

JULY
2023

Chess in the Plaza
Eaglets in the Nest
Daytrip to Lonsdale
Double Tech Help

and

Moving Well & Arthritis
What is Immunology

west end seniors' network



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In this Issue

JULY 2023

Favourites	4-5
Movie Fridays	5
Special Events	6
Double Tech Help	7
July at a Glance	8-9
Photo Album	10-12
Movement & Wellness	13
Sign up for Peer Support	14
Community Services	14
Plan Your Visit	15

COUNTING CHESS PIECES

Count every chess piece in the newsletter and you could win \$45 to spend at LargePrint-Books.com! Enter your guess, name and contact details in the box at the front door. The winner will be drawn **Friday afternoon during Men's Shed on July 28.**



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.

Volunteer with us!

Find out more and apply online at wesn.ca/volunteer

Clothes and Collectibles Thrift Store

2-3 hour/week, Denman Mall

Reception 4 hours a week, Barclay Manor

Greeting members and answering phones

Information and Referral Kay's Place

3 hour/week, Denman Mall

Emergency Check-in Callers Remote, on call

During extreme heat, training provided

Tech Coaches 2 hours a week, Barclay Manor

One on one help with devices, email, internet

Starbucks Treats Tuesday & Thursday am

Pick up and deliver to Barclay Manor

Drivers Needed Flexible hours, On-call

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

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 Səl̓íl̓wətaʔ/Selilwitulh (Tsleil-Waututh) Nations.

Good Conversation

INFO@WESN.CA | 604-669-5051

SIGN UP STARTS MONDAY JULY 3



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

Men's Group Breakfast with John

Monday July 17 | 9 am

Denny's, 1098 Davie

Dinner Club with Mauro

Wednesday July 19 | 5:30 pm

Café il Nido, 780 Thurlow

Sunday Brunch with Liz

Sunday July 30 | 11 am

The Sylvia Hotel, 1154 Gilford

Happy Hour Hoppers with Jackie

Wednesday July 26 | 4 pm

Bayside Lounge, 1755 Davie



MUSIC & PERFORMANCE

Theatre Playshop Friday July 21 | 10 am–noon

Heritage Harmonies sing with pianist Mavis

Tuesday 10:30–11:30 am

Acoustic Sessions the Strawberry Jammers

Wednesday 10 am–1:30 pm

Karaoke with Lan Thursday 12–2 pm

Ukulele Players Thursday 3–4:30 pm

GAMES

Bridge Call 604-257-8333 Monday 1–4 pm

Mahjong with Rich

Introduction and Refresher Monday 1:30–4:30 pm

Regular Session Tuesday 12:30–3:30 pm

Texas Hold'em Poker Tuesday 1–3 pm

Open level: Beginners welcome!

If you would like a separate intermediate session, please let us know.

Scrabble Wednesday 1–3:30 pm

Lifelong Learning

INFO@WESN.CA | 604-669-5051
SIGN UP STARTS MONDAY JULY 3



MOVIE FRIDAYS

Frightened: The Real Price of Shipping

What is cargo shipping really like? A stunning look.
Friday July 28 | 12 noon

The Eagles Next Door

Baby eagles in the nest! Nestcam technology offers an up-close look at eagles in their Vancouver nest, with insights from experts and enthusiasts.
Friday July 14 | 12 noon

TED Talks & Discussion Thursday 10–11:30 am

July 6 A new way to heal hearts without surgery
How mRNA medicine will change the world
Alzheimer's is not normal aging — and we can cure it
July 13 How poetry unlocked my superpowers
How AI could save (not destroy) education
3 money lessons from infamous scam artists
July 20 How young blood might help reverse aging
Your body forged in the spectacular death of stars
How we explore unanswered questions in physics
July 27 "Woman, Life, Freedom" in Iran
4 ways to have healthy conversations about race
The disappearing computer — taking AI everywhere
'Second chance' laws and the US justice system

Barclay Yarn Artisans

Knit or crochet with this fun and inventive group.
Monday & Wednesday 10 am–noon

Painting Studio Tuesday 12:30–4 pm

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

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

English as a Second Language (ESL)

Intermediate Tuesday 11:15–12:45 pm
Advanced FULL Tuesday 1:30–3:30 pm

Spanish Conversation away for July

Beginners Monday 11:30–12:30 pm | away
Intermediate Wednesday 3–4:30 pm | away

French Conversation Monday 10–11 am

German Conversation with Brigitte

Wednesday 1–2:45 pm

Just this July!

INFO@WESN.CA | 604-669-5051
SIGN UP STARTS MONDAY JULY 3



Afternoon Chess in Jim Deva Plaza

Presented with WEBIA, the West End Business Improvement Association

Spend the afternoon in a game of chess in the heart of the West End. Don't play chess? There are lots of other board games, with tables and chairs too! Prizes, sweet treats, and everyone is welcome!

Wednesday July 5 & 19 | 1-4 pm

Jim Deva Plaza, 1200 Bute

Immunology & Clinical Trials with Ted Steiner

Dr. Ted Steiner is a physician-scientist at UBC, working on a clinical trial with QU Biologics that is designed to boost natural immunity in adults over 65, to reduce the risk of respiratory infections.

Wednesday July 19 | 10-11:30 am



TRANSIT TRIP Lonsdale Quay with Jeanette

Seabus to Lonsdale Quay, shops and coffee, visit the Polygon Gallery, followed by happy hour at Pier 7 at 2:30 pm. Bring transit fare or compass card, along with money for treats and lunch. Limit 15 guests.

Friday July 21 | Meet at 11:30 am
Waterfront Skytrain Station

RETURNING GUESTS

Cannabis & Health Benefits

After a popular talk in April, Dr. Thomas Kerr is back to discuss cannabis for physical and mental health. Are you curious about the benefits of cannabis for seniors? Or potential risks? Bring your questions.

Monday July 10 | 10:30-noon

Dying with Dignity with Alex Muir

An encore discussion of MAiD.

Monday July 31 | 10-11:30 am

Need Tech Help?

INFO@WESN.CA | 604-669-5051
SIGN UP STARTS MONDAY JULY 3

WESN is excited to announce a new partnership designed to support older people with technology, and to build a culture of digital literacy. Starting in July, new tech coaches from our longtime IT partner Vancouver Community Network (VCN) will visit Barclay Manor to offer tech support, every Friday.

VCN provides free and low-cost technical support services to individuals and non-profit organizations. Their mission is to be an inclusive, multicultural, community-based organization which ensures the free, accessible electronic creation and exchange of the broadest range of information, experience, ideas and wisdom. They believe the information, resources and opportunities on the Internet should be accessible to all! **Find out more at vcn.bc.ca**

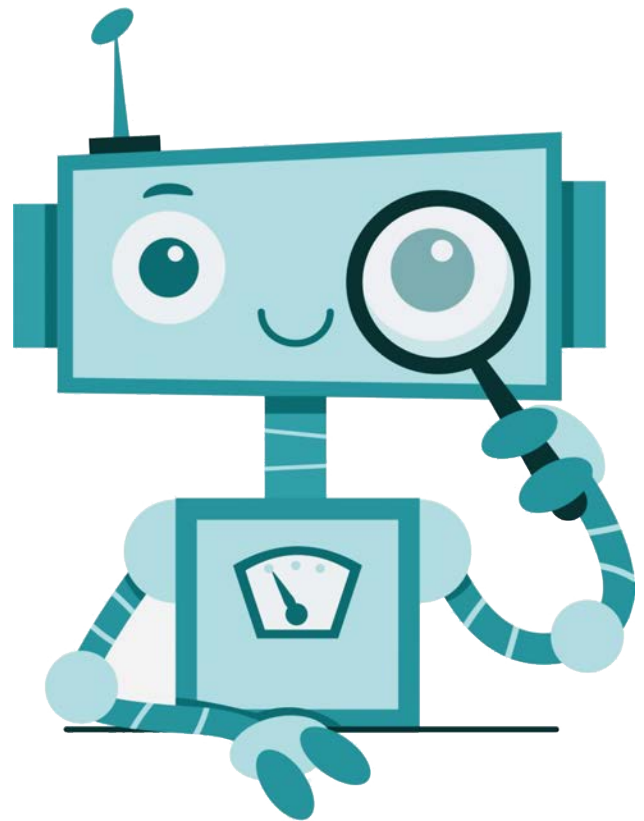
VCN FRIDAYS WITH ABDI & MOE

Abdi is finishing his IT Network Administrator diploma with a practicum at VCN. He enjoys helping people solve technical problems on their computers phones, and email. When he's not studying, Abdi likes to be outdoor playing soccer, swimming, and walking.

You may have met Moe on one of his many visits to Barclay Manor. You can thank him for the upgrades and reliable WIFI! Moe helps non-profits with phone, tablet, and laptop setups. When he's not working, Moe enjoys soccer, video games, and the gym. He takes pride in empowering seniors, helping them to be independent and confident with technology.

DIGITAL LITERACY AT WESN

Did you know that WESN offers 20 hours of tech help every week? Our coaches volunteer 1-2 hours at a time, mixing their love of tech with an interest in teaching older people, and building valuable skills. If this appeals to you, call or visit wesn.ca/volunteer.



Do you have a question?

Ask Abdi, Ella, Moe, Nitish, Owen, Stuart, Terry, or Waren! Tech help is available in 1-hour sessions, Tuesday through Friday. Call 604-669-5051 to book.

House Calls

Stay tuned — offsite and in-home tech support appointments are coming!

Need to copy or print?

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



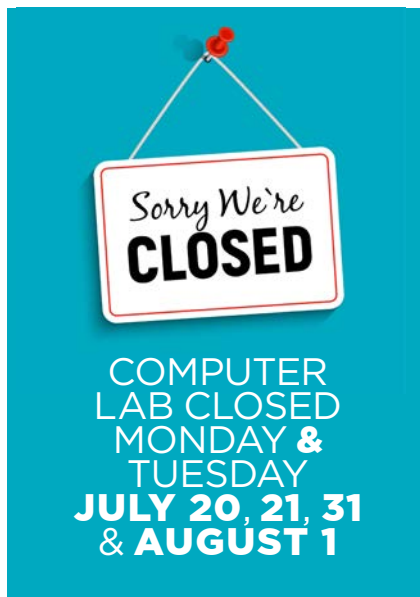
MONDAY

- July 17** 9 am
Mens Breakfast at Denny's
-
- 10–11 am
French Conversation
-
- July 31** 10–11:30 am
MAiD with Alex Muir
-
- 10 am–noon
Barclay Yarn Artisans
-
- 10 am–4 pm
Wellness with Shirley
-
- July 10** 10:30–noon
Cannabis & Health Benefits
-
- July 17** 11:30–12:30 pm
Death & Dying Discussion
-
- 12–2 pm
Community Lunch
-
- 1–2 pm
Choose to Move
-
- 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
-
- 3–4 pm
Tech Help with Nitish
-
- 7–9 pm
Bingo for Life
-



WEDNESDAY

- 10 am–1:30 pm
Acoustic Sessions
-
- 10 am–noon
Barclay Yarn Artisans
-
- July 19** 10–11:30 am
Immunology & Clinical Trials
-
- 10 am–noon
Tech Help with Waren
-
- 12–1 pm
Tech Help with Ella
-
- 1–3:30 pm
Scrabble
-
- 1–2:45 pm
German Conversation
-
- July 5 & 19** 1–4 pm
Chess at Jim Deva Plaza
-
- 3–4 pm
Hatha Yoga with Lisa
-
- July 26** 4 pm
Happy Hour at the Bayside
-
- July 19** 5:30 pm
Dinner Club at Café il Nido
-

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

Activities & Events

SIGN UP **MONDAY JULY 3**

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

11:30 am–12:30 pm

Walking Group

12–2 pm

Karaoke with Lan

1–2 pm

Tech Help with Stuart

3–4 pm

Hatha Yoga with Lisa

3–4:30 pm

Ukulele Players

FRIDAY

July 21 10 am–noon

Theatre Playshop with Deborah

10 am–noon

Tech Help with Stuart

10 am–4 pm

Tech Help with Abdi

10 am–1 pm

Tech Help with Moe

July 21 11:30 am–5 pm

TRIP Lonsdale Quay

12–1 pm

Tech Help with Nitish

12–2 pm

Community Lunch

July 14 12–1 pm

MOVIE “The Eagles Next Door”

July 28 12–1:30 pm

MOVIE “Freightened”

1–2 pm

Choose to Move

July 7 1–2 pm

Arthritis & Exercise

1:30–3:30 pm

Tech Help with Terry

2–4 pm

Men’s Shed

3:45–4:45 pm

Tech Help with Owen

SATURDAY

9–10 am

Walking Group

SUNDAY

July 30 11 am

Brunch at the Sylvia



Tech Questions?

Ask Ella, Moe, Nitish, Owen, Stuart, Terry, or Waren! Tech help is available Tuesday to Friday.

Need to copy or print?

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





OUR BIG DAY!
JUNE 16, 2023 *strawberry fest*





SENIORS WEEK
JUNE 7, 2023 *ice cream day*



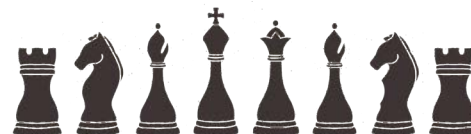


HERITAGE DAY
MAY 24, 2023 *asia pacific islands*



Stay Cool & Active

INFO@WESN.CA | 604-669-5051
SIGN UP STARTS MONDAY JULY 3



CHOOSE TO MOVE Monday & Friday 1–2 pm

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

Arthritis and Exercise OASIS Presentation

Physiotherapist-Educator Anna Spillane will lead an interactive presentation, teaching the best exercises to support the joints for an active life with arthritis.

Friday July 7 | 1–2 pm

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.

Nordic Pole Walking Thursday 10–11:30 am

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

Cardiovascular exercise with a workout for the arms, shoulders, core, and legs. Nordic poles 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, lowering fat, LDL cholesterol, triglycerides, anxiety, chronic pain, depression, waist circumference, adding HDL cholesterol, cardiovascular fitness, endurance, strength, flexibility, quality of life. It's fun in a group!

Gentle Hatha Yoga with Lisa

Wear comfy clothes and bring your mat!

Wednesdays & Thursdays | 3–4 pm



In Our Neighbourhood

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



What Is Social Prescribing?

Helping seniors identify and match their priorities with nearby opportunities for 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.**

Monday and Friday Community Lunches

Enjoy a meal and meet 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

OPEN TO ALL WEST END SENIORS Peer Support

Would you like to talk with a peer about retirement, sadness, bereavement or loss? Our volunteers are trained to give confidential emotional support for the wellbeing of seniors, along with information and access to community resources. The West End has long been a place where gay men live. We are proud to share that we have trained a number of gay men available to offer support to other gay seniors. **Visit Kay's Place, contact 604-669-7339 or wesn.ca/services/peer-support.**

Golden Guys Group Mondays | 3-4:30 pm

Connect with other 55+ gay/bi/trans men, in a safe, nonjudgmental place to be curious about yourself and others. Build community and belonging, share stories, check in, and laugh along the way.

Death & Dying Monday July 17 | 11:30-12:30 pm

Informal discussion group; all are welcome to join.

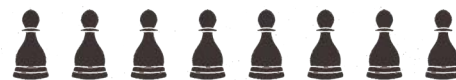


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Plan Your Visit

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

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 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

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King George High School News ... and More!





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