



WESN
WEST END SENIORS' NETWORK

A NEWSLETTER FOR
AGES 55+

.....
MARCH 2018

WOMEN'S HISTORY MONTH CANADA'S GREAT WOMEN



Far-left: Abolitionist Mary Ann Shadd Cary helped black slaves find freedom in 19th century Canada and she became the first black woman in North America to publish a newspaper.

Centre-left: Lucy Maud Montgomery is most famous for being the creator of "Anne" from Anne of Green Gables and she was one of few women of her time to seek higher education when she enrolled at Dalhousie University in 1895.

Centre: Kenojuak Ashevak, an Inuit artist who pioneered an artistic vocabulary that inspired a generation.

Centre-right: Nellie McClung, the iconic suffragist who helped women in Manitoba win the right to vote provincially in January 1916.

Far-right: Pauline Johnson (Tekahionwake), daughter of a Mohawk chief, is best known for poetry and performances celebrating her Aboriginal heritage; her patriotic writing made her a popular ambassador for Canada.

Information taken from

<http://www.canadashistory.ca/Education/Classroom-Resources/Canada-s-Women-of-History>

Our Vision

A Vancouver community that supports and empowers older adults to live involved, healthy and fulfilling lives.

Our Mission

To enhance the quality of life of older adults by providing social, recreational, educational and supportive programs and services that foster connection and inclusion in the broader community.

BOARD OF DIRECTORS

Joel Oger, President
Troy Iwanik, Vice-President
Andrea Banks, Treasurer
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Marta Filipski, Director
Jane Goodridge, Director

Sara Johnson, Director
Bonnie Quam, Director
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WESN.CA



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WESTENDSENIORS



WESTENDSENIORSNETWORK



WEST END SENIORS'
NETWORK SOCIETY



FAX:
1-877-885-6561



CLOTHESANDCOLLECTIBLES

Barclay Manor

604-669-5051
1447 Barclay Street
Vancouver, BC V6G 1J6
Mon-Fri, 9:00AM - 5:00PM

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Kay's Place

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118 - 1030 Denman Street
Vancouver, BC V6G 2M6
Mon-Fri, 10:00AM - 4:00PM
kaysplaceinfo@wesn.ca

Veronica Page
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veronica@wesn.ca

Karsten Kaemling
Assistant Manager,
Support and Information Services
karsten@wesn.ca

Clothes and Collectibles

604-682-0327
Denman Place Mall
110 - 1030 Denman Street
Tues - Fri, 10:00AM - 6:00PM
Sat, 10:00AM - 5:00PM

Laura Fee
Manager
clothes@wesn.ca

Bonnie Patterson - Assistant Manager
Gordana Smocilac - Assistant Manager
Fran Linnington - Supervisor

STARS
of
VANCOUVER
2017
WINNER!

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Seniors, Sidewalks and Safety

Preventing Bicycle-on-Pedestrian Accidents Public Forum

Date: Tuesday March 27 2018

Time: 10:00AM-12:00PM

Location: West End Community Centre, Bidwell Room

Register: West End Seniors' Network, 604-669-5051

**REGISTER
NOW!**

About the Forum:

West End Seniors' Network will be holding a public forum where local seniors, community organizations and businesses can meet and discuss the issue of sidewalk safety, bicycle safety and seniors fall prevention.

To ensure proper use of time at the forum, we will collect questions, comments and concerns prior to the event. Please send your feedback to safety@wesn.ca or call 604-669-5051.



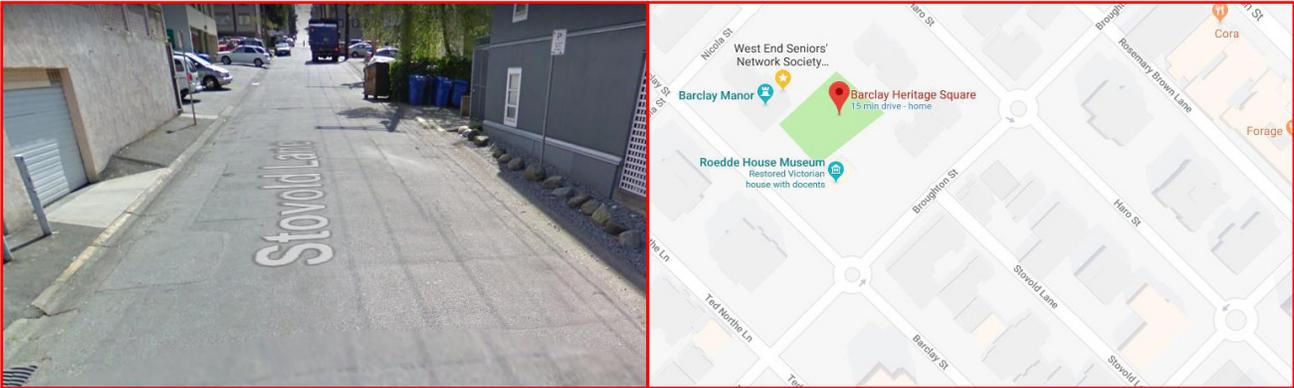
WESN Fun Fact

“Stovold Lane”

between Haro and Barclay Streets



Kathleen “Kay” Stovold (1911-2001) was a community advocate and volunteer for seniors and people with disabilities. In 1979 she co-founded and was president of Barclay Manor, the West End Seniors Network.



Located between Haro and Barclay streets, runs from Smithe to west of Cardero Street and from Denman Street to Lagoon Drive.

Information taken from <http://vancouverisawesome.com/2017/11/30/west-end-laneway-naming-project-vancouver-2017/>



WEST END DOG WALKER

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*Your Community,
Your News, Your Stories*

thewestendjournal.ca

Barclay Manor



Anthony Kupferschmidt

Executive Director

March 8 is International Women's Day. As many of you know, women are living longer on average than men. This fact is only one reason why the dialogue about harassment happening right now around the world is as relevant to older adults as it is to younger populations.

There is an important conversation taking place about assault and harassment through the #MeToo movement that is finally giving these issues the attention they deserve. But as a light is being shone on these issues, it is important that we also shine this light in our own neighbourhood as well.

The topic of sexual harassment came up at a recent WESN All-Staff meeting, and it prompted some excellent discussion. You may be aware that WESN has a Code of Conduct to ensure our spaces are welcoming and supportive environments. Despite this Code of Conduct being posted at our locations, the staff shared examples of demeaning language being used by some of our members, clients and customers.

There is a wide range of language and behaviour that might be perceived as inappropriate. Some of our members, clients or customers may not always be aware that things they say or do may be deemed disrespectful. Even if that is the case, this is not an excuse for any behaviour that makes our locations unwelcoming for anyone in any way. This behaviour will not be tolerated.

We want all of our members, clients, customers, volunteers and staff to feel comfortable in our spaces. We also want all of you to feel comfortable and empowered to point out when someone is making an inappropriate comment or action at any of our locations.

That is why we are undertaking a review of our Code of Conduct in order to strengthen the language it contains so we can better respond to harassment in all its forms. We want to empower our staff and all of you to feel you can point to this Code of Conduct when you hear or see inappropriate language or behaviour.

This dialogue should be ongoing. We look forward to working with all of you to ensure that all three WESN sites are a wonderful place for everyone to be.

WESN is Hiring!

Administrative Assistant - Please watch for this job posting at www.wesn.ca/job-opportunities/

**Join us Wednesday, March 21st at 12:30pm to discuss:
BC's Poverty Reduction Strategy**

What are the issues facing people living in poverty right now?

What are possible solutions addressing these issues to help diminish poverty?

Your input will be used to help to fill in gaps in the current consultation process and inform the development of BC's Poverty Reduction Strategy. A *FREE* catered lunch will be provided and participants' travel expenses will be reimbursed as well.

Please call 604-669-5051 to register.

Barclay Manor



Josh Cook

Manager of Volunteer Services and Community Resources

For my article this month I would like to profile an integral part of our organization: the Clothes and Collectibles Thrift Store. As with all WESN programs, Clothes and Collectibles is supported by an outstanding team of close-knit volunteers who provide West End residents with quality, affordable goods; something which is increasingly important in a community where the cost of living continues to soar. The store also generates a significant amount of funding for WESN and serves as an important point of social connection for a number of regular customers who frequently visit with staff and volunteers.

If you would like to join this amazing group and help support WESN and our community, please get in touch with me at volunteers@wesn.ca or 604-669-5051.

Volunteer Hot Spots

Clothes and Collectibles Thrift Shop – Receive donations and process sales with our fun-loving volunteer team and help raise money for important WESN programs and services.

Newsletter Delivery – Every month WESN volunteers deliver hundreds of copies of our newsletters to locations across the West End. Get some exercise in the fresh air while helping WESN!

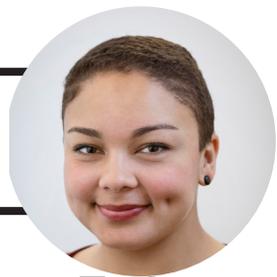
Kay's Place Information and Referral – Volunteers speak with seniors over the phone or in person at our Denman Mall location and provide them with information to help connect them to important resources. This is a position where you can learn about the services available to seniors while making a critical difference for clients who may be dealing with very challenging situations.

Acting Class Teacher – The acting teacher leads a class and collaboratively determines what the focus of the class will be, whether that is putting on a performance, supporting members who are working on individual projects, or just having fun doing different exercises.

Volunteer Driver – Volunteers help support the health and independence of seniors by taking them to and from important medical appointments. Volunteers can use their own vehicles or Modo Coop cars.

INTERESTED IN ANY OF THESE POSITIONS? PLEASE CONTACT THE MANAGER OF VOLUNTEER RESOURCES AND COMMUNITY SERVICES AT VOLUNTEERS@WESN.CA OR 604-669-5051.

Barclay Manor

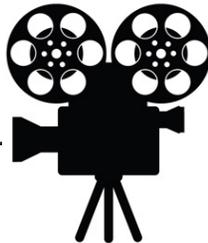


Tasha Lorenzen-Ewing
Manager of Programs

Happy Persian New Year on March 21st!

NEW! Guided Meditation will start on Wednesday, March 21 and will take place at Barclay Manor from 3:30-4:30pm. Isaiah will be the instructor for this Guided Meditation class. Isaiah has been meditating for over 20 years. Find intention for this meditation practice, whether that be peace, calmness or more joy for your life, or something altogether different; you are always free to set your own intention.

Are you interested in being a background extra for a short film project at Barclay Manor on Saturday, March 10 and/or Sunday, March 11? If you are interested in participating in the film production, please contact Genki Ferguson at 604-209-3036. It's going to be a lot of fun, free snacks, a title credit and experience of being on a movie set. You will also be invited to attend the premiere at Barclay Manor once the movie is released.



SUNDAY FUNDAY!

Barclay Manor will be OPEN:

ALL Sundays in March from 9:00am to 4:00pm

- | | |
|-------------------------|--|
| 9:00am-4:00pm | Computer Drop-in |
| 10:00am-12:00pm | Board Games (e.g. Scrabble, Cribbage) |
| 10:00am - 2:00PM | <i>Free Tax Clinic (for low-income). Drop-in.</i> |
| 1:30pm - 3:00pm | Keeping Connected Social Club will take place on March 11th. Please call 604-669-5051 to register. |
| 1:30pm | <u>Movies:</u>
March 4 - Suffragette (2015); rated - PG-13, 1h 46m
March 11 - No movie. Filming project at Barclay Manor.
March 18 - Milada (2017); rated - TV-MA, 2h 3m
March 25 - Belle (2013); rated - PG, 1h 43m |
| 1:30pm-3:30pm | Knitting Social Club. Drop-in. No Knitting Social Club on March 11. |

**Barclay Manor is open for social programming only. No other services will be available.*

***Barclay Manor will not be open every weekend. Please refer to the date listed above.*

Kay's Place



Veronica Page & Karsten Kaemling
Support and Information Services, Kay's Place

Phone Fraud – Scam JUST HANG UP!

There are many scams which affect the seniors in our community every day. Usually the scam will be made through a phone call or over the internet and sometimes through personal contact as well.

While many seniors fear physical attacks, the criminal group that seems to target us the most is the con artist and the scammer. It may sound simple to turn down their offers, but the people talking to you will be extremely charming and convincing. Remember they are out to sell you something or to gather your personal information, so it is up to you to be aware and to guard against being taken advantage of.

The following are some of the more popular phone fraud scams: advance lottery payment; bank examiner; credit card verification; secret shopper; grandparent scam; and the CRA scam.

Always report any scam that has affected you directly to the Vancouver Police who also offer much information on their web site to assist you in reporting any scam that you are exposed to. Please go to the following web site to learn more: <http://vancouver.ca/police/index.html>

Other agencies which have a role in aiding seniors to deal with abuse and fraud issues include: The Canadian Anti-Fraud Centre (CAFC), the central agency in Canada that collects information and criminal intelligence on such matters as mass marketing fraud (e.g., telemarketing), advance fee fraud (e.g., West African letters), Internet fraud and identification theft complaints.

The Government of Canada web site: www.antifraudcentre-centreantifraude.ca offers much information and clearly advises us to protect ourselves at all times from fraudsters, pointing out that legitimate telemarketers have nothing to hide. Always be careful about providing confidential personal information, especially banking or credit card details, unless you are certain the company is legitimate. And, if you have doubts about a caller, your best defense is to simply hang up. It's not rude – it's smart.

If you're in doubt, it's wise to ask the advice of a close friend or relative, or even your banker. Rely on people you can trust. Remember, you can Stop Phone Fraud - Just Hang Up!

You will also find that the Seniors First BC, Seniors Abuse & Information Line (SAIL) 604-437-1940 can be helpful. SAIL is an excellent resource for seniors to receive information about abuse, whether financial or physical abuse prevention. If you have been affected by crime and require information about the criminal justice system, or referral to other agencies call: 1-800-563-0808 or visit www.victimlinkbc.ca/.

The BC Securities Commission has a Fraud Aware Program which assists with investment fraud and can be reached on 604-899-6854 or visit www.InvestRight.org.

Clothes & Collectibles



Laura Fee

Manager of Clothes & Collectibles

Thursday, March 8 is International Women's Day, an annual celebration of the contributions women have made, and continue to make, to society through their commitment to career, family, and community, and their achievements throughout history and across nations. The volunteers and staff at our little store add up to 22 women strong and come from such varied backgrounds that I don't have room to mention them all in print. Here are a few highlights:

Did you know we have a former nurse with the Royal Flying Doctor in Australia in our midst? A B.C. teacher who also volunteered in hospice care and in schools for girls in Kenya? Also a dancer and a recreational therapist? A hobby farmer? A legal secretary? An expert who can offer advice in decorating your home with furniture, and floor and window coverings? Also an administrative assistant? An admitting clerk in the most violent (per capita) ER in Canada? Or someone who documented infectious diseases in a children's hospital?

And now, here we are – hardworking, dedicated staff and volunteers at a small but successful thrift store supporting seniors in our own community. I'm sure we'd get even more variety and many interesting career stories if we asked our female customers about the roles they've held and the responsibilities they've had.

And don't think we don't appreciate our men volunteers. A smaller group for sure, but just as vital.

Ask any organization. It's about the people.

seniors first BC

Seniors First BC offers a free elder law clinic in cooperation with the West End Seniors' Network at Kay's Place in Denman Place Mall (118-1030 Denman Street).

A lawyer from Seniors First BC will be there to answer questions on elder law issues such as:

- Wills and estates (including will variation claims)
- Drafting of representation agreements, powers of attorney, and advance directives
- Small Claims Court
- Complaints against professionals, service providers, government agencies, etc.
- Elder abuse including financial exploitation (unpaid family loans, misuse of power of attorney, joint accounts, etc.)

NOTE: Seniors First BC lawyers are unable to advise with respect to real estate conveyancing, family law or criminal law matters.

The next elder law clinic is offered on Tuesday, March 20 from 11:00am to 2:00pm. Half-hour appointments are available. Please call Maggie at Seniors First BC at 604-336-5653 to book an appointment.

2018 Tax Clinics (local)

(1) West End Seniors' Network at Barclay Manor - 1447 Barclay Street

When: Sundays in March and April (9 total) from 10:00AM - 2:00PM

How: Drop-in. 604-669-5051

(2) Gordon Neighbourhood House - 1019 Broughton Street

When: Appointments will begin mid-February

How: Please call 604-683-2554 for more information



(3) 411 Seniors Centre Society - 704-333 Terminal Avenue

When: March and April, Monday- Friday from 9:00AM - 1:30PM

How: Drop-in. 604-684-8171 (outreach and year-round services available)

(4) St. Paul's Anglican Church Advocacy Office - 1130 Jervis Street

When: Mondays from 9:30AM - 12:30PM

How: Drop-in. 604-683-4287

Modest income

To determine if an individual is eligible for help, use the suggested income levels shown in the following table as a guideline. You can modify the suggested family income based on the local economic environment, the population you serve, and your resources.

Chart: suggested income level

Family size	Total family income
1 person	\$30,000
2 persons	\$40,000
3 persons	\$42,500
4 persons	\$45,000
5 persons	\$47,500
more than 5 persons	\$47,500 plus \$2,500 for each additional person

Info to know...

NIDUS - Personal Planning Resource Centre and Registry - offers private 1-to-1 appointments for seniors on Friday afternoons at the South Granville Seniors Centre (1420 W 12th Ave) from 1:00-3:30pm to assist with personal planning and Representation Agreements.

Call (604) 732-0812 to make an appointment.

Friday Movies

1:30PM • Admission by donation • Includes popcorn • Barclay Manor

March

2

Wild (2014)

Reese Witherspoon, Laura Dern, Thomas Sadoski,
Keene McRae and Michiel Huisman

Still reeling from her mother's death, a recently divorced woman decides to hike alone along the Pacific Crest Trail with no previous experience. She's at the end of her rope - and the beginning of her journey. And this time, there's no easy way out. (1h 55m - rated R)

March

9

Miss Meadows (2014)

Katie Holmes, James Badge Dale, Callan Mulvey, Jean Smart
and Tyler Corbet

A prim new teacher's old-fashioned values inspire her small-town students, who don't know her favourite hobby, delivering lethal vigilante justice. (1h 27m - rated 14A)



March

16

A Walk in the Woods (2015)

Robert Redford, Nick Nolte, Kristen Schaal, Nick Offerman
and Mary Steenburgen

A travel writer decides to hike the Appalachian Trail and enlists his long-estranged best friend, a wisecracking recovering alcoholic, to tag along. They haven't seen each other in decades. A 2000-mile hike is about to remind them why they lost touch. (1h 44m - rated R)

March

23

Wakefield (2014)

Bryan Cranston, Jennifer Garner, Jason O'Mara,
Beverly D'Angelo and Ian Anthony Dale

An unhappy father and lawyer is having his midlife crisis uncomfortably close to home. He quits his suburban life and vanishes into the attic above his garage, where he watches his family move on without him. (1h 48m - rated R)

Please note: Films shown at Barclay Manor may contain scenes that are offensive to some viewers.

Please view at your own discretion.

Program Notes

CLOSURES FOR ALL WESN SITES:

All WESN sites will be closed on Friday, March 30 for Good Friday.

Monday

TIME / DATE	PROGRAM	INFO
9:00AM - 4:30PM	Computer Drop-in	Free • Drop-in
9:30AM - 10:00AM	French Conversation Circle (Beginners)	Free • Drop-in
10:00AM - 11:00AM	French Conversation Circle (Intermediate)	Free • Drop-in
10:00AM - 11:00AM	Moving Meditation	Free
	Very simple and repetitive movements	Registration required
10:00AM - 12:00PM	Cell Phone Appointments with Tenglai (30min)	Free Registration required
12:00PM - 2:00PM	Computer Drop-in with Tutor Marcel	Free • Drop-in
March 12 1:30PM	Foreign Film	By donation • Drop-in P.15
March 19	Birthday Celebration	Free • P.15
2:00PM - 3:00PM		Registration required
March 26 1:30PM	Documentary	By donation • Drop-in P.15

Tuesday

TIME / DATE	PROGRAM	INFO
9:00AM - 1:00PM	Computer Drop-in	Free • Drop-in
9:15AM - 11:00AM	“Not Quite” Beginners’ Bridge Group	Free • Drop-in
10:00AM - 12:00PM	Crochet and Knitting Social Club	Free • Drop-in
10:30AM - 11:30AM	Heritage Harmonies Choir	Free • Drop-in
11:00AM - 1:00PM	Computer Drop-in with Tutor Shelly	Free • Drop-in
11:00AM - 4:00PM	Reflexology, Facials, Reiki and Chair Massage with Shirley	\$22 for 30 minutes Registration required
12:30PM - 3:00PM	Painting Studio	Free Registration required
1:00PM - 3:00PM	Texas Hold'em Poker	Free • Drop-in
1:00PM - 3:30PM	Cinema Classics (P.14)	By donation • Drop-in
1:30PM - 3:30PM	ESL Class for Beginners with Cynthia	Free • Drop-in

All programs are at Barclay Manor unless otherwise indicated.

Please note where registration is required. Register at [604-669-5051](tel:604-669-5051).

Wednesday

TIME / DATE	PROGRAM	INFO
9:00AM - 4:30PM	Computer Drop-in	Free • Drop-in
March 21:	Computer Lab booked 10AM-11:30AM for Tech Talk on Instant Messaging (P.19)	
March 21 9:00AM	Men's Breakfast Club: Denny's (1098 Davie Street)	Drop-in • First time is free P. 16
10:00AM - 12:00PM	Computer, Tablet and Cell Phone with Tutor Alan - March 21: Tech Talk on Instant Messaging from 10AM-11:30AM	Free • Drop-in • P. 19
11:00AM - 12:00PM	Nature Show Series	By donation • Drop-in
11:00AM - 1:00PM	Acting Class	Free • Registration required
12:00PM - 2:00PM	Cell Phone Appointments with Sera (30min)	Free 1-to-1 sessions Registration required
1:00PM - 3:00PM	NEW Computer Coach Appointments with Ronda (1 hour)	Free 1-to-1 sessions Registration required
Start date: March 14 March 7 1:30PM	Paired living: WESN + Empty Nests	Free • P. 18 Registration required
March 14 1:30PM	Cash Flow Planning and Debt Management	Free • P. 16 Registration required
March 21 12:30PM	BC's Poverty Reduction Strategy: Group Discussion (free lunch included)	Free • P. 5 Registration required
March 28 1:30PM	Death Cafe	Free • P. 16 Registration required
1:30PM - 3:00PM	Qmunity GenYoga	Free • Drop-in
2:30PM - 4:00PM	Spanish Conversation with Carlos	Free • Registration required
3:00PM - 5:00PM	Computer Coach Appointments with Damoon (1 hour)	Free 1-to-1 sessions Registration required
3:15PM - 4:45PM	Ballroom Dance Class for Beginners	Free • Registration required
3:30PM - 4:30PM	NEW! Guided Meditation Start date: March 21	Free Registration required
March 21 5:30PM	Dinner Club: Legendary Noodle 1074 Denman St	Registration required P. 16

Thursday

TIME / DATE	PROGRAM	INFO
9:00AM - 4:30PM	Computer Drop-in	Free • Drop-in
10:00AM - 11:30AM	TED Talks and Discussion	By donation • Drop-in • P. 17
1:00PM - 2:30PM	Intermediate ESL Class (Cynthia)	Free • Drop-in
March 8 1:30PM	BC CRN: It's Not Right! Ageism and Senior Abuse	Free • P. 17 Registration required
March 15 (1:30-2:30PM)	St. Patrick's Day Dessert Social	\$4 • P. 21 • Registration
March 22 1:30PM	Introduction to Advanced Care Planning	Free • P. 17 Registration required
March 29 1:30PM	OPT: Sexual Education Workshop	Free • P. 17 Registration required
3:00PM - 4:30PM	Beginners Ukulele Practice Group	Free • Drop-in

Program Notes (Con't)

Friday

TIME / DATE	PROGRAM	INFO
9:00AM - 4:30PM	Computer Drop-in	Free • Drop-in
9:30AM - 11:00AM	French Conversation Circle (Intermediate)	Free • Drop-in
10:00AM - 12:00PM	Happy Hookers Craft Group and Sales	Free • Drop-in
March 9 & 23	Manicures and Pedicures with Heather	\$15/\$18 • \$5 for polish Registration required
10:00AM - 4:00PM	Spanish Conversation for Beginners	Free
		Registration required
12:00PM - 2:00PM	Computer Coach Appointments with Sera (1 hour)	Free 1-to-1 sessions Registration required
1:00PM - 3:30PM	Scrabble	By donation • Drop-in
1:30PM	Friday Movie Club	By donation • P. 11 Drop-in
2:30PM - 4:30PM	Computer Coach Appointments with Mustafa (1 hour)	Free 1-to-1 sessions Registration required

Saturday

TIME / DATE	PROGRAM	INFO
11:45AM	Women's Brunch Club: The Park at The Sands Hotel (1755 Davie Street)	Drop-in • Diner pays

Sunday

TIME / DATE	PROGRAM	INFO
All Sundays in March	Sunday Funday at Barclay Manor	See P.7 & 10 for details
9:00AM - 4:00PM	and Tax Clinic	



March 6: The Bandwagon, 1953

Vincente Minnelli directs Fred Astaire and Cyd Charisse in this musical comedy. Astaire stars as Tony Hunter, an aging star mounting a comeback on Broadway, but his eccentric director and diva costar are dooming the show before it even opens. *1hr 52min*

March 13: Gambit, 1966

An English cat burglar needs a Eurasian dancer's help to pull off the perfect heist, but even the most foolproof schemes have a way of backfiring. Starring Shirley MacLaine and Michael Caine. *1hr 49 min.*

March 20: His Girl Friday, 1940

A newspaper editor (Cary Grant) uses every trick in the book to keep his ace reporter ex-wife (Rosalind Russell) from remarrying. Directed by Howard Hawkes. *1hr 32min*

March 27: Town Without Pity, 1961

In 1960s Germany, four American soldiers face death after the assault of a local girl, and are defended by outside counsel Major Steve Garrett (Kurt Douglas). *1hr 45 min*

Monday Events

March

12

Queen of Katwe (2016)

Foreign Film • 1:30pm • By Donation • Drop-in

Bolstered by a devoted mentor, 9-year-old Ugandan girl Phiona Mutesi takes aim at becoming a chess champion in this drama based on a true story. (2h 4m - PG)

Cast: Madina Nalwanga, David Oyelowo, Lupita Nyong'o, Martin Kabanza and Taryn Kyaze

March

26

Amanda Knox

Documentary • 1:30pm • By Donation • Drop-in

She was twice convicted and the highest court in Italy acquitted her but a rabid public vilified her. What really happened remains a mystery...Amanda Knox and the people closest to her case speak out in this illuminating documentary. (1h 32m - TV-MA)

***Films shown at Barclay Manor may contain scenes that are offensive to some viewers.
Please view at your own discretion.**

ARE YOU A MEMBER AND IS YOUR BIRTHDAY IN MARCH?
YOU ARE CORDIALLY INVITED TO
THE WEST END SENIORS' NETWORK

March Birthday Celebration



*Monday
March 19
2:00PM-3:00PM
for cake, tea & entertainment*



PLEASE RSVP BY: MARCH 16

604-669-5051

+1 GUEST *FREE!*

Printing schedule:

Barclay Manor will provide photocopying/scanning to members on Mondays, Wednesdays and Fridays 3:00PM-4:00PM. Prices posted at Barclay Manor.

Computer Tutors vs Coaches:

Computer **tutors** are available to assist with small questions on a drop-in basis while serving the entire computer lab. Computer **coaches** are available to book 1-to-1 appointments for a one-hour private lesson.

Wednesday Events

Wed, Mar

21

Men's Breakfast Club

Denny's (1098 Davie Street)
9:00AM • Diner pays • Drop-in

This month, meet Joel, WESN's Board President, who will talk about his role as the Board President and give some insight on WESN's vision. Come join your brethren for a social breakfast and ask some questions. WESN will cover the cost of breakfast for first timers!

Wed, Mar

21

Dinner Club

Legendary Noodle (1074 Denman St)
5:30PM • Diner pays • Registration required

Join your fellow WESN members for a delicious dinner. Enjoy delicious handmade noodles, soups & tea and take in the traditional Chinese decor.

Wed, Mar

14

Cash Flow Planning and Debt Management

1:30PM • Free • Registration required

In this presentation traditional spending and debt management behavior will be turned on it's head. You will leave with an action plan to help save money without having to budget and track every dollar you spend so you can get more out of the money you already have and/or make.

Wed, Mar

21

BC's Poverty Reduction Strategy: Discussion Group

12:30PM • Free • Lunch Provided
Registration required • P. 5 for details

Wed, Mar

28

Death Cafe

1:30PM • Free • Registration required

At a Death Cafe people, often strangers, gather to eat cake, drink tea and discuss death. The objective will be 'to increase awareness of death with a view to helping people make the most of their (finite) lives'. A Death Cafe is a group-directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counseling session. The facilitator, Randy Keats is a Certified Life-Cycle Celebrant™ and member of WESN.

**All programs are at Barclay Manor unless otherwise indicated.
Please note where registration is required. Register at 604-669-5051.**

Thursday Events

Thurs, Mar

1, 8, 15, 22, 29

TED Talks and Discussion

10:00AM - 11:30AM • Free • Drop-in (max 12)

- March 1
1. Future tech will give you the benefits of city life anywhere (Julio Gil)
 2. Inside the mind of a master procrastinator (Tim Urban)
 3. You have no idea where camels really come from (Latif Nasser)
- March 8
1. The world's most boring television and why it's hilarious addictive (Thomas Hellum)
 2. The Chinese zodiac, explained (ShaoLan)
 3. How to spot a liar (Pamela Meyer)
- March 15
1. How to stay calm when you know you'll be stressed (Daniel Levitin)
 2. Your elusive creative genius (Elizabeth Gilbert)
 3. The orchestra in my mouth (Tom Thum)
- March 22
1. Innovating to zero! (Bill Gates)
 2. What a driverless world could look like (Wanis Kabbaj)
 3. Watch me play ... the audience (Bobby McFerrin)
- March 29
1. Questions no one knows the answer to (Chris Anderson)
 2. Get ready for hybrid thinking (Ray Kurzweil)
 3. Lies, damned lies and statistics (about TED talks) (Sebastian Wernicke)

Thurs, Mar

8

BC CRN: It's Not Right

1:30PM • Free • Registration Required

During presentation you will talk about ageism, the signs and risk factors of senior abuse, and keeping each other safe. This program is for anyone in the community who wants to learn more about adult abuse and neglect, and the small, practical steps one can take to help.

Thurs, Mar

22

Intro. to Advanced Care Planning

1:30PM • P. 18 • Registration Required

Past attendee: "I didn't think I would get much out of it but oh my goodness she [Connie] was so good and made everything understandable". Learn how to plan ahead to protect your rights and wishes. You will learn about the umbrella of Advance Care documents. The facilitator, Connie Jorsvik, was an RN for 25 years and holds her certificate in Advance Care Planning.

Thurs, Mar

29

OPT: Sexual Education Workshop

1:30PM • Free • Registration Required

Sexual expression is an important part of who we are, at any age. Let's lift some of the silence about sexuality and spend time increasing comfort, knowledge, and pleasure in our lives! Join sexual health educator Kristen Gilbert for support and info about senior sexuality, in all its many forms.



Interested in sharing your home? Open to a roommate of a different age? Share your ideas!

Empty Nests is an initiative to pair older individuals (55+) who have an empty room in their household with youth (30 and under) in Vancouver as roommates, for affordable rent and social engagement.

Empty Nests, with the support of West End Seniors' Network, is holding a community focus group to discuss homesharing with elders in Vancouver to gain input on how to design our program.

If you are 55+, live in Vancouver and are interested in the idea of sharing your home and living with someone of a different generation, we want your input!

Join us for a focus group. Food and refreshments will be provided.

Details

Date: Wednesday, March 7th
Time: 1:30 to 3:30 pm
Location: Barclay Manor (1447 Barclay St)

Registration

Please confirm your attendance via phone or email at:
Phone: 604-669-5051
Email: info@emptynestsvancouver.com

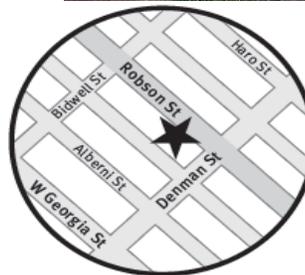
PHARMASAVE®

Pharmasave West End where it's **Seniors' Day,** **every day!**

Seniors' SAVE 20% Every Day!

*Seniors' save 20% off front store purchase.
See store for details.

- FREE Prescription Delivery
- Easy Prescription Transfers By Phone
- FREE Medication Blister Packaging
- Independently Owned & Operated



Pharmasave West End
1747 Robson St, Vancouver
604-669-6927

**Across from Safeway
**Conveniently located beside
West End Medical Clinic*

Monday-Friday: 9:30am-7:00pm
Saturdays: 10am-5pm
Sundays: 12pm-5pm
Closed holidays

Upcoming Events

Tech Talk by Computer Tutor Alan: PROS AND CONS OF USING INSTANT MESSAGING

Where: Barclay Manor - 1447 Barclay St

When: Wednesday, March 21
from 10:00AM-11:30AM

How: Registration required.
Please call 604-669-5051.



Topics covered during the talk:

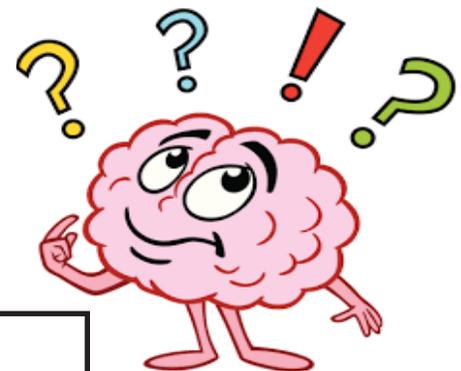
- What is SMS and MMS
- What types of messaging “apps” are available and their features.
- What security protocols are applied in these “apps”.
- The above three topics should suffice for the related subject, and of course there will be Q&A.
- Take away materials will be provided



Power of Attorney: What you need to know!

Topics that will be covered:

- **What is the role of the Power of Attorney (POA)?**
- **Things to consider when appointing your POA**
- **Powers to be granted; limited or general?**
- **Other considerations to protect your assets**
- **Common errors that are made**



When: Wednesday, April 11 @ 1:30pm

Where: Barclay Manor - 1447 Barclay Street

How: Please call 604-669-5051 to register

The presentation will be given by a professional who specializes in Estate Planning and is a Registered Retirement Consultant.

Community Events/Programs

Christ Church Cathedral (690 Burrard St) *Maundy Cafe* (food programs in the Park Room):

Mondays: 9:00am-11:00am Brunch
Tuesdays 11:00am-12:30pm Light Lunch
Wednesdays: 11:00am-12:30pm Full Hot Lunch
Thursdays: 5:30pm-7:00pm Full Hot Dinner
Fridays 11:00am-12:30pm Light Lunch

*All meals are Free
Pay What You Can*



Roedde House Museum Classical Series
presents



Sounds of Green

Concerts in the Parlour

Chris McMullan,
Uilleann pipes and low whistle

Albertina Chan,
harp

March 11th, 2018

4PM | \$15/\$12

Children Welcome

Arrive Early for

Tea & Tour

1415 Barclay Street
Vancouver, BC
info@roeddehouse.org
roeddehouse.org

Reservations
Recommended
Limited Seating
Purchase Tickets at:

BROWN PAPER TICKETS



Dance Centre Workshop Series III @ Barclay Manor on Thursdays from 2:00-3:15PM

March 1 & 8: Ballet for Beginners

Teacher: Linda Arkelian

Description: Learn ballet basics in a fun and creative atmosphere to dynamic contemporary music. Ballet is a great way to get fit, improve flexibility, strength and coordination. This class promotes musicality and memory, and encourages self-expression.

March 15 & 22: Hawaiian Hula Dance

Teacher: Yoshi Yamamoto & Guest

Description: Participants will learn various hula steps and different hand gestures to pair with the steps to traditional Hawaiian music. Feel free to wear a skirt if you have one or bring a flower accessory. Have fun and imagine you are in the warm tropical landscape of Hawaii!

West End Community Centre Association (WECCA)

The following programs take place at *BARCLAY MANOR – 1447 Barclay Street*

Registration is required and taken at the West End Community Centre - 604-257-8333

Date	Time	Program
Mondays Jan 8 – Mar 26	11:00AM - 12:00PM	Senior Ladies Yoga
Mondays Jan 8 – Mar 26	1:00PM - 4:00PM	Bridge
Tuesdays Jan 2 – Mar 27	3:00PM - 5:00PM	Legal Advice appt: 604-878-7400
Tuesdays Jan 2 – Mar 27	7:00PM - 9:00PM	Vancouver Speakers and Leaders
Tuesdays Jan 16 – Mar 6	1:00PM - 4:00PM	Dancing in Colours
Wednesdays Jan 10 – Mar 28	6:30PM - 9:00PM	Puti Meditation
Wednesdays Jan 3 – Mar 28	7:00PM - 9:30PM	West End Writers Club
Thursdays Jan 11 – Mar 15	9:15AM - 11:15AM	Acrylic Painting
Thursdays Jan 11 – Mar 15	11:15AM - 1:15PM	Watercolour Painting
Thursdays Jan 18, Feb 15 & Mar 15	7:00PM - 9:00PM	'Try it Out' Open Mic
Fridays Jan 5 – Mar 23	11:00AM - 12:00PM	Senior Ladies Yoga

West End Community Centre Association (WECCA)

The following programs take place at the *WEST END COMMUNITY CENTRE – 870 Denman Street*

Registration is required and taken at the West End Community Centre - 604-257-8333

Date	Time	Program
Mondays Jan 8 – Mar 26	1:30PM – 2:30PM	Arthritis Fit
Mondays Jan 8 – Mar 26	11:00AM – 12:00PM	FitWorks! for Parkinson's
Tuesdays Jan 2 – Mar 27	9:10AM – 10:30AM	Yoga Over 50
Tuesdays Feb 20 – Mar 27	10:00AM – 11:30AM	Minds in Motion
Wednesdays Jan 10 – Mar 28	8:50AM – 9:50AM	Osteofitness Level I
Wednesdays Jan 10 – Mar 28	9:50AM – 10:50AM	OsteoPro
Wednesdays Jan 3 – Mar 28	12:15PM – 1:15PM	FitWorks! for Parkinson's
Wednesdays Jan 10 – Mar 28	1:00PM – 3:00PM	Be Well for 55+
Wednesday March 21	7:05AM – 7:45PM	Out-Trip: Springtime in Victoria
Wednesdays Jan 17 – Mar 21	3:00PM – 4:30PM	Adapted Yoga for MS
Thursdays Feb 22 – Mar 29	1:00PM – 3:00PM	Personal Computer Essentials (free)
Thurs Jan 11, Feb 8 & Mar 8	1:30PM – 3:30PM	Alzheimer Caregivers Support Group
Fridays Jan 19 – Mar 23	11:00AM – 12:00PM	Qigong for Arthritis
Fridays Jan 5 – Mar 23	1:00PM – 3:00PM	Cribbage
Mondays, Wednesdays & Fridays	Times vary depending on the day	SteadyFeet

St. Patrick's Day Dessert Social

Join us for tea or coffee, a delicious dessert and enjoy some live entertainment at this year's St. Patrick's Day Dessert Social!

This event is presented in partnership with WECCA and WESN.

When: Thursday, March 15 from 1:30-2:30pm

Where: Barclay Manor - 1447 Barclay Street

How: Register by calling 604-257-8333



You can pay online, by phone with credit card by calling 604-257-8333 or in person at the West End Community Centre. Paying Online? Go to <http://westendcc.ca> and click on the program guide on the right. Click on the program number on any program in the WECC guide and it will direct you to the registration site.

Please make cheque payable to West End Seniors' Network.
Submit completed form and payment to 1447 Barclay Street,
Vancouver, BC, V6G 1J6.

Today's Date:

MM	DD	YYYY

I am a first time member:

Yes No

I would like information about volunteer opportunities:

Yes No

Payment

Annual Membership Fee \$ 10.00
 Add: Newsletter Postage Fee \$22.00
 Add: Donation to WESN \$ _____
Total \$ _____
 Cash Cheque

Tax receipts issued for donations \$10.00 and over.
Charitable Business Number: 119292845RR0001

First Name:		Last Name:		
Address:		City:	Prov.:	Postal Code:
Date of Birth (MM/DD/YYYY):		Gender:		
Phone Number:		<input type="checkbox"/> Home	<input type="checkbox"/> Cell	<input type="checkbox"/> Work
E-mail:		<input type="checkbox"/> Yes, please send me e-mail updates.		
Emergency Contact Name:		Emergency Contact Phone:		
		<input type="checkbox"/> Home	<input type="checkbox"/> Cell	<input type="checkbox"/> Work

Photo Consent: I consent to WESN taking and using photographs of me in print, online, or video materials, with or without my name, for any lawful purposes. Yes No

WESN will not disclose my information without my consent and will not rent, sell or trade their mailing list.

For Office Use Only

Membership Card Issued: Cheque #: Receipt #: Location: BM KP C&C
 Member #: Data Entered By (initial): Revenue Control (initial): Revenue Control Sheet #:

Optional This section will be removed and used only for statistical purposes.
Your answers will remain anonymous and will not be attached to your name or other identifying information.

I identify with the following ethno-cultural group(s):

My marital status is:

Single Married / Common-Law Widowed Divorced / Separated

My current housing arrangement is:

Rent Own Subsidized Other: _____

I identify as (please select all that apply):

Heterosexual Gay / Lesbian Bisexual Transgender

My individual annual income is:

Up to \$17,688 \$17,689 - \$25,000 \$25,001 - \$38,400 Over \$38,400

Memberships and Donations

Membership

If you aren't already a member of the West End Seniors' Network, please consider joining! The cost of membership is \$10.00 / year (October through September).

To become a member or renew your membership, please complete the form on the following page and mail it with your cheque (payable to the West End Seniors' Network) to the address below.

Some of the benefits of being a member of the West End Seniors' Network include:

- Social events, programs, workshops and drop-in activities.
- Access to the secure, friendly and respectful social environments at Barclay Manor and Kay's Place.
- Monthly newsletter and regular updates on events and activities in the West End.
- Free access to the computer lab and WiFi at Barclay Manor.
- Access to the photocopier at Barclay Manor (fees apply).
- Information and referral counselling.
- Senior peer support.
- Access to a variety of services that support older adults to live well in the West End (fees may apply).
- A discount of 25% on non-sale items from the Clothes and Collectibles Thrift Store (minimum purchase of \$3.00 required).
- Volunteer opportunities.

Donations

Your donations help us to achieve our mission to improve the quality of life of adults 55 years of age and older by providing social, educational and recreational programs and services that foster connection and inclusion in the broader community.

All donations of \$10.00 or more are eligible for a tax receipt (Charitable Tax # 119292845RR0001).

Please visit us at www.wesn.ca to make a secure donation by credit card, or send a cheque (payable to West End Seniors' Network) to the following address:

West End Seniors' Network
1447 Barclay Street
Vancouver, BC
V6G 1J6

Thank you very much in advance for your generous donation.



From left to right: Nicholas Young (Cash Manager, Shoppers Drug Mart), Anthony Kupferschmidt (West End Seniors' Network) and Cheryl Martin (Cashier, Shoppers Drug Mart).

The Shoppers Drug Mart annual LOVE. YOU. "Growing Women's Health" in-store fundraising campaign gives its customers and employees the opportunity to donate directly to organizations that make a difference to women's health in their own communities.

This past year, the "Growing Women's Health" campaign through the Shoppers Drug Mart in the Denman Place Mall raised \$1,958 to support the services available to older adult women through the West End Seniors' Network at Kay's Place.

Over the past six years, Shopper's Drug Mart has raised more than \$13,000 to support the work of the West End Seniors' Network.

Thanks to the generosity of local business owners like Jennifer Kim, the dedicated staff team at the Shopper's Drug Mart in the Denman Place Mall, and customers like you, we are able to continue supporting older adults in our community.

Visit www.shoppersloveyou.ca to learn more about Shoppers LOVE. YOU.

