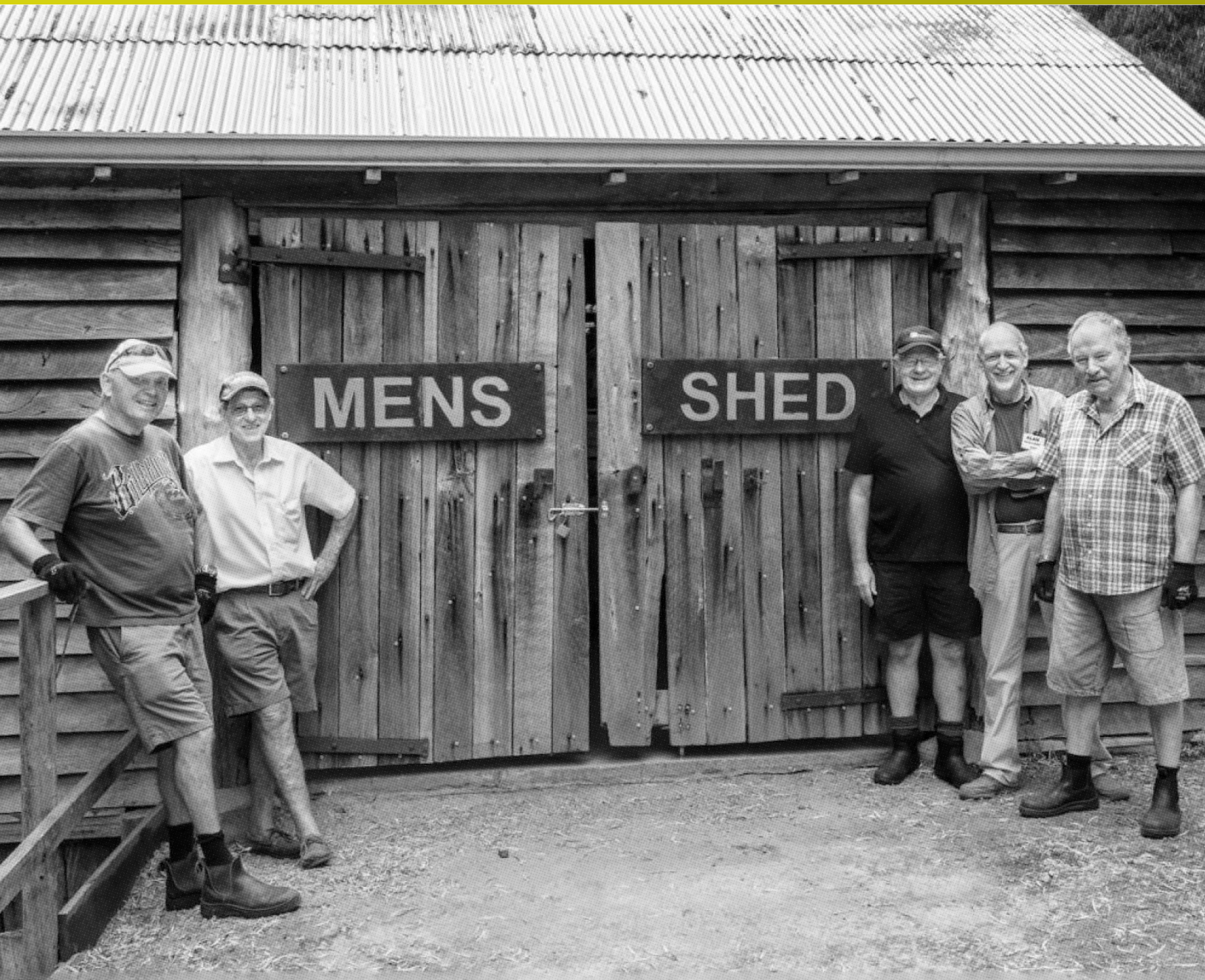


west end seniors' network



November is National
Hindu Heritage Month
in Canada

NOVEMBER 2023

Celebrating Men's Health
Exploring Friendship through Art
and
Billiards with Richard

Qualicare® Home Care as unique as your family.

From basic companionship to complex care, we create a Home Care approach just for you. Safe, reliable and local.



778-897-3100

vancouver@qualicare.com
qualicare.com/vancouver-bc

In this Issue

NOVEMBER 2023

Respect Policy	5
Good Coversation	6
Lifelong Learning	7
Only in November	10
Celebrating Men’s Health	10
Let’s Move	11
News from Claudine	12
Community Services	14
Plan Your Visit	15



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

- On-Call Tasks** Flexible hours
Small tasks and errands, either at WESN or picking up and delivering items for clients.
- Information & Referral** Kay’s Place
3 hour/week, Denman Mall
- Drivers Needed** Flexible hours, On-call
Drivers must have their own car. Help with medical appointments.
- Reception** 4 hours a week, Barclay Manor
Greeting members and answering phones
- Friendly Visiting** Accepting dog volunteers too!
Visit older adults to ease symptoms of loneliness.
- Tech Coaches** 2 hours a week, Barclay Manor
One-on-one help with devices, email, internet.
- Clothes & Collectibles Thrift Store**
2-3 hour/week, Denman Mall

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: xʷməθkwə́y̓əm (Musqueam), Skwxwú7mesh (Squamish) and Səlíl̓wətaʔ/Selilwitulh (Tsleil-Waututh) Nations.



SPENCER
CHANDRA HERBERT
MLA WESTEND & COAL HARBOUR



THANKFUL

FOR ALL THOSE
VOLUNTEERING THEIR
TIME IN THE WEST END
& COAL HARBOUR.

YOUR KINDNESS AND
DEDICATION MAKE
OUR COMMUNITY AN
EVEN BETTER PLACE.



923 Denman Street



604 660 7307



spencerchandraherbert.ca



s.chandraherbert.mla@leg.bc.ca

Respect Policy

At the West End Seniors' Network (WESN) we strive to provide a safe, inclusive and welcoming space for all who enter. We value and celebrate the

diversity of our senior community. In order for our community to be respectful of all we uphold the following:



All persons are treated with respect, patience, kindness and understanding and we recognize and celebrate the uniqueness of each individual.

This is a shared space. We work together to maintain a safe and welcoming environment at all times.

We respectfully acknowledge that we gather on the unceded, occupied, ancestral, and traditional homelands of the Coast Salish peoples: xʷməθkwəyəm (Musqueam), Skwxwú7mesh (Squamish) and Səlílwətaʔ/Selilwítlh (Tsleil-Waututh) Nations.

All are welcome here without judgement regardless of age, gender, sexual orientation, financial status, culture, heritage, race or ethnicity, language, immigration or family status, faith and beliefs, or political affiliation.

You are always welcome at WESN. But, if there are behaviours that conflict with our respect policy, it will be that person's behaviour that is asked to leave until a mutual resolution can be found.

Good Conversation

INFO@WESN.CA | 604-669-5051

SIGN UP STARTS TUESDAY OCTOBER 31



Heritage Harmonies Sing with Mavis and George
Tuesday | 10:30–11:30 am

Barclay Bards Drop in Strum & Sing Circle
Wednesday | 10:30 am–1 pm

Karaoke with Lan Thursday | 12–2 pm

Ukulele Players Thursday | 3–4:30 pm

Men's Shed with Earl Friday | 2–4 pm
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.

GAMES

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

Mahjong Monday | 1:30–4:30 pm

Texas Hold'em Poker Beginners Welcome
Tuesday | 1–3 pm

Scrabble Wednesday | 1–3:30 pm

Golden Guys' Group
Mondays | 3–4:30 pm

Men's Breakfast with John
Monday 20 | 9 am
Denny's, 1098 Davie

Dinner Club with Mauro
Wednesday 22 | 5:30 pm
Capo&Spritz - 350 David

Happy Hour Hoppers with Jackie
Wednesday 29 | 4 pm
Bayside Lounge, 1755 Davie

Sunday Brunch with Liz
Sunday 26 | 11 am
The Sylvia Hotel, 1154 Gilford

Billiards with Richard
Thursday 23 | 3 pm
Commodore, Granville
RSVP at info@wesn.ca | 604-669-5051

Lifelong Learning

INFO@WESN.CA | 604-669-5051
SIGN UP STARTS TUESDAY OCTOBER 31

TED Talks and Discussion with John Russow
Thursday | 10–11:30 am

November 2

- How to be a leader for climate justice
- The tree-growing movement restoring Africa's vital landscapes
- Why change is so scary — and how to unlock its potential

November 9

- How to make sure materials get reused — again and again
- What a living whale is worth — and why the economy should protect nature
- The magic of a creative career

November 16

- Why women should tell the stories of humanity
- Why theater is essential to democracy
- Is the US headed towards another civil war?

November 23

- Can global food companies make the shift to regenerative agriculture?
- The sustainable brilliance of indigenous design
- How targeted ads might just save your life

November 30

- A mysterious design that appears across millennia
- The “adjacent possible” — and how it explains human innovation
- Need a new idea? Start at the edge of what is known
- The puzzle of motivation



Barclay Yarn Artisans Knit or crochet with us
Monday & Wednesday | 10 am–noon

Painting Studio Tuesday | 12:30–4 pm
(No teaching or supplies given)

CREATIVE QUEST 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)
Beginners Monday | 11:15 - 12:30 pm
Intermediate Tuesday | 11:15–12:45 pm
Advanced (FULL) Tuesday | 1:30–3:30 pm

Spanish Conversation with Alicia
Beginners Monday | 11:30–12:30 pm
Conversation Wednesday | 3–4:30 pm
Intermediate Friday | 11–11:45 am

French Conversation Monday | 10–11 am

German Conversation with Brigitte
Wednesday | 1–2:45 pm

MONDAY

10–11 am
French Conversation

10 am–noon
Barclay Yarn Artisans

10 am–4 pm
Wellness with Shirley

11:15 am–12:30 pm
ESL Beginners with Chris

11:30 am–12:30 pm
Spanish Beginners with Alicia

12–2 pm
Community Lunch Gordon House

1–4 pm
Bridge

1:30–2:30 pm
Choose to Move

1:30–4:30 pm
Mahjong

2–3 pm
Tech Help with Ron

3–4:30 pm
Golden Guys' Group

3:30–4:30 pm
Tech Help with Slater

November 6 11:30–12:30pm
Death & Dying Discussion

November 20 9 am
Men's Breakfast at Denny's

TUESDAY

10:30–11:30 am
Heritage Harmonies

11:45 am–12:45 pm
ESL Intermediate with Iraj

11:30 am–12:30 pm
Walking Group

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–noon
Tech Help with Waren

10 am–noon
Barclay Yarn Artisans

10:30 am–1 pm
Barclay Bards Strum & Sing-a-Long

12–1 pm
Tech Help with Ella

1–2:45 pm
German Conversation

1–3:30 pm
Scrabble

3–4:30 pm
Spanish Conversation with Isis

3–5 pm
Tech Help with Ronaldo

November 8 2–3:30 pm
Diwali Celebration

November 22 1–4 pm
Men's Health Month Celebration

November 22 10:30–11:30 am
Coffee with Claudine

November 22 5:30 pm
Dinner Club at Capo&Spritz

November 29 4 pm
Happy Hour at the Bayside



Activities & Events

SIGN UP **TUESDAY OCTOBER 31**

THURSDAY

10 am–4 pm

Wellness with Shirley

10–10:30 am

Nordic Walking Beginners

10–11:30 am

TED Talks and Discussion

10:30–11:30 am

Nordic Walking

11:30 am–12:30 pm

Walking Group

12–2 pm

Karaoke with Lan

3–4:30 pm

Ukulele Players

November 23 3 pm

Billiards with Richard

November 30 2–3:30 pm

Indigenous Reads



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

FRIDAY

10 am–12pm

Tech Help with Stuart

10 am–1 pm

Tech Help with Moe

12 –1 pm

Tech Help with Nitish

11–11:45 am

Spanish Intermediate with Alicia

Noon

Movie Fridays

1:30–3:30 pm

Tech Help with Terry

2–4 pm

Men's Shed

3:45–4:45 pm

Tech Help with Owen

November 3 10 am–1 pm

Strategic Planning Coffee

November 10 noon

Remembrance Day Movie

November 10 1:30–2:30 pm

Curious about Cannabis

November 17 11:30 am–1:30pm

Theatre Playshop with Deborah

SATURDAY

9–10 am

Walking Group

SUNDAY

November 5 10:40am


Trip to Museum of Vancouver

November 26 11 am

Brunch at the Sylvia

Tech Questions?

We offer 20 hours of tech help each week. **Call to book a 1-hour session.** Our coaches volunteer 1–2 hours a shift, sharing a love of tech, enjoying time with older people, helping to build valuable skills. If this appeals to you, call us or go to wesn.ca/volunteer.



Need to copy or print?
 Feel free to use the printer in the computer lab **by donation**. See signs for room bookings.

Only in November

INFO@WESN.CA | 604-669-5051
SIGN UP STARTS TUESDAY OCTOBER 31



Men's Health Month Celebration

Wednesday 22 | 1-4pm

Hi Hostel Vancouver | 1114 Burnaby

As men get older, having friends and staying connected becomes more important than ever. Life can throw curveballs as we age – retirement, losing loved ones, and maybe slowing down physically. That's where friends and good social connections can be an insulating factor against aging.

Working or socializing with friends is not just fun; it can be like a shield against loneliness. It's about sharing stories, having a laugh, and feeling like you belong.

Staying social and making new friends keeps life interesting. Joining groups, clubs, or volunteering (such as with us here at the West End Seniors Network) keeps you on your toes and can provide a sense of purpose. Plus, your health gets a boost – you're more likely to stay active and take care of your health when your friends and peers are cheering you on.

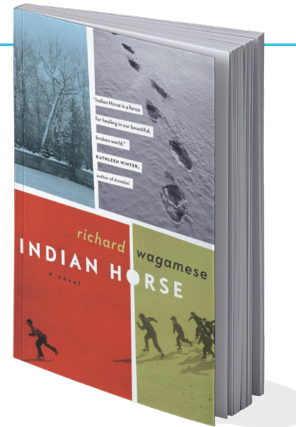
Let's celebrate positive connections and great times on **Wednesday 22 at the HI Hostel Vancouver!** You'll get to play cards, billiards, enjoy a BBQ Hot Dog, and a beer! **Please RSVP by calling us at (604) 669-5051 or email info@wesn.ca**

All ages and genders are welcome!

Curious about Cannabis with Susan Johnston, RN

Friday 10 | 1:30-2:30 pm

Learn how and why cannabis can help with pain, and how to access cannabis for medical purposes.



Indigenous Reads

Book Club with
Mark MacKichan

Thursday 30 |
2-3:30 pm

The book of the month will be
Indian Horse
by **Richard Wagamese**

THE WEST END LIVING LIBRARY (WELL)

November starts with this gripping story:

The Mystery of the Disappearing Gold

WELL is all about storytelling. Register now as a "Reader" (listener) — numbers are limited to 5 people per session!

We have two pilot dates: **Friday 17** and **Friday 24**. Each session will be around 45 minutes, including questions. You can choose a start time of 10am or 11am.

Our first 'Book' on November 17 is Fred Whiting. He will recount a true story from the airline industry where he worked for many years: 'The Mystery of the Disappearing Gold'.

Sign up starts **Wednesday, November 1**.

For more information contact welivinglibrary@gmail.com or call Kay's Place on 604 669 7339

Alley of Lost Friends

Thursday 16 | 1-2:30 pm

Let's discuss aging and friendship. **Robert David Duncan** is currently creating an interactive story and you are invited to work with him in this workshop.



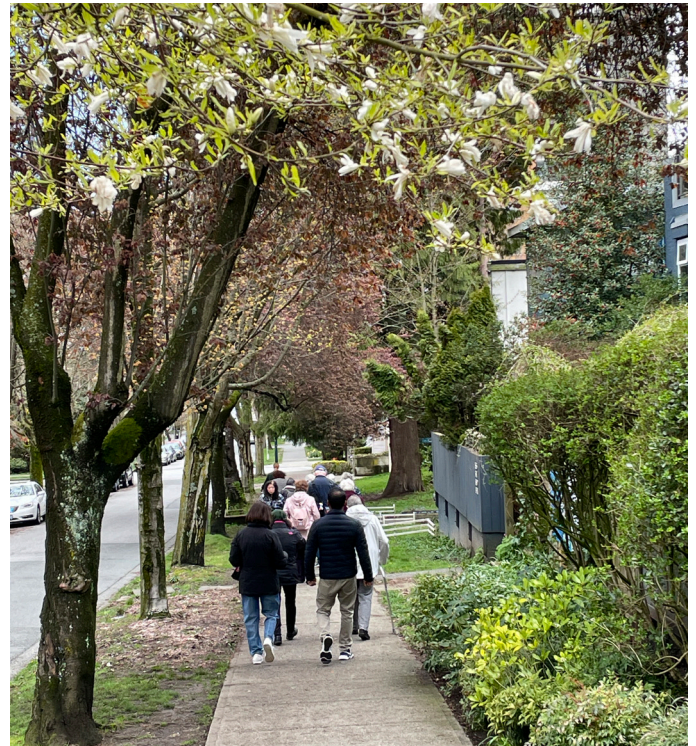
Diwali Celebration

Wednesday 8 | 2-3:30 pm

Join us in honoring Diwali, the Indian festival of lights.

Let's Move!

INFO@WESN.CA | 604-669-5051
SIGN UP STARTS **TUESDAY OCTOBER 31**



CHOOSE TO MOVE

Mondays | 1:30-2:30 pm

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

Monday 6 | 1:30-2:30 pm

Hip and Knee Arthritis with Louise Lydon, Occupational Therapist

Learn how arthritis affects your hip and knee joints and what you can do about it to stay active and reduce pain. Registration required.

Monday 20 | 1:30-2:30 pm

Qi Gong with Christine

Monday 27 | 1:30-2:30 pm

Hand Arthritis with Louise Lydon, Occupational Therapist

In this class you will learn about hand arthritis and practical ways to perform everyday activities without adding extra stress to your joints. Registration required.

Walking Groups with Diane
(Weekend leaders needed!)

Tuesday & Thursday | 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

Thursdays | 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!



**Choose
to Move**

active
aging
society



NOVEMBER OUT TRIP TO MUSEUM OF VANCOUVER

RSVP AT INFO@WESN.CA | 604-669-5051
SUNDAY 5 | 10:40 AM

Museum of Vancouver | 1100 Chestnut Street
Brunch at Juliet's Cafe | 1905 Cornwall Ave

Join Volunteer Jeanette for a self-guided trip to **The Museum of Vancouver**, followed by a casual brunch at **Juliet's Cafe**: located in Vanier Park with a breathtaking English Bay view, the Museum provides an immersive experience, tracing Vancouver's journey from indigenous roots to cosmopolitan present. It's a must-visit, welcoming both locals and tourists with entry by donation. Connect with the City's heritage and ongoing evolution.

NEWS FROM CLAUDINE, EXECUTIVE DIRECTOR

Welcome to November! The rain and the leaves have been falling and there is a chill in the air! If you have not already, pop over to our Clothes and Collectibles for a warm jacket, check the next Barclay Yarn Artisan Sale at the West End Community Centre and pick up one of their lovely knitted items to keep you warm. Proceeds from the sales of the Barclay Yarn items go to support our Seniors In Need fund.

This month we celebrate men's health, an often-overlooked topic. Also known as Movember, November is an opportunity to turn our attention to men's mental health, suicide prevention and men's cancer prevention. Today there are more men over 90 years than ever before. They are at the highest risk of suicide. We also know that 22% of men over 85 live alone. There are a few key things that have been shown to have a positive impact on the overall well-being of men:

- Keep active both physically and mentally,
- Build relationships with your peers
- Ask for help when needed.

Don't struggle on your own! Feel like meeting a few new people? Join the Men's Shed; perhaps learn something new? Give the Ted Talks a try!

And just for fun how about learning the ukulele? On the bright side nearly 20% of the 9200 centenarians living in Canada are men!

Welcome the 2023-2024 Board of Directors. This year we are joined by:

Gary Glacken | Co-Vice President
Maheen Jamaal | Treasurer
Theo Madeley | Secretary
Serena Chu | Director

And continuing their tenure with the Board are:

Dawid Cieloszczyk | Director
David Harvey | Co-Vice President
Sara Johnson | Director
Bonnie Quam | Director

I am so grateful to this brilliant group of people – WESN is well supported into the future. Should you wish to reach out to the board you can contact them anytime at board@wesn.ca



Celebrating Men's Health



VICTORIA DRIVE DENTURE CLINIC

5477 VICTORIA DRIVE (AT 39TH AVE.) - MYDENTURES.CA

WE ARE COMMITTED TO KEEP YOU SMILING!



Are you a denture wearer who:

- ☐ Has loose dentures?
- ☐ Cannot enjoy a meal?
- ☐ Has a sore mouth?
- ☐ Has stopped smiling?
- ☐ All of the above

Need dentures for the first time?

WE CAN HELP YOU!

**CALL FOR A FREE
CONSULTATION**

EUROPEAN QUALITY AT CANADIAN PRICES

TELEPHONE: 604 325 1914

NOW ACCEPTING NEW PATIENTS - NO REFERRAL NEEDED

Community Services

ASK US 604-669-5051 | INFO@WESN.CA

HOME REPAIR | TRANSPORTATION | FRIENDLY CALLING | FRIENDLY VISITING | GROCERIES
HOUSE KEEPING | PEER SUPPORT | SOCIAL PRESCRIBING | INFORMATION AND REFERRAL



Groceries Would you like assistance ordering groceries to be delivered right to your doorstep? WESN is accepting new grocery clients!

Visit our website to apply for **Better at Home services**, email servicescoordinator@wesn.ca, or call **604-669-5051 ex. 2** to speak to our Community Services Coordinator, **Niloofar Hedayati**.



Clothes and Collectibles is thrilled to welcome **Larisa Todorovic** to the team. She brings extensive retail and management experience. Larisa will help us keep up with your generous donations and provide sales and customer service support. Please welcome her when you're next in store.



Community Lunches Monday and Friday

Enjoy a meal and meet people at **Gordon Neighbourhood House**. If you cannot attend in person, frozen meals are delivered on Tuesdays. \$7 members/\$10 others.

604-683-2554 or welcome@gordonhouse.org

Golden Guys' Group Mondays | 3-4:30 pm

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

Death & Dying Monday 6 | 11:30 am-12:30 pm

Informal discussion group: all are welcome to join.

Peer Support (Currently paused)

Our trained volunteers give confidential emotional support, with information and access to community resources. For the West End, many volunteers are gay men offering support to other gay seniors. Visit Kay's Place, contact 604-669-7339 or wesn.ca/services/peer-support.



United Way
British Columbia

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



**Better
at Home**

United Way helping seniors
remain independent.

Plan Your Visit

BARCLAY MANOR 604 669 5051 INFO@WESN.CA

KAY'S PLACE 604-669 7330 **CLOTHES AND COLLECTIBLES** 604 682 0327

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 Operations
Joe Humphries
604-669-5051 x 6 | operationsmanager@wesn.ca

Manager of Community Services
Meeka Marsolais
604-669-5051 x 3 | servicesmanager@wesn.ca

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

Events and Communications Coordinator
Yathu Radhakrishnan
604-669-5051 x 9 | events@wesn.ca

Volunteers Coordinator & Programs Assistant
Miriam Homem de Mello
604-669-5051 x 110 | volunteers@wesn.ca

Close to Home
closetohome@wesn.ca

Choose to Move
choosetomove@wesn.ca

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

Community Services Coordinator
Niloofar Hedayati
604-669-5051 x 2 | servicescoordinator@wesn.ca

Social Prescribing Coordinator
604-669-5051 x 107 | health@wesn.ca

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

On Leave
Jennifer Conroy - Program Manager
Evelyn Boe - Operations Manager

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
Supervisor on call Larisa Todorovic

Kay's Place Denman Mall

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

Manager Susan Paré | susan@wesn.ca
Assistant Rachel Acheson | kpassistant@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



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!



emv:



HANDEL'S MESSIAH

December 8, 2023 @ 7:30pm

The Orpheum

Vancouver Chamber Choir & Pacific Baroque Orchestra
with soprano **Sherezade Panthaki**, alto **Allyson McHardy**,
tenor **Nicholas Scott**, and bass **Jonathon Adams**,
conducted by **Alexander Weimann**

Tickets on Sale Now

earlymusic.bc.ca

vancouverchamberchoir.com

