



**WESN**  
WEST END SENIORS' NETWORK

A NEWSLETTER FOR  
OLDER ADULTS 55+

.....  
MAY 2018

**MAY 7<sup>th</sup> to 13<sup>th</sup>**



**MENTAL HEALTH WEEK**



## 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  
**Andrea Banks**, Treasurer  
**Abudi Awaysheh**, Secretary  
**Marta Filipski**, Director  
**Jane Goodridge**, Director

**Sara Johnson**, Director  
**Michael McCarthy**, Director  
**Bonnie Quam**, Director  
**Kathi Thompson**, Director

board@wesn.ca

## CONTACT INFO



WESN.CA



INFO@WESN.CA



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

### **Anthony Kupferschmidt** Executive Director

executivedirector@wesn.ca  
Office Hrs: Mon, 10:00AM - 12:00PM

### **Tasha Lorenzen-Ewing** Manager of Programs programs@wesn.ca

**Josh Cook**  
Manager of Volunteer Resources  
and Community Services  
volunteers@wesn.ca

**Ming Chen**  
Better at Home Coordinator  
betterathome@wesn.ca

**Mhairi Campbell**  
Moving Toward Health Coordinator  
health@wesn.ca

**Vacant**  
Administrative Assistant  
admin@wesn.ca

### Kay's Place

604-669-7339  
Denman Place Mall  
118 - 1030 Denman Street  
Vancouver, BC V6G 2M6  
Mon-Fri, 10:00AM - 4:00PM  
kaysplaceinfo@wesn.ca

**Veronica Page**  
Assistant Manager,  
Support and Information Services  
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  
2018

## WINNER!

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## ***VOLUNTEER AS A WESN BOARD MEMBER!***

Do you have a passion for promoting the health and well-being of older adults living in the West End and surrounding areas? Are you interested in making a difference in the lives of the older adults living in your community?

WESN is looking for Board members who have experience in the not-for-profit sector in the following areas:

- Fundraising and Finance
- Program and Membership Development
- Marketing and Communications

As a WESN Board member you will be expected to:

- Attend 1 board meeting per month (2-hour time commitment – from 6:00 - 8:00pm on the last Tuesday of the month)
- Attend the annual general meeting in September
- Actively participate in at least 1 committee or task force (2-hour time commitment per month)
- Participate in 1-2 fundraising or special events during the year (e.g. Strawberry Festival in June, Holiday Luncheon in early December)

If you are interested in joining us, please send your resume to [board\\_recruitment@wesn.ca](mailto:board_recruitment@wesn.ca) and we will send you an application form. Successful applicants are required to complete a Criminal Record Check.

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# Barclay Manor

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**Anthony Kupferschmidt**  
Executive Director

As the weather gets warmer and the sun shines a little longer every day, we know that WESN members start asking about the annual Strawberry Festival. Our biggest event of the year is taking place on Saturday, June 23, so mark your calendars!

Last year, we put out a survey to gauge interest in alcohol being sold at the 2018 Strawberry Festival. We wanted to know if you would like beer or wine to be served, and what you might be willing to pay for an alcoholic beverage to go with your strawberry shortcake. Our goal was to explore if this would make sense as a fundraising element that could be added to this event.

We polled our members by putting out a survey by email and by making paper copies available at our Barclay Manor and Kay's Place locations. We also shared this survey over Facebook and Twitter because this event welcomes both older adults and other members of our neighbourhood. We had an excellent response from both our members and from the community at large, and we want to share those results with all of you before this year's event.

Approximately one-third of the survey respondents expressed a desire for beer or wine to be served, another one-third indicated that they didn't want alcohol to be offered, and the remaining one-third told us that they didn't mind either way. Admittedly, these results didn't give us a clear sense of how to proceed.

However, only one-third of those who responded said that they would 'probably' or 'definitely' buy wine or beer at the Strawberry Festival, while almost half responded that they were 'not at all' likely or 'very unlikely' to purchase beer or wine at the event. This response suggested that we could go to the effort of offering alcoholic beverages, but that it may not be much of a money-maker for WESN.

Survey respondents also shared some enlightening comments. While some people suggested we offer strawberry beers (a personal favourite of mine) and wines, many more of you told us that offering alcohol could spoil the nature of what is a fun family event.

As a result, we have decided not to make alcohol part of the 2018 Strawberry Festival. Thank you all very much for your input. No matter how you voted, we hope that you will join us again this year.



## Tea with Anthony



*When: First Monday of the Month from 2:00-3:00PM*

*Start date: Monday, May 7      Next date: Monday, June 4*

*Registration: Please call 604-669-5051*

Would you like to sit down with Anthony, WESN's Executive Director over a cup of tea? This is an opportunity to speak directly with Anthony about issues impacting our organization and neighbourhood. Please bring your questions and comments, and we will provide the tea and snacks.

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# Barclay Manor

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**Ming Chen**

Better at Home Coordinator

As you may already know, May 7th-13th is Mental Health Awareness week, a week where we raise awareness and build support around mental health. We also speak up to stop discrimination and the stigma usually associated with mental illness.

Many elderly people suffer from a combination of physical and mental symptoms that can be effectively treated. All too often, however, such problems are never recognized. In this month's newsletter, let me tell you a bit about Compulsive Hoarding Disorder.

It's good to keep essentials on hand for the future. But some people take this to an extreme, acquiring and accumulating objects of dubious value (to others) in such large and disorderly quantities that their living space is filled and normal use of the home becomes dangerous or impossible. The problem is known as compulsive hoarding. Some of the common objects are clothes, books, cards, documents and household decor, but can include almost anything, even food or garbage. Most of the time, people are ashamed of their situation, and therefore it becomes a "hidden disorder". Hoarding often leads to poor physical health, safety issues, and financial problems. It may also cause other mental health issues such as anxiety and depression.

So what to do? First of all, you may want to determine if your situation is a concern. You may use the "Clutter Image Rating Guide", published by The Hoarding Action Response Team (HART) on <http://vancouver.ca/people-programs/hoarding-action-response-team.aspx>. The HART is an 18-month pilot project providing a coordinated community response to those impacted by hoarding. The team consists of a property use inspector, a fire inspector, and two VCH mental health workers. The team's role is to provide healthy and safe outcomes for people affected by hoarding, and ensure people with hoarding issues receive appropriate health care support quickly. Residents may call 311 to report unsafe conditions to the city. In addition, there are many junk removal companies in Vancouver that offer hoarding cleanup services.

## DAVID WATTS NOTARY PUBLIC



**Wills, Power of Attorney &  
Representation Agreements**

**Real Estate Transfers & Mortgages**

**In-Home Visits Available**

**604-685-7786 | [david@davidnotary.com](mailto:david@davidnotary.com)**

**1602 - 675 West Hastings Street, Vancouver, BC V6B 1N2**

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# Barclay Manor

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**Mhairi Campbell**

Moving Toward Health Coordinator

## Seniors, Sidewalks and Safety

On March 27th WESN members and staff, community organizations and residents of the West End came together to talk about bicycle and sidewalk safety and seniors' fall prevention. Some of the key themes that came from the meeting include:

- Signage – signage for tourists who rent bicycles and are unfamiliar with the bike routes, need for better wayfinding tools
- Sidewalk conditions – particular areas of the West End where sidewalk conditions make it difficult for individuals to navigate due to visibility, tree roots, cracks in cement, etc. Cyclists use the sidewalks in the busy, relatively narrow, main streets of city core where there is street parking or busy transit systems
- Dangerous intersections – some intersections in the West End (ex. Denman Street) are particularly dangerous for pedestrian on bike accidents, where bicyclists sometimes do not adhere to rules of the road. However bicycle-on-pedestrian accidents are few in number (10/year in British Columbia are reported).
- Seawall – the high level of traffic along the seawall makes it difficult for pedestrians, specifically older adults, to reach the walking paths, with little policing of the bicycle lanes
- Stanley Park – vehicles and bicycles travelling at dangerous speeds, high traffic areas

Check out some photos of the event on our social media pages. If you missed the meeting, but have any comments or concerns, feel free to email them to: [safety@wesn.ca](mailto:safety@wesn.ca).

# Scooter Hub

Selling a used scooter?  
Want to buy a used scooter?  
Connect with buyers and sellers!

**Learn more or Contact us :**

<https://www.facebook.com/ScooterHubCDN/>



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# Barclay Manor

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**Tasha Lorenzen-Ewing**  
Manager of Programs

WESN hosted another very successful Income Tax Clinic this year throughout March and April. Our tax clinic and the generous CRA volunteers were able to help over 150 West End Community members and other Vancouverites complete their tax returns.

Ongoing Tax Clinic: 411 Seniors Centre Society - 704-333 Terminal Avenue - offers year-round tax clinic services. Please call 604-684-8171 for more information.

## BEGINNERS' MAHJONG:

*Looking for Participants AND an Instructor and/or Group Leader*

Our once popular Beginners' Mahjong group has dwindled over the last couple months so we are looking to revive it! If you are interested in learning, playing and/or teaching Mahjong, please call or see me in person to provide me with your name and phone number. You will be contacted if we get enough interest to get the group started again.

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## SUNDAY FUNDAY!

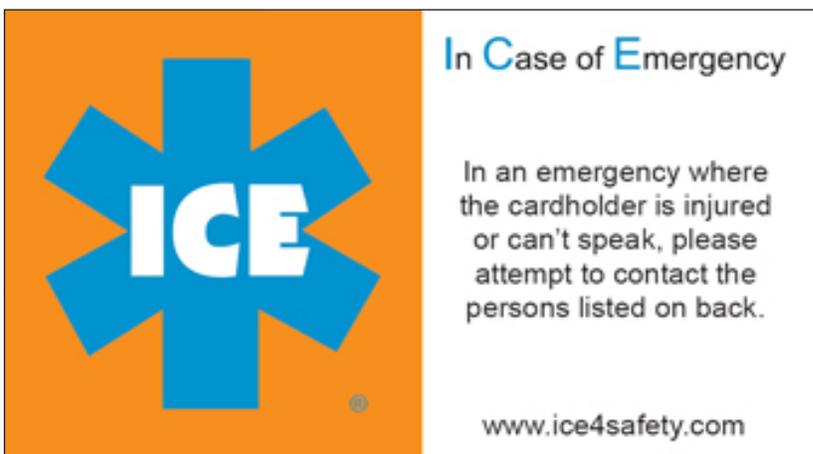
**Barclay Manor will be Open Sunday, May 27 from 9am-4pm**

- |                 |  |
|-----------------|--|
| 9:00am-4:00pm   | Computer Drop-in   |
| 10:00am-12:00pm | Board Games (e.g. Scrabble, Cribbage)                                |
| 1:30pm - 3:00pm | Keeping Connected Social Club. Please call 604-669-5051 to register. |
| 1:30pm          | <u>Movie</u> : The Oxford Murders (2008; rated - 14A, 1h 48m)        |
| 1:30pm-3:30pm   | Knitting Social Club. Drop-in.                                       |

*\*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.*

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In Case of Emergency cards will be available at Barclay Manor for you to fill out and keep with you in case of an emergency. The back of the card has space for your name and three emergency contacts.

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# Kay's Place

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

## TransLink Transit Service Changes

Four times a year (spring, summer, fall, and winter), TransLink updates its bus service schedules to reflect seasonal changes in customer demand and to optimize service. There are numerous service changes which came into effect on April 23, 2018.

For more information you may wish to visit: <https://www.translink.ca/servicechanges>

Please also feel free to drop into Kay's Place and ask any one of our Information and Referral. For more information feel free to contact TransLink directly, or come in to Kay's Place and ask the Information and Referral Volunteers who can also supply you with a handy map and guides.

## B-Line Program:

Good news from TransLink! Get ready for shorter travel times, shorter wait times, and less crowding! There are four new rapid-service B-Line routes launching in Metro Vancouver in 2019, as part of Phase 1 of the Mayors' Council Ten Year Vision. If you have any questions related to the B-Line changes, or if you wish to see the new service area map on line, you can do so through one of the following options, on line: [bline@translink.ca](mailto:bline@translink.ca) or on the phone: 778-375-7652.



## 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, May 15 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.

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# Clothes & Collectibles

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**Laura Fee**

Manager of Clothes & Collectibles

Just like any other thrift store, Clothes and Collectibles is already into the reduce, reuse, recycle mindset. And as our valued customers, you support the same values by donating items you no longer want or use, and by buying second-hand. Although we reuse the shopping bags that our customers and friends donate, the day is coming when plastic shopping bags will no longer be available, even for purchase. We frequently run out of the bags donated and have none to give out. And we will not purchase shopping bags.

Montreal became the first Canadian city to ban plastic bags. Victoria is discussing the idea. The city of Vancouver is writing draft proposals for several one-use items – plastic shopping bags, take-away coffee cups, straws – to reduce the impact on our landfills, and encourage businesses and consumers to be more thoughtful about packaging.

Did you know:

- that one reusable bag replaces 170 plastic bags?
- Plastic shopping bags are made of non-renewable fossil fuels?
- Sea turtles will gobble up a clear plastic bag because it looks like a jellyfish?
- 2 million plastic shopping bags are disposed of in Vancouver every week?

If we each carried and used a reusable tote bag, we could help cut down on the plastic bags that end up in the landfill, litter our beaches, or mar our beautiful city. I encourage every customer to get in the habit of bringing your own bags when you shop with us, or at any other local business. I know many of you already do, and we thank you.

## **CHILDHOOD PLAY MEMORIES**

For several years we have been collecting stories from people around the world about their play experiences as children. Plans are to make the results of the study available in book form and on the internet. It is an ambitious effort to chronicle the play of youth over many generations and in different cultures.

We invite the public to participate in our project. People can contribute to our collection on line at [www.surveymonkey.com/r/childhoodmemories](http://www.surveymonkey.com/r/childhoodmemories)

I should add that I grew up in the West End and actually lived on Barclay St. I currently volunteer at Lord Roberts Elementary School where I started in Grade One some 75 years ago.

Dr Gary Pennington, Associate Professor Emeritus, UBC. E: [gazpen@gmail.com](mailto:gazpen@gmail.com)

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Don't Miss Out!

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The West End Seniors' Network  
presents

28TH ANNUAL

STRAWBERRY

FESTIVAL

SATURDAY JUNE 23RD

1:00-4:00PM

INTERESTED IN VOLUNTEERING?

CONTACT JOSH COOK AT [VOLUNTEERS@WESN.CA](mailto:VOLUNTEERS@WESN.CA)

# Friday Movies

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

May

4

**Pride & Prejudice (2005)**  
Keira Knightley, Matthew Macfadyen  
and Brenda Blethyn

In Jane Austen's tale of 19th-century England, Mrs. Bennet hopes to marry her daughters to prosperous gentlemen, including new arrival Mr. Darcy. (2h 6m - rated PG)

May

11

**Fried Green Tomatoes (1991)**  
Kathy Bates, Jessica Tandy, Mary Stuart Masterson  
and Mary-Louise Parker

To take charge of your life, you need a good friend and a great story. She got both in one amazing woman. In this Oscar-nominated drama, flashbacks reveal the remarkable story of soul mates whose antics cause an uproar in their rural Southern town - 1920s. (2h 10m - rated PG-13)



May

18

**Hairspray (2007)**  
Nikki Blonsky, John Travolta and Michelle Pfeiffer

In 1962, ambitious plus-size teen Tracy Turnblad tries to integrate a racially divided Baltimore one Watusi at a time. Now that she has the public's attention, a big-boned teen dance star fights big-heartedly for what she believes in. (1h 56m - rated PG)

May

25

**The Meddler (2015)**  
Susan Sarandon, Rose Byrne and J.K. Simmons

Still-grieving widow Marnie moves to Los Angeles to be close to daughter Lori, but soon discovers new outlets for her maternal and romantic needs. (1h 43m - rated PG)

**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 Monday, May 21 for Victoria Day

## 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	Computer Coach Appointments with Debra (1 hour)	Free 1-to-1 sessions 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
May 7	Foreign Film	By donation • Drop-in
1:30PM		P.15
May 7	Tea with Anthony	Free
2:00PM - 3:00PM		Registration required
May 14	Birthday Celebration	Free • P.15
2:00PM - 3:00PM		Registration required
May 28	Documentary	By donation • Drop-in
1:30PM		P.15
3:30PM - 4:30PM	Guided Meditation	Free
		Registration required

## 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

# Wednesday

TIME / DATE	PROGRAM	INFO
9:00AM - 4:30PM	Computer Drop-in	Free • Drop-in
	May 23: Computer Lab booked 10AM-11:30AM for Tech Talk (P.19)	
May 16 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 - May 23: Tech Talk on Cloud/Internet Emailing 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
1:00PM - 3:00PM	Computer Coach Appointments with Ronda (1 hour)	Free 1-to-1 sessions Registration required
May 23 1:30PM	Executorship & Estate Settlement Presentation	Free • P. 19 Registration required
1:30PM - 3:00PM	Qmunity GenYoga	Free • Drop-in Space permitting
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	Open Ballroom Dance (No instruction. Can bring own music)	Free • Drop-in
May 16 5:30PM	Dinner Club: Amici Miei Italian 1114 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
May 10 1:00-4:00PM	The Age of Love Screening and Speed Socializing Event	Free • P. 18 Registration required
May 24 1:30PM	Nurse Next Door: Maintaining a healthy lifestyle with diet and pain management	Free • P. 17 Registration required
May 31 1:30PM	Service Canada: CPP, OAS and GIS	Free • P. 17 Registration required
3:00PM - 4:30PM	Beginners Ukulele Practice Group	Free • Drop-in
3:30PM - 4:30PM	Postural Training - New Year, New You! Classes start: May 17 (7 classes total)	Free • P. 18 Registration is FULL

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

# 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
May 4 & 18	Manicures and Pedicures	\$15/\$18 • \$5 for polish
10:00AM - 4:00PM	with Heather	Registration required
12:00PM - 1:15PM	Spanish Conversation for Beginners	Free
		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:	Drop-in • Diner pays
	The Park at The Sands Hotel (1755 Davie Street)	

## Sunday

TIME / DATE	PROGRAM	INFO
May 27	Sunday Funday at Barclay Manor	P.7
9:00AM - 4:00PM		

### Cinema Classics Tuesdays at 1pm

#### May 1: Hello, Dolly! 1969

Matchmaker Dolly Levi travels to Yonkers to find a partner for "half-a-millionaire" Horace Vandergelder, making sure to clear out the competition so she can keep Mr. Vandergelder for herself. Starring Barbara Streisand and Walter Matthau. Directed by Gene Kelly. *2hr 26 min*

#### May 8: The Spy Who Came in From the Cold, 1965

A British agent is sent to East Germany as a faux defector to sow disinformation about a powerful East German intelligence officer, but he begins to question the morality of his actions. Starring Richard Burton based on the John Le Carre novel. *1 hr 52 min.*

#### May 15: A Shot in the Dark, 1964 (From The Pink Panther Series)

Inspector Jacques Clouseau investigates the murder of a man at a country estate, all while causing more trouble than solving clues. Starring Peter Sellers and Elke Sommer *1hr 42min*

#### May 22: From Here to Eternity, 1953

Drama unfolds in Hawaii's Army barracks days before the Pearl Harbor attack when an officer refuses to join the unit's boxing club and the captain's wife falls in love with another man. With Burt Lancaster, Montgomery Clift, Frank Sinatra, Ernest Borgnine, Deborah Kerr and Donna Reed. *1 hr 53 min*

#### May 29: For A Few Dollars More, 1965

Two bounty hunters team up to track down an outlaw in this spaghetti western. Starring Clint Eastwood and Lee Van Cleef directed by Sergio Leone. *2h 12min*

# Monday Events

May

7

Dhanak (2015)

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

Movies make their lives a little happier. They believe their hero can fix everything -- if they could just meet him. A movie-loving 10-year-old and her blind little brother trek to meet Indian superstar Shah Rukh Khan for help in getting the boy an eye operation. (1h 54m - TV-PG)

May

28

Expedition Happiness (2017)

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

A filmmaker and his musician girlfriend attempt an epic road trip with their, traveling across North America in a refurbished bus. Two free spirits, one dog. Traveling the vast spaces of an enormous continent in search or something more. (1h 36m - TV-PG)

**\*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 MAY?  
YOU ARE CORDIALLY INVITED TO  
THE WEST END SENIORS' NETWORK

## *May Birthday Celebration*



*Monday  
May 14  
2:00PM-3:00PM  
for cake, tea & entertainment*



PLEASE RSVP BY: MAY 11

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 & Thursday Events

Wed, May

16

## Men's Breakfast Club

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

Come join your brethren for breakfast every third Wednesday of the month for convivial conversation over a social breakfast. WESN will cover the cost of breakfast for first timers!

Wed, May

16

## Dinner Club

Amici Mieì Italian (1114 Denman St)  
5:30PM • Diner pays • Registration required

Join your fellow WESN members for a delicious dinner at Amici Mieì, which is "Italian for 'My Friends' because when you come to eat here you truly feel like you are amongst friends. Here at Amici Mieì our passion is sharing our authentic flavorful food with you. Our menu is inspired by the fragrant olive groves and golden sun of the Abruzzo region of Italy, located by the Adriatic Sea. Our fresh pastas, made with pure semolina and fresh eggs, accompany our savory aromatic sauces perfectly." Registration required by 12pm noon on Friday, May 11. Please call 604-669-5051.

## Executorship and Estate Settlement Presentation

- Executor's Duties: What you need to know and have
- Documentation: Why do they need that?
- Blended Families: It isn't always fair
- Joining Assets: Pros and cons you need to know
- Final Wishes: Who really has the final say
- Probate: Guess what!
- Handouts will be provided.



Where: Barclay Manor - 1447 Barclay St.

When: Wednesday, May 23 @ 1:30pm

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

# Thursday Events

Thurs, May

3, 10, 17, 24, 31

## TED Talks and Discussion

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

- May 3 1) How we need to remake the internet (Jaron Lanier)  
2) How to stop screwing yourself over (Mel Robbins)  
3) Why people believe they can't draw (Graham Shaw)
- May 10 1) How language shape the way we think (Lera Boroditsky)  
2) How to make peace? Get angry (Kailash Satyarthi)  
3) The wonderful world of life in a drop of water (Simone Bianco and Tom Zimmerman)
- May 17 1) Global priorities bigger than climate change (Bjorn Lomborg)  
2) How to make a profit while making a difference (Audrey Choi)  
3) What if we paid doctors to keep people healthy? (Matthias Mullenbeck)
- May 24 1) How Amazon, Apple, Facebook and Google manipulate our emotions (Scott Galloway)  
2) You aren't at the mercy of your emotions – your brain creates them (Lisa Feldman Barret)  
3) How to fix a broken heart (Guy Winch)
- May 31 1) Why we have too few women leaders (Sheryl Sandberg)  
2) How to get better at the things you care about (Eduardo Briceno)  
3) We've stopped trusting institutions and started trusting strangers (Rachel Botsman)

Thurs, May

10

## The Age of Love Screening and Speed Socializing Event

1:30PM • Free • P. 18 • Registration Required

Thurs, May

24

## Nurse Next Door: Happier Aging

1:30PM • Free • Registration Required

Nurse Next Door is passionate about making a difference in the lives of seniors and we believe you can stay at home. We would like to do a presentation on happier aging. The pillars of happiness in-

Thurs, May

31

## Service Canada: CPP, OAS, GIS

1:30PM • Free • Registration Required

Would you like to know about the Canada Pension Plan? Old Age Security? The Guaranteed Income Supplement? Are you planning to retire, already retired and have questions? If you answered YES to any of these questions then this workshop is for you. Questions welcome and encouraged!

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

# Upcoming Events

## The Age of Love Screening and Speed Socializing Event

WHEN: Thursday, May 10; 1:00-4:00pm

1:00pm - Screening

2:30pm - Speed Socializing

WHERE: Barclay Manor (1447 Barclay St)

HOW: Please call 604-669-5051 to register for Screening and/or Speed Socializing (limited space)

Make new connections!



Hosted in partnership with



SOUTH GRANVILLE  
SENIORS CENTRE



## Postural Training - New Year, New You!

*Fear slips, trips, and falls no more!*

Together, let us minimize the numbers of slips, trips, and falls. The education doesn't stop in the classroom. Our aim is to simplify your everyday movements so you can carry out your daily routine with more awareness. Moving with purpose will enable you to live a more balanced life. You will be taking it all home with you; so you can live, breathe, and move with ease!

When: Thursdays, May 17 to June 28 (7 classes)

Time: 3:30pm - 4:30pm

Where: Barclay Manor - 1447 Barclay Street

**CLASSES  
FULL\***



*\*Attendance at April 26 Postural Training workshop does not guarantee you a spot in 7 Postural Training Classes. Separate*

*18 registration is required. Please call to confirm your spot in the classes.*

# Upcoming Events

## ***Tech Talk by Computer Tutor Alan: Overview of Cloud/Internet Emailing***



Where: Barclay Manor - 1447 Barclay St.

When: Wednesday, May 23  
from 10:00AM-11:30AM

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

Good for people with smartphones, tablets and computers/laptops or who use public computers.

### Topics covered during the talk:

- Pros and Cons of Cloud emailing
- Talk on different email companies
- Types of emailing methods
- Reference material will be provided



## **Voter Education:**

### **Get Ready to Vote Vancouver!**

Join staff from the City of Vancouver election office to learn more about voting in the upcoming municipal election taking place on October 20, 2018. Election outreach staff will give a 15-minute presentation that includes an overview of services provided by the City of Vancouver and information on preparing to vote in October. Following the presentation staff will be available to answer questions about voting and assist people with voter registration.

If you're not able to attend, but would like to be kept in the loop with key election information you can visit [vancouver.ca/vote](http://vancouver.ca/vote) for more details and to sign up for election updates.

Where: Barclay Manor - 1447 Barclay St.

When: Wednesday, June 27 @ 1:30pm

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



# Community Events

Would you like to have the occasional company of a super sweet dog?

Meet Petra!  
She's 9 years old, well behaved, and loves to be with people.



Sadly, she's very uncomfortable being alone, making running small errands around town a challenge. My wife and I are looking to build a network of friends that would like to keep Petra company in their home for a few hours during the day. You could help as much or as little as you like. If you're interested, I would love to talk with you:

Matt Peake 778-952-5597 [matt.peake@gmail.com](mailto:matt.peake@gmail.com)



Your Community,  
Your News, Your Stories

[thewestendjournal.ca](http://thewestendjournal.ca)

Roedde House Museum Classical Series  
presents



In Praise of Women

Concerts in the Parlour

Joan Blackman

Violin

Julia Nolan

Saxophone

Jane Hayes

Piano

May 13th, 2018

4PM | \$15/\$12

Children Welcome

Arrive Early for

Tea & Tour

1415 Barclay Street  
Vancouver, BC  
[info@roeddehouse.org](mailto:info@roeddehouse.org)  
[roeddehouse.org](http://roeddehouse.org)

Reservations  
Recommended  
Limited Seating  
Purchase Tickets at:



So that all patrons are able to enjoy the concert, please ensure that your child is happy to sit calmly in their own seat during the hour-long performance. Children will be ticketed at the Student/Senior price.

## WEST END CAR FREE DAY

Saturday  
June, 16  
2018

Join us as we close Denman Street to all motor vehicle traffic for the day, and fill the street with great music, food, and all kinds of fun for everyone!

Noon - 7pm

Find out more information about Car Free Days and sign up to Volunteer at

[www.carfreevancouver.org](http://www.carfreevancouver.org)



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 Apr 9 – May 7 & May 14 – Jun 18	11:00AM - 12:00PM	Senior Ladies Yoga
Mondays Apr 9 – Jun 18	1:00PM - 4:00PM	Bridge
Tuesdays Apr 3 – Jun 26	3:00PM - 5:00PM	Pro Bono Legal Advice appointment: 604-878-7400
Tuesdays Apr 3 – Jun 26	7:00PM - 9:00PM	Vancouver Speakers and Leaders
Tuesdays April 17 – Jun 5	1:00PM - 4:00PM	Dancing in Colours
Wednesdays Apr 11 – Jun 27	6:30PM - 9:00PM	Puti Meditation
Wednesdays Apr 4 – Jun 27	7:00PM - 9:30PM	West End Writers Club
Thursdays Apr 12 – Jun 21	9:30AM – 12:30PM	Watercolour Painting
Thursdays April 19, May 17, June 21	7:00PM - 9:00PM	'Try it Out' Open Mic
Fridays Apr 6 – May 11 & May 18 – Jun 15	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 Apr 23 – Jun 25	1:30PM – 2:30PM	Arthritis Fit
Mondays Apr 23 – Jun 25	11:30AM – 12:30PM	Therapeutic Weight Training
Mondays Apr 9 – May 14 & May 28 – Jun 25	12:15PM – 1:15PM	Chair Yoga
Tuesdays/Thursdays Apr 3 – Jun 28	9:10AM – 10:30AM	Yoga Over 50
Tuesdays Apr 3 – May 8 & May 15 – Jun 26	10:00AM – 11:30AM	Minds in Motion
Tuesdays Apr 10 – May 29	7:00PM – 8:00PM	Embracing Endings Group Dialogue
Wednesdays Apr 11 – Jun 27	9:05AM – 10:05AM	Osteofit Level I
Wednesdays Apr 11 – Jun 27	10:05AM – 11:05AM	OsteoPro
Wednesdays Apr 4 – May 16 & May 23 – Jun 27	11:00AM – 12:00PM	Zumba Gold
Wednesdays Apr 4 – Jun 20	1:00PM – 3:00PM	Be Well for 55+
Thursdays Apr 5 – May 10	1:00PM – 3:00PM	Personal Computer Essentials (free)
Fridays Apr 20 – Jun 22	11:00AM – 12:00PM	Qijong for Arthritis
Fridays Apr 6 – Jun 29	1:00PM – 3:00PM	Cribbage
Mondays, Wednesdays & Fridays	Times vary depending on day	SteadyFeet

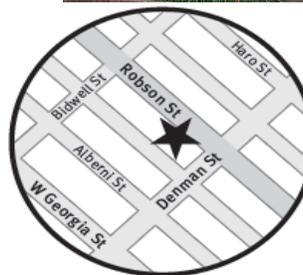
# PHARMASAVE®

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

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 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).
- 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](http://www.wesn.ca) to make a secure donation by credit card, or send a cheque payable to:

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

Thank you very much in advance for your generous donation.



## Opportunity to take action!

It has been clear for years that Canada's population is aging. At several points in the past three decades, the ruling federal government of the day has recognized the importance of representing Canadian seniors at the cabinet table. In the mid-1980s, Prime Minister Brian Mulroney appointed veteran politician George Hees to be minister of state for seniors, a role that Monique Vézina took over in 1988 and held until 1993. Following that, seniors weren't represented in the federal cabinet until 2011, when Alice Wong was appointed minister of state for seniors by Prime Minister Stephen Harper.

Notably, the Liberal government elected in 2015 did not name someone to represent seniors.

With the number of Canadian seniors now surpassing the number of children younger than 15 years of age for the first time in recorded history, and with seniors projected to constitute one-quarter of the Canadian population by 2036, the time to change that pattern is now. That's the thinking behind a petition initiated by Ghazy Mujahid of Mississauga, Ontario, that calls on the federal government to appoint a seniors minister or a special advisor to the prime minister on seniors.

If you believe Canada needs a minister for seniors, sign Mr. Mujahid's petition here:

[petitions.ourcommons.ca/en/Petition/Details?Petition=e-1566](https://petitions.ourcommons.ca/en/Petition/Details?Petition=e-1566)

or call the Clerk of Petitions at 613-992-9511. It is open for signature until July 4.