friday June 23 | 12 noon | Piano Room

The Strawberry Festival Returns!

Bigger, with shortcakes home-baked right next door, by our neighbours at Vancouver Friends for Life!

Friday June 16 | 1-4 pm
(see page 15 & back cover)



EXTREME HEAT SAFETY WORKSHOP

Summer 2023

- ✓ WHAT ARE THE HEALTH RISKS?
- ✓ WHAT CAN YOU DO TO STAY COOL?
- ✓ HOW TO CARE FOR SOMEONE WITH HEAT RELATED ILLNESS?

PRIZE DRAW FOR COOLING KITS!

Stay safe this summer!

Extreme Heat Safety Workshop

presented by REACH Community Health Centre

Please join public health coordinator Faith Tang for an interactive workshop on extreme heat safety. You'll find out what heat-related illnesses are, what to look for, and what to do if you have a heat illness. New: what we need to know about smoke inhalation!

Thursday June 22 | 11 am-noon
Main Floor Kitchen

Tax Planning Assisted Living/Long-Term Care

Returning speaker David Perkins, CFP, EPC, CEA

Navigating health care and benefits can be difficult. Many seniors and caregivers are not prepared when the situation arises, and face paperwork, research, requirements, and tough choices to suit changing needs. Awareness and planning can ease transitions between varying levels of care. From aging at home to long-term care, this workshop will cover levels of care in retirement, income planning to reduce taxes and care costs, and working with Health Authorities.

Wednesday June 28 | 10-11:30 am
Multipurpose Room

MONDAY

June 19 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

June 19 11:30-12:30 pm
Death & Dying Discussion

June 26 11:30-12:30 pm
Relationships with Children

12-2 pm
Community Lunch

1-2 pm
Choose to Move

June 5 1-2 pm
Intro to Yoga with Lisa

1-4 pm
Bridge

1:30-4:30 pm
Mahjong, Intro/Refresher

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

June 20 3-4 pm
Marty's Racetrack Rundown

3-4 pm
Tech Help with Nitish

3-5 pm
Tech Help with April

7-9 pm
Bingo for Life

WEDNESDAY

10 am-noon
Acoustic Sessions

10 am-noon
Barclay Yarn Artisans

June 28 10-11:30 am
Assisted Living/Long Term Care

12-1 pm
Tech Help with Ella

1-3:30 pm
Scrabble

1-2:45 pm
German Conversation

June 7 2-4 pm
Ice Cream Day

3-4 pm
Hatha Yoga with Lisa

3-4:30 pm
Spanish Intermediate

June 28 4 pm
Happy Hour at the Bayside

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

June 21 5:30 pm
Dinner Club at Papi's



Tech Questions?

Ask April, Ella, Nitish, Owen, Stuart, or Terry! Book tech help most days of the week in one-hour blocks.

Need to copy or print?

Feel free to use the printer in the computer lab, by donation. Please see signs for any class bookings.

Activities & Events

SIGN UP **WEDNESDAY MAY 31**

THURSDAY

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

June 8 11 am–noon

WECH CPC Safety Talk

June 22 11 am–noon

Heat Safety Workshop

11:30 am–12:30 pm

Walking Group

12–2 pm

Karaoke with Lan

3–4 pm

Hatha Yoga with Lisa

3–4:30 pm

Ukulele Players

FRIDAY

June 2 10 am–noon

Theatre Playshop with Deborah

10 am–noon

Tech Help with Stuart

June 9 10:30–11:30 am

Spotlight on Ageism BC CRN

12–1 pm

Tech Help with Nitish

12–2 pm

Community Lunch

June 2 12–1 pm

MOVIE “Sleeping Tigers”

June 23 12–1:30 pm

MOVIE “The Donut King”

1–2 pm

Choose to Move

June 23 1–2 pm

What Are You Drinking?

June 16 1–4 pm

Strawberry Festival

1:30–3:30 pm

Tech Help with Terry

2–4 pm

Men’s Shed

June 23 2:30–4 pm

Less is More: De-Prescribing

3:45–4:45 pm

Tech Help with Owen

SATURDAY

9–10 am

Walking Group

June 10 10 am–10 pm

VSO Day of Free Music

June 3 12–3 pm

WECH CPC Open House



SUNDAY

June 25 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**
- Onsite: **Tech Help**



From the Executive Director

EXECUTIVEDIRECTOR@WESN.CA | 604-669-5051

CLAUDINE MATLO, EXECUTIVE DIRECTOR

Dear WESN Membership, Volunteers and Community,

Summer is on our doorstep! With the flowers blooming and the air warmer there seems to be a little more energy in the air. Things here at WESN have been as busy as ever with the staff team getting ready for our annual Strawberry Festival which is sure to be an incredible event. I am looking forward to meeting so many more of our incredible members there. I have been working with the Board planning our AGM for this fall and as part of this we will be launching a community wide survey as well as other opportunities to hear your voice and ensure your input into the future of WESN. Stay tuned! Lastly—as the temperature rises be sure to go slow, drink lots of water and look out for our neighbors. If there is a neighbor that you are concerned about during the heat, please reach out to us so we can connect with them. Our team is currently working with the CoV, Gordon Neighborhood House and the West End Community Police to ensure the safety of seniors in our community. Have a wonderful June and I look forward to seeing you here at WESN!



FRIENDLY VISITING SPOTLIGHT JULIET AND EFTHIMIOS

Efthimios became good friends with Juliet when he started Friendly Visiting in January 2023. They visit weekly despite Juliet's fluctuating health, even during hospital stays. With his help, Juliet has been able to spend time outside in the air and sun, for the first time in years. Thank you Efthimios and thank you to everyone who gives their time. Whether you deliver the newsletter, lead trips, answer tech questions, or help order groceries, you mean everything to us.

Would you like to be a Friendly Visitor? Volunteers meet with clients to help them stay connected in the community. Visits can include meeting at the home of the client to talk, walk or coffee, or similar. servicescoordinator@wesn.ca / 604-669-5051 x2

Spring into Summer

INFO@WESN.CA | 604-669-5051

SIGN UP STARTS WEDNESDAY MAY 31



CHOOSE TO MOVE Mondays and Fridays

Support and motivation to get active. Stretch and strength, learn-to-dance, guest speakers. Join in to share new experiences, successes and challenges.

1–2 pm | Multipurpose Room

What are you Drinking? OASIS Presentation

Dietician Arlaina Waisman discusses how drinks affect our health and wellbeing. Learn about fluid requirements; comparing nutrients and benefits; caffeine levels; what sugary drinks do; and new alcohol guidelines. Plus, counting contest draw!

Friday June 23 | 1–2 pm | Multipurpose Room

Gentle Hatha Yoga with Lisa (bring your mat!)

Monday June 5 | 1–2 pm | Multipurpose Room

Wednesdays & Thursdays | 3–4 pm



Nordic Pole Walking with Mary

Nordic walking combines cardiovascular exercise with a vigorous workout for your shoulders, arms, core, and legs. With Nordic poles, you activate the upper and lower body — engaging 80–90% of your muscles! You're more stable: more ground contact points means not relying on two feet alone. Nordic walking burns 18–67% more calories and can lower fat mass, LDL cholesterol, triglycerides, depression, anxiety, chronic pain, and waist circumference, and add HDL cholesterol, endurance, muscle strength, flexibility, walking distance, cardiovascular fitness and quality of life. Plus, it's a fun to do in a group!

Join us for lessons at 10 am, then a group walk in the neighbourhood. Bring your poles or borrow ours.

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.



In Our Neighbourhood

SAFE SENIORS, STRONG COMMUNITIES WITH GORDON NEIGHBOURHOOD HOUSE
SIGN UP 604-683-2554 | WELCOME@GORDONHOUSE.ORG



APPLY NOW WESN Peer Support Program

Would you like to talk with someone your own age about retirement, sadness, bereavement or loss? Our peer volunteers are trained to give confidential emotional support for the wellbeing of seniors, and to information and access to community resources. **Ask at Kay's Place, call 604-669-7339, or apply at wesn.ca/services/peer-support.**

What Is Social Prescribing?

We help seniors identify and match their priorities with local programs and services. We'll work to find nearby opportunities such as health, wellness, social or recreational programs, aging in place, mental health, and nutrition. If you're 55+ in the West End, Coal Harbour, or Yaletown, and want to meet others and find new ways to services and supports, **contact Rachel at 604-669-5051 x 107 or health@wesn.ca.**

NICCSS Vancouver Rent Bank

The VRB aims to boost housing stability and prevent evictions or loss of essential utilities. If you qualify as low-income and are at risk of eviction or essential utility disconnection due to a temporary shortage of funds, apply for a one-time, interest-free loan. **Contact kofosu@niccss.ca or 604.569.2787**

Monday and Friday Community Lunches

Enjoy a meal and meet new people in a casual setting. If you cannot attend in person, frozen meals are delivered on Tuesdays. \$7 members/\$10 others. **604-683-2554 or welcome@gordonhouse.org**



United Way
British Columbia

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

COUNSELLORBILL@WESN.CA | COUNSELLORJEFF@WESN.CA
KAY'S PLACE 604-669-7339 | MULTIPURPOSE ROOM

COUNSELLORBILL@WESN.CA | COUNSELLORJEFF@WESN.CA
KAY'S PLACE 604-669-7339 | MULTIPURPOSE ROOM



Seniors with multiple chronic conditions often take several medications to manage their conditions. But, this puts them at higher risk for adverse drug reactions, which can result in hospitalization. Dr. Thomas Perry will share ideas for cutting down on multiple prescriptions. He will offer advice on identifying problematic drugs and consulting with your pharmacist and doctor to resolve problems.

Friday June 23 | 2:30–4 pm

Following the overwhelming popularity of our Death & Dying Workshop Series, this informal discussion group meets every third Monday of the month.

Monday June 19 | 11:30 am–12:30 pm

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

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 June 26 | 11:30 am–12:30 pm

Plan Your Visit

BARCLAY MANOR, KAY'S PLACE CLOTHES AND COLLECTIBLES

Barclay Manor

1447 Barclay St | 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 8 | programs@wesn.ca

Manager of Community Services

Joe Humphries

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

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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 Denman Mall

604-682-0327 | 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 Denman Mall

604-669-7339 | Monday to Friday 10 am–4 pm

Manager Susan Paré | susan@wesn.ca

Counsellors Bill Coleman | counsellorbill@wesn.ca

Jeff Darcy | counsellorjeff@wesn.ca

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



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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!





Strawberry Festival



WESN
WEST END SENIORS' NETWORK

Friday June 16, 1-4 pm

**Barclay Heritage Square
1447 Barclay**

Garden Stage

Live music

Choose to Move dance party

Grand prize draws

Barclay Manor

Games room & prizes

Pop-up thrift shop

Home-baked strawberry shortcakes

Community Fair

Life-size colouring mural

Cycling carriage rides

15 community tables

Plant Sale

Roedde House

Museum tours by donation or free with a fancy hat!

Bake sale & lemonade stand

Vancouver Friends for Life

Barbecue & drinks

Open house

RSVP 604-669-5051 or info@wesn.ca

Cash sales for shortcakes (\$5), games and prizes (bring your loonies and toonies).

Street parking only, no lot access, thank you!

Gulf & Fraser
Power your possible™



friends
for life

Strawberry Festival

PASSPORT

Name:

- ☐ Barclay Yarn Artisans
- ☐ Clothes & Collectibles
- ☐ Roedde House Museum
- ☐ Gulf and Fraser
- ☐ QMUNITY
- ☐ Cycling Without Age
- ☐ Chu Chu Colouring Mural



Friday June 16, 2023

Complete by 3pm
& enter to win!

- ☐ West End Coal Harbour CPC
- ☐ Gordon Neighbourhood House
- ☐ Kay's Place & WESN Board
- ☐ Vancouver Friends for Life
- ☐ VPL Joe Fortes Branch
- ☐ West End BIA
- ☐ West End Community Centre Association
- ☐ Adriane & Paul's Plant Sale



Gulf & Fraser
Power your possible™



NOFRILLS



QMUNITY
B.C.'S QUEEN, TRANS AND TWO-SPIRIT RESOURCE CENTRE

bsibio



MLA Spencer Chandra Herbert • Barclay Yarn Artisans • Kay's Place
Clothes & Collectibles • Stanley Park Horse-Drawn Tours • Adriane Carr and Paul George

CUT HERE