

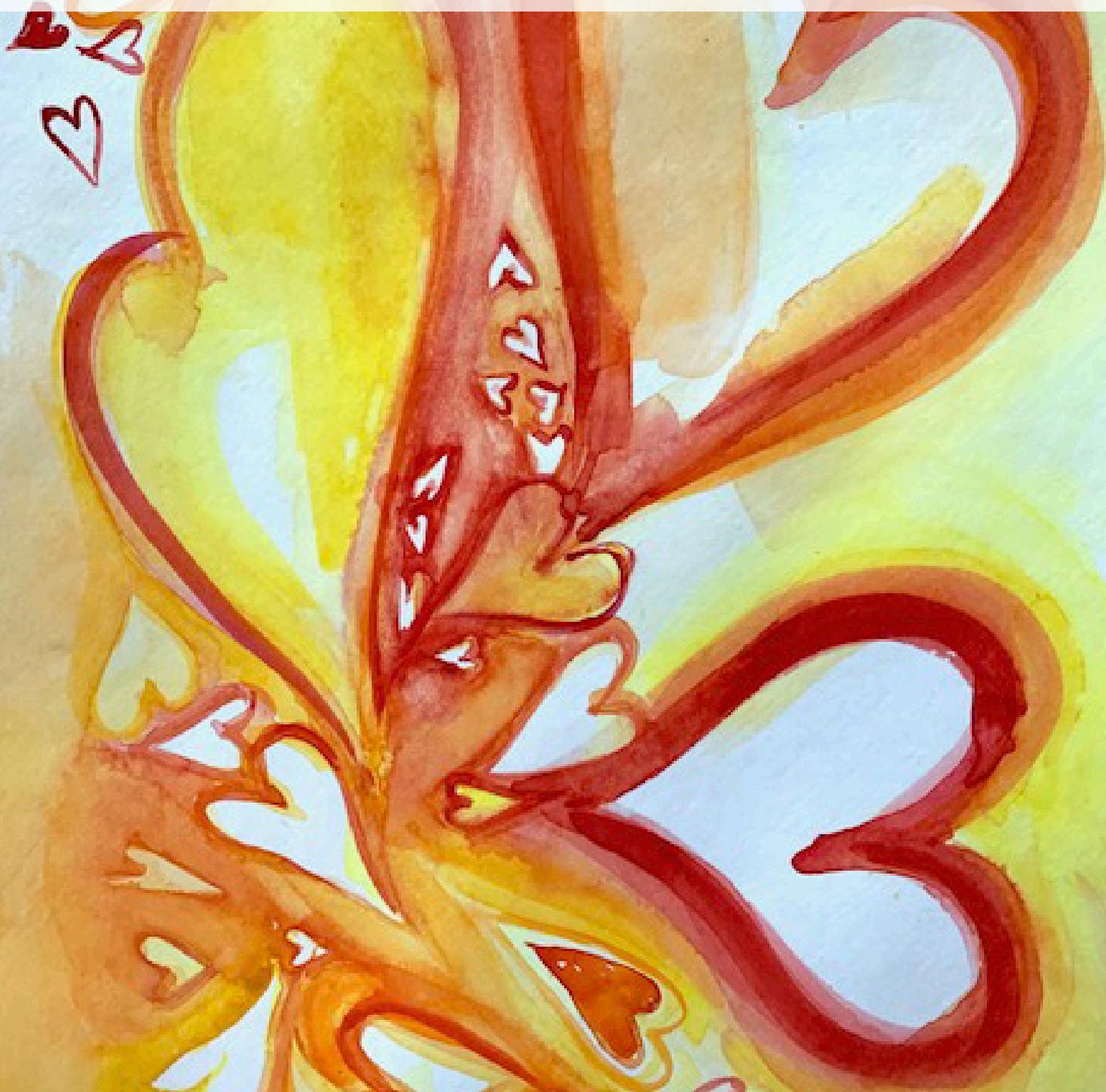


WESN

WEST END SENIORS' NETWORK

February 2020

Programs, Services and Events for Adults 55+



Dance of Hearts by WESN Painting Studio Member Alison Cleary-Maher

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

President: Joel Oger

Vice President: Marta Filipski

Past President: Frank McCormick

Treasurer: Timothy Ng

Secretary: Abudi Awaysheh

Directors: Jane Goodridge, Sara Johnson, Karsten Kaemling, Bonnie Quam

board@wesn.ca

Contact Information

Barclay Manor

604-669-5051

info@wesn.ca

1447 Barclay Street, Vancouver, BC V6G 1J6

Mon - Fri, 9:00AM - 5:00PM

Executive Director: Anthony Kupferschmidt

executivedirector@wesn.ca

Office Hours: Mon, 10:00AM - 12:00PM

Manager of Programs: Kaitlin Hong Tai

programs@wesn.ca

Manager of Volunteer Resources and Community Services: Vacant

volunteers@wesn.ca

Better at Home Program Coordinator: Vacant

betterathome@wesn.ca

Administrative and Program Coordinator:

Abbie Purdy

info@wesn.ca

Accountant: Parveen Chand

Kay's Place

604-669-7339

kaysplaceinfo@wesn.ca

Denman Place Mall

118-1030 Denman Street, Vancouver, BC V6G 2M6

Mon - Fri, 10:00AM - 4:00PM

Managers of Support and Information Services:

Veronica Page

veronica@wesn.ca

Susan Paré

susan@wesn.ca

Information and Referral Services Coordinator:

Isamu Yano

isamu@wesn.ca

Clothes and Collectibles

604-682-0327

Denman Place Mall

110-1030 Denman Street, Vancouver, BC V6G 2M6

Tue - Fri, 10:00AM - 6:00PM

Sat, 10:00AM - 5:00PM

Manager: Laura Fee

clothes@wesn.ca

Assistant Managers: Gordana Smocilac, Will Tessier

Supervisor: Fran Linnington

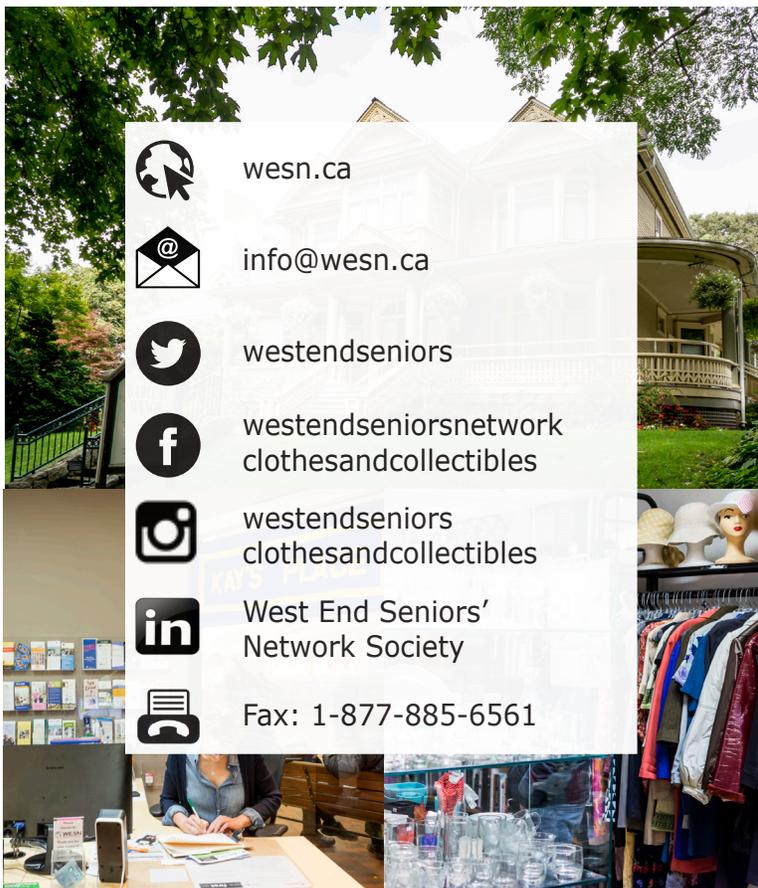


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Closure Dates

All WESN sites (Barclay Manor, Kay's Place and Clothes and Collectibles) are closed on Monday, February 17, 2020 for Family Day.

Job Opportunities

We are hiring for the following positions:

- Manager of Community Services
- Community Services Coordinator
- Manager of Volunteer Resources

For more information, please visit:
wesn.ca/job-opportunities



A reminder to please stay home if you are ill to protect the health of other members.



JOIN US FOR A COMMUNITY CONVERSATION

PARKLETS, PATIOS, TRANSIT & PUBLIC SEATING ON DAVIE ST.

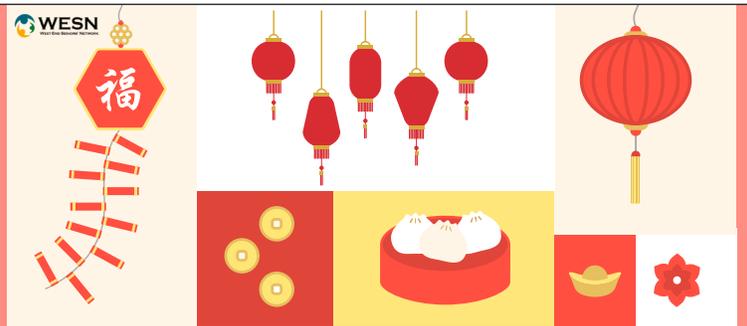
We are seeking community input on a proposed parklet at the current westbound bus station at Davie and Jervis. Community input will inform any decision made by the City of Vancouver to pursue a parklet at this location.

Please join us at one of the following times:

TUESDAY, FEB. 11, 10 AM - 12 PM
THURSDAY, FEB. 20 6:30-8:30 PM

AT GORDON NEIGHBOURHOOD HOUSE
1019 BROUGHTON ST., VANCOUVER BC

PRESENTED BY THE WEST END BUSINESS IMPROVEMENT ASSOCIATION, WITH PARTICIPATION BY THE WEST END SENIORS' NETWORK AND THE CITY OF VANCOUVER.



You're invited to our

Chinese New Year Party

Featuring traditional dances and music, an explanation of how to cook sesame balls or baked rice cake, and samples of traditional foods.

Wednesday, February 12

1:30PM - 2:30PM

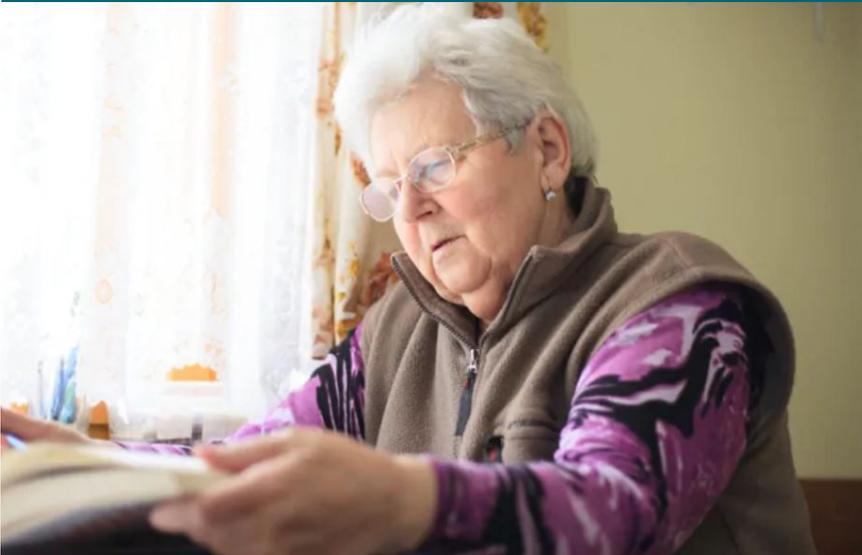
\$5 for members, \$7 for non-members

Piano Room, Barclay Manor

Register by calling 604-669-5051 or emailing programs@wesn.ca. Max 20.

Please pay by cash at the door.

ARE YOU AN OLDER ADULT IN THE WEST END, COAL HARBOUR OR YALETOWN FACING HOUSING CHALLENGES?



Are you looking for information on housing options and support with finding and maintaining appropriate housing?

We can assist you with:

- Subsidized Rental Housing
- BC Housing
- Shelter Aid For Elderly Renters (SAFER)
- City of Vancouver Home Owner Grants and Property Tax Deferment
- Vancouver Rent Bank
- Home Adaptations For Independence (HAFI)
- Independent Living
- Assisted Living
- Residential Care

West End Seniors' Network at Kay's Place
Denman Place Mall
118-1030 Denman Street
Vancouver, BC
V6G 2M6

604-669-7339

kaysplaceinfo@wesn.ca

wesn.ca



KAY'S PLACE

Barclay Manor

Anthony Kupferschmidt
Executive Director



How important is having a bus stop close to where you live and where you want to travel? And do you think we need more public seating along sidewalks?

These are just two questions that will be discussed at community consultations this month. The West End Business Improvement Association (<https://westendbia.com/>) is convening two public meetings to discuss parklets, patios, transit, and public seating on Davie Street. More specifically, **there is talk of removing the westbound bus stop at the corner of Davie and Jervis Streets and replacing it with a parklet.**

You can learn more about parklets here: <https://vancouver.ca/streets-transportation/parklets.aspx>

The official position of the West End Seniors' Network is that **we do not support the replacement of this bus stop (or any bus stop) with a parklet.** While we support increasing seating along sidewalks, we encourage the City of Vancouver to find other ways to meet this need. We feel that bus stops should be retained wherever possible.

No matter what your position is on this issue, we hope that you will speak up and share your views. Your input will inform any decision made by the City of Vancouver about **eliminating a bus stop at Davie and Jervis.** Please come to Gordon Neighbourhood House (1019 Broughton Street) for one of these dates:

Tuesday, February 11, 10:00am - Noon or **Thursday, February 20, 6:30 - 8:30pm**

You can also see more information about these meetings on P. 3.

I will be there, and I hope you will too.

How would you spend \$100,000 in the West End? The West End Participatory Budgeting process is in full swing, and you can vote for projects to improve our neighbourhood. You can vote online at vancouver.ca/votePB or at our Barclay Manor or Kay's Place locations.

You can also visit the following link to learn more about the projects on the ballots:
<https://vancouver.ca/your-government/participatory-budgeting.aspx>

You have until Tuesday, February 4 to vote. There are 14 different projects to choose from, including several to improve the lives of older adults in our community. Have your say today!

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

Clothes and Collectibles

Laura Fee
Manager



During the first week of February we will introduce new clothing prices. The price for a shirt or a pair of pants has not changed in over seven years and we are long overdue for an update. Although we've raised some prices, we've also lowered a few. They are also more consistent, so men and women pay the same price for the same article. These adjustments are due to what sells the fastest, and how much space we have on our racks. Next time you're in the store, please note the new price list sign on the wall.



We've also added a few non-clothing categories – kitchen linens, scarves, small housewares – to eliminate pricing each item, and to ensure a consistent price whenever you shop with us.

For anyone who travels to other parts of the city and visits other thrift stores, you'll find our prices lower than, or competitive with, most other stores.

And don't forget your member discount when you show your WESN membership card. Thanks, as always, for your support.

Seeking LGBTQ2+ Stories

about living with terminal illness, caregiving, and grief



Living with a terminal or advanced illness or caring for someone can be complex. Being LGBTQ2+ can add to the challenges of navigating the health system and accessing quality care.

Canadian Virtual Hospice is working with people who identify as LGBTQ2+ to create resources to support those of any age who are living with an advanced or terminal illness, those who are aging, and their caregivers.

DO YOU HAVE A STORY TO SHARE?

We are seeking people who identify as LGBTQ2+ who are willing to share their stories about living with an advanced or terminal illness, providing care for someone who is LGBTQ2+ or who are grieving. We are conducting 30-40 minute phone interviews in February and March. Your participation will remain anonymous. **If interested, please email kristi@virtualhospice.ca.**

 CANADIAN
VirtualHospice

virtualhospice.ca



Kay's Place

Veronica Page and Susan Paré
Managers of Support and Information Services



This month we would like to talk about hearing loss and the effects it can have on quality of life.

Did you know that as you walk, your ears pick up subtle cues that help with balance? Hearing loss mutes these important signals. It also makes your brain work harder just to process sound. This subconscious multitasking may interfere with some of the mental processing needed to walk safely.

Hearing loss also contributes to social isolation. You may not want to be with people as much, and when you are you may not engage in conversation as much.

Do you have trouble listening in crowds? One of the first signs that you're suffering from hearing loss is when you have difficulty following a conversation in crowds. If you often have trouble differentiating between who's speaking to you in a noisy environment, you could be in the early stages of hearing loss.

Our final survey is concerning hearing, and can be accessed in one of the following ways:

Please see the next page of this newsletter for the survey (P. 8). You can complete and drop off the survey in the boxes provided at Barclay Manor and Kay's Place. Paper copies of the survey will also be available at both Barclay Manor and Kay's Place.

For those of you who prefer online, please use the following link:

www.surveymonkey.com/r/wesnhearingsurvey

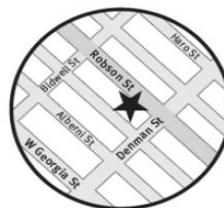


The Pharmacy West End,
where it's **Seniors' Day,**
every day!

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



The Pharmacy 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

Member Survey - Hearing

1. Have you noticed changes in your hearing over the last 5 years?

- Yes, mild
- Yes, moderate
- Yes, severe
- No

2. Have you had your hearing tested?

- Yes, within 1-2 years
- Yes, within 3-5 years
- Yes, more than 5 years ago
- Never

3. Were you told you need hearing aids after being tested?

- Yes
- No
- Not Applicable

4. Did you purchase hearing aids and if no, why?

- Yes
- No: _____
- Not Applicable

5. If you did purchase hearing aids, have you noticed positive changes in your everyday life since using them? (Option to comment)

- Yes: _____
- No
- Not Applicable

6. Are you aware that untreated hearing loss has been associated with social isolation/decline in quality of life?

- Yes
- No



Volunteer Opportunities

Interested in volunteering with us?

Contact the Manager of Volunteer Resources at 604-669-5051 or volunteers@wesn.ca with a completed application form.

Our volunteer application form and volunteer postings can be found at: wesn.ca/volunteer

Some available opportunities are as follows:

Kay's Place: Volunteers at our Information and Referral Centre, located in the Denman Place Mall, connect older adults in the West End with the services and information that they require. If you want to help people while learning about the supports that are offered to older adults then this could be a great fit for you! Various shifts are available.

Clothes and Collectibles Thrift Store: Receive donations, assist customers and process sales with our fun-loving volunteer team and help raise money for WESN programs and services.

Monthly Engagement Question

February Engagement Question: What does it mean to love?

Every month we ask a question that everyone is welcome to answer. These questions are meant to stimulate conversations, ignite ideas and bring the community together. Chat about the responses with others while socializing in our Fireside Room the next time you are in Barclay Manor!

To participate in the activity, come into Barclay Manor and write your response on the board at the front entrance.

The monthly question can also be answered online: www.surveymonkey.com/r/VQTKKZZ

January Engagement Question:

Have you successfully stuck to a New Year's Resolution? What was it?

One response to the question was, "Yes - to keep a "Gratitude Journal" for each day of the year (write down at least one thing that I am grateful for). It really lights up a day to read previous entries as a wonderful reminder of each blessing."

See all of the responses to last month's question, along with previous questions and responses, at: wesn.ca



THE LONELINESS EPIDEMIC - LOOKING FOR SENIORS WHO HAVE SUCCESSFULLY COPED WITH LONELINESS

Many Canadian seniors experience loneliness. Some research has been done, but there are still many questions about this topic. I think that seniors themselves have the answers to these questions. I am doing this study as I would like to understand seniors' own view on how they cope with loneliness. I am looking for seniors who have experienced loneliness but have successfully coped with it. By sharing your knowledge, insight and wisdom, you will help me to get information that may help other seniors who are facing similar struggles. Such information may even lead to changes in our community.

- Are you 65 years old or older?
- Do you live in Vancouver?
- Are you comfortable reading and talking in English?
- Have you experienced loneliness in the past, since you became a senior?
- Would you rate your current level of emotional distress as 0 to 5 where 10 is extreme stress?
- Are you willing and able to take part in a 1 to 2-hour interview and a 30 to 60 minute follow up conversation concerning your experience of loneliness and ways of coping?
- Can you confirm that you don't have a personal relationship with the student researcher?

If you are interested or would like more information, please email me (Alita Dommann, Student Researcher) at adommann@adler.edu

If you know someone who would like to take part, please forward this information. This research is a requirement for my Master of Arts in Counselling Psychology degree at Adler University - Vancouver Campus. It has been approved by the Adler University Research Ethics Board - Vancouver Campus.

Services

The West End Seniors' Network provides services across three locations. Please contact us for more information about eligibility, geographic boundaries, registration, and fees.

Life Unlimited	Friendly Phone Calls and Emails	Connect by phone or email with a volunteer for reassurance and friendly conversation.	604-669-5051 volunteers@wesn.ca
	Friendly Visiting	Build a social connection with a volunteer through home visits, going out for walks or coffee, or similar activities.	
	Grocery Shopping and Delivery	Volunteers take grocery orders by phone or email, shop, and arrange for delivery.	
Better at Home	Light Housekeeping	Professionals provide light housekeeping such as vacuuming, dusting and laundry. (Note: There is currently a waitlist for subsidized service.)	604-669-5051 betterathome@wesn.ca
	Minor Home Repairs	Volunteers assist with basic home repairs such as replacing lightbulbs.	
	Transportation to and from Medical Appointments	Volunteers help clients get safely to and from medical appointments by driving, travelling in a taxi, on public transit, on HandyDART, or walking.	
Kay's Place	Housing Navigation	Information on housing options and support to assist with finding and maintaining appropriate housing.	Susan Paré 604-669-7339 susan@wesn.ca
	Information and Referral	Access information on federal, provincial, municipal and community programs and services with the help of a volunteer.	604-669-7339 kaysplaceinfo@wesn.ca
	Peer Support	Trained volunteers provide confidential emotional support for life stressors such as retirement, illness, isolation and loss.	Veronica Page 604-669-7339 veronica@wesn.ca
Clothes and Collectibles Thrift Boutique		Friendly volunteer-driven thrift store featuring quality donated goods at reasonable prices, including clothing, jewelry, shoes, books, and art.	604-682-0327 clothes@wesn.ca

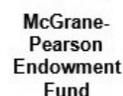
Thank you to our funders:



United Way



BRITISH COLUMBIA



Programs Overview

A variety of social, recreational and educational programs are offered by the West End Seniors' Network for adults 55 years of age and older. We hope you will join us! New attendees are always welcome.

Our programs and events are for current WESN members. Passes for non-members who would like to drop-in and participate in a Barclay Manor program are available for purchase from Barclay Manor reception. **All programs are by donation if a cost is not specified.**

Fees

Annual Membership: \$10.00 | 1-Week Pass: \$5.00 | Day Pass: \$2.00

All programs take place at Barclay Manor unless otherwise stated. Information about our Computer Lab and Technology Assistance is on P. 12. Information about our programs and events is on PP. 16-22.

Registration

Registration is required for all programs, events, workshops, and presentations unless specified as drop-in. Registration is taken in case of volunteer illness, cancellation, etc. Register in-person at Barclay Manor, by calling 604-669-5051 or by emailing programs@wesn.ca.

Register early as space is limited and programs may be cancelled if registration numbers are low. If you are on the waitlist, please do not attend the program until a spot opens up and you are contacted by WESN. If you can no longer attend, please let us know at 604-669-5051 or programs@wesn.ca.

Cancellations

Programs may be cancelled from time to time. We apologize for any inconvenience.

Waivers

Note that some programs require signing a waiver, including Moving Meditation-Qi Gong and Limber Up Stretching. Waivers are found at Barclay Manor reception.

Disclaimers

Presentations and materials from external organizations or individuals may not reflect the views of the West End Seniors' Network. Participant discretion is advised.

Films shown at Barclay Manor may contain scenes that are offensive to some viewers. Viewer discretion is advised. Please note that movies are selected in compliance with our movie license provider. WESN attempts to show a variety of films to suit different tastes.

Program and Presentation Suggestions

Do you have a program or presentation topic suggestion? Are you willing to volunteer to present, host a workshop or host a program? Contact Kaitlin, Manager of Programs, at programs@wesn.ca (preferred) or 604-669-5051 with your ideas.



Check us out on
social media!



[westendseniornetwork](https://www.facebook.com/westendseniornetwork)
[clothesandcollectibles](https://www.facebook.com/westendseniornetwork)



[westendseniors](https://twitter.com/westendseniors)



[westendseniors](https://www.instagram.com/westendseniors)
[clothesandcollectibles](https://www.instagram.com/westendseniors)

Computer Lab

Our Computer Lab is located on the second floor of Barclay Manor and is free for current members to use. There are five computers with Internet access.

A printer with scanning and copying functionality is available (fees apply). Please see a Tech Coach or Tech Tutor Volunteer for assistance.

Computer Lab Times

Mondays: 9:00AM - 4:30PM
 Tuesdays: 9:00AM - 3:00PM
 Wednesdays: 9:00AM - 4:30PM
 Thursdays: 9:00AM - 4:30PM
 Fridays: 9:00AM - 4:30PM

Printing, Copying, Scanning Fees

Black and White: Starting at \$0.10/page
 Colour: Starting at \$0.25/page
 Scan: \$0.05/each
 Prices differ based on paper size.
 Computer Lab printer prints in black and white.

Technology Assistance

Need assistance with using computers, laptops, tablets or cell phones? We have volunteers who may be able to help you with your questions!

Tech Coach Volunteers: Available for one-to-one, one-hour appointments in the Computer Lab. Book an appointment by calling 604-669-5051 or emailing programs@wesn.ca. Only one appointment can be held at a time. Please note that Coaches have knowledge in different areas.

Day/Time	Tech Coach	Book For Help With
Mondays 2:00PM - 4:00PM	Simon	Computers, tablets, cell phones, Apple products, social media
Tuesdays 9:30AM - 11:30AM	Stacey	Computers, tablets, cell phones, Apple products, social media
Wednesdays 1:00PM - 3:00PM	Ronda	Computers, tablets (no Apple computers)
Thursdays in February 2:00PM - 4:00PM	Simon	Computers, tablets, cell phones, Apple products, social media
Fridays February 7 and 21 1:00PM - 3:00PM	Sarah	Computers, tablets, cell phones, Apple products, social media, blogs
Friday February 7 9:30AM - 4:30PM	Gerardo	Computers, tablets, cell phones, Apple products

Tech Tutor Volunteers: Available to assist with small computer, laptop, tablet or cell phone questions on a drop-in basis while monitoring the Computer Lab. Also able to assist with printing, scanning and copying. No appointments are needed.

Day	Time	Tech Tutor
Mondays	12:00PM - 2:00PM	Marcel
Tuesdays	11:00AM - 1:00PM	Shelly
Wednesdays	10:00AM - 12:00PM	Alan
Fridays	9:30AM - 11:00AM	Mostafa

Weekly Programs at a Glance

Mondays

9:30AM - 10:30AM	Moving Meditation - Qi Gong (P. 17)
10:00AM - 11:00AM	French Conversation Circle (Intermediate) (P. 17)
10:00AM - 11:30AM	Karaoke (P. 18)
2:00PM - 3:00PM	Italian Class (Beginners) (P. 18)
3:00PM - 4:00PM	Mindfulness Meditation (P. 17)
3:15PM - 4:45PM	Spanish Conversation Class (Intermediate) (P. 18)

Tuesdays

9:30AM - 4:15PM	Reflexology, Facials, Reiki, and Chair Massage (P. 19)
10:00AM - 11:00AM	Pet A Pooch (P. 19)
10:00AM - 12:00PM	Happy Hookers (P. 16)
10:30AM - 11:30AM	Heritage Harmonies Choir (P. 18)
12:30PM - 3:30PM	Painting Studio (P. 16)
1:00PM - 3:00PM	Texas Hold'em Poker (P. 17)
1:30PM	Cinema Classics (P. 20)
1:30PM - 3:30PM	ESL Class (Intermediate) (P. 17)

Wednesdays

10:00AM - 11:00AM	Musical Morning (P. 18)
11:00AM - 12:00PM	Nature Show Series (P. 16)
11:00AM - 12:30PM	Spanish Class (Beginners) (P. 18)
11:00AM - 1:00PM	Acting Class (P. 18)
11:30AM - 12:30PM	Outdoor Walking Group (P. 17)
12:45PM - 2:15PM	French Conversation Circle (Advanced) (P. 18)
1:30PM - 3:00PM	GenYoga (P. 17)
2:30PM - 4:00PM	Spanish Conversation Class (Intermediate) (P. 18)

Thursdays

10:00AM - 11:30AM	TEDTalks (P. 16)
1:00PM - 3:30PM	Chronic Pain Management (P. 17)
2:30PM - 4:30PM	German Conversation Circle (P. 18)
3:00PM - 4:30PM	Ukulele Practice Group (P. 19)

Fridays

9:30AM - 10:30AM	Limber Up Stretching (P. 17)
10:00AM - 11:00AM	French Conversation Circle (Intermediate) (P. 17)
10:00AM - 12:00PM	Happy Hookers (P. 16)
10:30AM - 12:30PM	Mahjong (P. 16)
11:15AM - 12:30PM	Spanish Stories (P. 18)
1:00PM - 2:15PM	ESL Class (Beginners, Intermediate) (P. 17)
1:00PM - 3:30PM	Scrabble (P. 17)
1:30PM	Friday Movie Club (P. 20)

Saturdays

11:15AM	Women's Brunch Club
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Only programs that run weekly are featured on this page. See PP. 16-22 for more information.

Programs that do not run weekly are featured on the calendar on PP. 14-15.

See P. 12 for the Tech Coach and Tech Tutor schedule for assistance with technology.

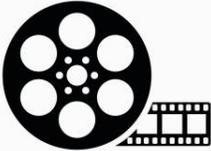
A reminder to please stay home if you are ill to protect the health of other members.

Drop-in and work on our communal jigsaw puzzle at Barclay Manor any time the Main Floor Kitchen is not in use!



Board games are also available any time Barclay Manor is open. They include cards, chess, cribbage, mahjong, and Scrabble. Subject to space availability.

Monthly Programs and Events Calendar

Sunday	Monday	Tuesday	Wednesday
2	3 Documentary Film (P. 20) 1:30PM 	4	5 Manicures and Pedicures (P. 19) 10:00AM - 4:00PM Seniors and Income Tax (P. 22) 1:30PM - 3:00PM
9	10 Tea with Anthony (P. 21) 1:00PM - 2:00PM 	11 Outing: Bowling at Commodore Lanes 12:30PM - 2:30PM 	12 Chinese New Year Party (P. 3) 1:30PM - 2:30PM 
16	17 <p style="text-align: center;">All WESN sites are closed today for Family Day.</p>	18	19 Men's Breakfast (P. 19) 9:00AM Spring into Spirit (P. 22) 2:00PM - 3:00PM Dinner Club (P. 19) 5:30PM
23 Sunday Brunch (P. 19) 1:00PM 	24 Birthday Celebration (P. 21) 1:00PM - 2:00PM Over the Rainbow (P. 19) 2:30PM - 4:30PM	25	26 Manicures and Pedicures (P. 19) 10:00AM - 4:00PM Gambling: How Much is too Much? (P. 22) 1:30PM - 3:00PM

Only programs, events, workshops, and presentations that do not run weekly are featured on this calendar. See PP. 16-22 for more information.

A reminder to please stay home if you are ill to protect the health of other members.

Thursday	Friday	Saturday
		1
6 Death Café (P. 16) 10:30AM - 11:30AM Karaoke 2 Wellness (P. 18) 12:30PM - 2:00PM Your Life, Your Legacy (P. 22) 2:30PM - 3:30PM	7	8
13 Valentine's Day Dessert Social (P. 25) 1:30PM - 2:30PM 	14 Craft Circle (P. 16) 2:30PM - 4:30PM Over the Rainbow (P. 19) 2:30PM - 4:30PM	15
20 Karaoke 2 Wellness (P. 18) 12:30PM - 2:00PM Happy Hour Hoppers (P. 19) 4:00PM - 6:00PM	21	22
27 Rental Rights 101 (P. 22) 1:30PM - 2:30PM 	28 Craft Circle (P. 16) 2:30PM - 4:30PM 	29



See P. 13 for a summary of weekly programs.

See P. 12 for the Tech Coach and Tech Tutor schedule for assistance with technology.

Programs

Arts and Crafts

Craft Circle

Bring your craft projects to work on in a social environment, or learn how to make drink coasters and fortune cookie (or treat) boxes this month with our volunteer instructor.

Fridays February 14 and 28, 2:30PM - 4:30PM, Main Floor Kitchen, Volunteer: Maria

Happy Hookers

Work on your knitting and crocheting projects, build on your artistic abilities, and socialize. Drop-in, space permitting.

Tuesdays and Fridays, 10:00AM - 12:00PM, Main Floor Kitchen, Volunteer: Maureen

Painting Studio

Bring in your project and supplies and paint alongside your comrades in a studio atmosphere.

Tuesdays, 12:30PM - 3:30PM, Basement Multipurpose Room, Volunteer: Graham

Educational and Intellectual

Death Café - In Partnership with Memorial Society of BC

 A meeting place for people to come and talk about dying, death and grief and how it works for them in their lives. Every first Thursday of the month.



Thursday February 6, 10:30AM - 11:30AM, Main Floor Kitchen, Volunteer: Stephen

Nature Show Series

Enjoy stunning films about wildlife and our world and discuss them afterwards.

Wednesdays, 11:00AM - 12:00PM, Piano Room, Volunteer: Wade

TEDTalks

View engaging TEDTalks and then discuss them with your peers. Lots of fun! See the schedule below.

Thursdays, 10:00AM - 11:30AM, Piano Room, Volunteer: John

February 6:

- Amy Cuddy - Your body language may shape who you are
- Julian Treasure - How to speak so that people want to listen
- Robert Waldinger - What makes a good life? Lessons from the longest study on happiness

February 13:

- Jill Bolte Taylor - My stroke of insight
- Apollo Robbins - The art of misdirection
- Stacey Abrams - 3 questions to ask yourself about everything you do

February 20:

- Angela Duckworth - Grit: The power of passion and perseverance
- Chimamanda Ngozi Adichie - The danger of a single story
- Black - My journey to yo-yo mastery

February 27:

- Celeste Headlee - 10 ways to have a better conversation
- David Gallo - Underwater astonishments
- Maz Jobrani - A Saudi, an Indian and an Iranian walk into a Qatari bar..

Games

Mahjong

Play this tile-based Chinese game in a fun atmosphere. New-player lessons start on the first Friday of each month and require a 4-week commitment to become comfortable with the game.

Fridays, 10:30AM - 12:30PM, Piano Room, Volunteer: Carmen

Programs Continued

Scrabble

Keep your mind active with a friendly game of triple word scores. Drop-in, space permitting (max 8).

Fridays, 1:00PM - 3:30PM, Games Room

Texas Hold'em Poker

Play with chips in a low-stakes game of poker while socializing and sharing a good laugh.

Tuesdays, 1:00PM - 3:00PM, Computer Lab, Volunteer: Jeanette

Health and Wellness

Chronic Pain Management - In Partnership with Self-Management BC

Learn techniques to better manage your health. A free 6-week series.

Thursdays February 6 - March 12, 1:00PM - 3:30PM, Basement Multipurpose Room

Self-Management
British Columbia

GenYoga - In Partnership with Qmunity

Hatha yoga for LGBTQ2S older adults. Register at genyoga@qmunity.ca

Wednesdays, 1:30PM - 3:00PM, Basement Multipurpose Room, Volunteer: Adriaan

QMUNITY

Limber Up Stretching

Work through gentle stretches to keep your body limber and ready for the day.

Fridays, 9:30AM - 10:30AM, Basement Multipurpose Room, Volunteer: Christine

Mindfulness Meditation

New

Reduce stress, release negative emotions and improve mental health and focus. All levels are welcome. Bring a shawl or blanket for your own comfort if you wish.

Mondays, 3:00PM - 4:00PM, Games Room, Volunteer: Katarina

Moving Meditation - Qi Gong

Move, breathe, relax, and revive. This ancient Chinese practice combines easy to learn movements with breath and intention.

Mondays, 9:30AM - 10:30AM, Basement Multipurpose Room, Volunteer: Christine

Outdoor Walking Group - In Partnership with Gordon Neighbourhood House

Enjoy our city's wonders with a leisurely walk. Meet outside of Kay's Place. Drop-in.

Wednesdays, 11:30AM - 12:30PM, 118-1030 Denman St, Volunteer: Diane

GORDON
Neighbourhood House

Languages

ESL Class (Beginners and Intermediate)

Learn English vocabulary and sentence structure in a small group setting. Max 12.

Fridays, 1:00PM - 2:15PM, Main Floor Kitchen, Volunteer: Chris

ESL Class (Intermediate)

Practice communicating in English. Knowledge of English is required. Max 10.

Tuesdays, 1:30PM - 3:30PM, Main Floor Kitchen, Volunteer: Cynthia

French Conversation Circle (Intermediate)

A social group that enables intermediate-level French speakers to maintain their language skills.

Mondays, 10:00AM - 11:00AM, Main Floor Kitchen

Fridays, 10:00AM - 11:00AM, Games Room

Programs Continued

French Conversation Circle (Advanced)

A social group for fluent French speakers.

Wednesdays, 12:45PM - 2:15PM, Main Floor Kitchen, Volunteer: Marie-Louise

German Conversation Circle

A social group where German speakers of all levels can improve or maintain their skills.

Thursdays, 2:30PM - 4:30PM, Games Room, Volunteer: Brigitte

Italian Class (Beginners)

Learn how to speak conversational Italian. Max 10. **Class registration is for 6 months. Now waitlisting for the July - December class.**

Mondays January - June, 2:00PM - 3:00PM, Main Floor Kitchen, Volunteer: Ariane

Spanish Class (Beginners)

Learn basic Spanish vocabulary and sentence structure. Max 10.

Wednesdays, 11:00AM - 12:30PM, Main Floor Kitchen, Volunteer: Roberto

Spanish Conversation Class (Intermediate)

Practice your Spanish reading and speaking skills with exercises and discussions. Max 12.

Mondays, 3:15PM - 4:45PM, Main Floor Kitchen, Volunteer: Sylvia

Wednesdays, 2:30PM - 4:00PM, Main Floor Kitchen, Volunteers: Carlos, Charo

Spanish Stories

Practice your listening and comprehension skills by hearing stories in Spanish.

Fridays, 11:15AM - 12:30PM, Games Room, Volunteer: John

Musical and Drama 🎵

Acting Class

Practice your acting skills with skits and exercises.

Wednesdays, 11:00AM - 1:00PM, Basement Multipurpose Room, Volunteer: Cliff

Heritage Harmonies Choir

Sing well-known songs, accompanied by a volunteer pianist. Song books are provided.

Tuesdays, 10:30AM - 11:30AM, Piano Room, Volunteer: Frank

Karaoke

Sing your favourite tunes in an open, non-judgmental environment. Songs are in English. Max 10.

Mondays, 10:00AM - 11:30AM, Piano Room, Volunteer: Lan

Karaoke 2 Wellness



Memorizing song lyrics benefits the brain, so learn the lyrics to your favourite songs and sing with an instrumental backing. Non-judgmental environment. Bring in your lyrics as back-up while you are still working on the memorization. Max 10.

Thursdays February 6 and 20, 12:30PM - 2:00PM, Piano Room, Volunteer: Irena

Musical Morning

Music benefits the mind, body and soul. Come enjoy beautiful live classical guitar!

Wednesdays, 10:00AM - 11:00AM, Fireside Room, Volunteer: Cuneyt

Programs Continued

Ukulele Practice Group

Practice your ukulele alongside others. Songs are selected as a group. No instructor.

Thursdays, 3:00PM - 4:30PM, Main Floor Kitchen

Social 

Dinner Club: India Bistro

Join a group of friendly faces at a different restaurant each month. Register by calling WESN before February 14. Do not call the restaurant. Meet at the restaurant. Diner pays own way.

Wednesday February 19, 5:30PM, India Bistro (1157 Davie St)

Happy Hour Hoppers

Partake in a local happy hour and meet your peers. Register by calling WESN before February 19. Do not call the restaurant. Meet at the restaurant. Diner pays own way.

Thursday February 20, 4:00PM - 6:00PM, Bayside Lounge (1755 Davie St), Volunteers: Michael, Kate

Men's Breakfast Club

Join your brethren for breakfast and convivial conversation. Meet at the restaurant, drop-in. Diners pay their own way. Cost is covered for first timers!

Wednesday February 19, 9:00AM, Denny's (1098 Davie St), Volunteer: John

Pet-A-Pooch - In Partnership with Pets and Friends

Share your pet stories, relieve stress by petting our friendly small pup, Frankie!

Tuesdays, 10:00AM - 11:00AM, Basement Multipurpose Room, Volunteer: Amy



Over the Rainbow - In Partnership with Qmunity

Euchre, cribbage, fun, laughs, and refreshments with other older queers.

Register with overtherainbow@qmunity.ca

Friday February 14 and Monday February 24, 2:30PM - 4:30PM, Basement Kitchen

QMUNITY

Sunday Brunch

Mingle with others for a leisurely brunch. Register by calling WESN before February 21. Do not call the restaurant. Meet at the restaurant. Diner pays own way.

Sunday February 23, 1:00PM, The Sylvia Hotel Restaurant (1154 Gilford St), Volunteer: Diane

Women's Brunch Club

Enjoy a delicious brunch and lively conversation with other women. Meet at the restaurant, drop-in. Diner pays own way.

Saturdays, 11:15AM, The Park at The Sands Hotel (1755 Davie St), Volunteer: Janet

Spa Services

Call 604-669-5051 to book an appointment. Spa services are for current WESN members only.

Manicures and Pedicures

Professional hand and foot care. \$15 manicures, \$18 pedicures and \$5 for polish.

Wednesdays February 5 and 26, 10:00AM - 4:00PM, Basement Kitchen, Technician: Kirsten

Reflexology, Facials, Reiki, and Chair Massage

Professional spa services at a familiar location. \$22-\$50 + GST.

Tuesdays, 9:30AM - 4:15PM, Games Room, Technician: Shirley

Join us in viewing a movie at Barclay Manor! All screenings and popcorn are by donation.
1:30PM, Piano Room

Documentaries

Monday February 3: Pope Francis: A Man of his Word (2018)

Wim Wenders travels the world with Pope Francis, recording the controversial pontiff's humanist views in a sharply divided age. 1h 36m

Cinema Classics

Tuesday February 4: Cabaret (1972)

American cabaret singer Sally Bowles meets British academic Brian Roberts. Despite Brian's confusion over his sexuality, the pair become lovers, but the arrival of the wealthy and decadent playboy Maximilian von Heune complicates matters for them both. Starring Liza Minelli and Michael York. 2h 4m

Tuesday February 11: Manchurian Candidate (1962)

A former prisoner of war is brainwashed as an unwitting assassin for an international Communist conspiracy. Starring Frank Sinatra, Angela Lansbury, Janet Leigh, and Laurence Harvey. 1h 42m

Tuesday February 18: The Seven Year Itch (1955)

When his family goes away for the summer, a hitherto faithful husband with an overactive imagination is tempted by a beautiful neighbour. Starring Marilyn Monroe, Tom Ewell and Evelyn Keyes. 1h 42m

Tuesday February 25: The Taming of the Shrew (1967)

Brutish, fortune-hunting scoundrel Petruchio tames his wealthy, shrewish wife, Katharina. A Shakespeare play. 2h 2m

Friday Movie Club

Friday February 7: Sunset Boulevard (1950)

Norma Desmond, an ageing silent-screen actor, gets a second shot at fame when a screenwriter agrees to write a script for her. 1h 55min

Friday February 14: The Disorderly Orderly (1964)

Jerome Littlefield is an orderly who suffers from "neurotic identification empathy" - a psychosomatic problem that causes him to suffer the symptoms of others. 1h 29m

Friday February 21: Casablanca (1942)

During WWII, Rick, a nightclub owner in Casablanca, agrees to help his former lover Ilsa and her husband. Ilsa's feelings for Rick resurface and she finds herself renewing her love for him. 1h 42m

Friday February 28: Life is Beautiful (1997)

A Jewish father and his family are surrounded by Nazi death camps. Living in a hostile environment, he uses humor to shield his young son from the grim realities of war. 2h 2m



Events

A reminder to please register early for all events that you would like to attend by calling 604-669-5051 or emailing programs@wesn.ca.

Birthday Celebration

If you are a current WESN member and you are celebrating your birthday this month, come enjoy cake, tea and conversations with your peers. You may bring one guest for free. We want to celebrate you! Max 20. If you need to cancel, please call us by 11:30AM on that day.



Monday February 24, 1:00PM - 2:00PM, Piano Room

Chinese New Year Party

We are celebrating a little late, but join us to celebrate the Lunar New Year with dancing, music and a traditional snack recipe explanation. More information on P. 3.

Wednesday February 12, 1:30PM - 2:30PM, Piano Room, \$5/members, \$7/non-members

Outing: Free Bowling at Commodore Lanes

Join us for 2 free games of bowling - shoe rental is included! Register with WESN by 3:00PM on February 7.

Tuesday February 11, 12:30PM - 2:30PM, Commodore Lanes (838 Granville St), Free

Outing: Speaking in Tongues

Director Jeremy invites you to view Speaking in Tongues. Speaking in Tongues is about the right and wrong of emotional conduct. It's about contracts being broken between intimates while deep bonds are forged between strangers. It maps an emotional landscape typified by a sense of disconnection and a shifting moral code.

10 free tickets are available to WESN members on a first reserved, first served basis. 10 other members can receive \$15 discounted tickets. Tickets are regularly \$20. All proceeds will be donated to rescue and support efforts in Australia for the wildfires.

Register with WESN by February 5. Attendees must get themselves to and from the theatre.

Friday February 7, Doors: 6:30PM, GO Studios (112 E 3rd Ave), Use door in alley

Tea with Anthony

Sit down with Anthony, WESN Executive Director, over a cup of tea and muffins. Meet your peers and participate in lively discussions. Everyone is welcome!



Monday February 10, 1:00PM - 2:00PM, Piano Room

Valentine's Day Dessert Social - In Partnership with the West End Community Centre Association

Share feelings of warmth and kindness with your peers while sipping on tea and enjoying dessert! Love songs performed by Helen del Val. **Register and pay with the West End Community Centre.** See P. 25 for more information.



Thursday February 13, 1:30PM - 2:30PM, Piano Room, \$5/person

Save the Date: Free Income Tax Clinics

Volunteers assist individuals with modest income levels and simple tax situations with filing their 2019 taxes. Walk-in on a first-come, first-served basis. No appointments. Remember to bring ID and all relevant papers and forms.

Modest income is considered below \$35,000 for single person families or below \$45,000 for double person families. Find more information on eligibility at: www.canada.ca/en/revenue-agency/services/tax/individuals/community-volunteer-income-tax-program.html

Saturdays March 7, 14, 21, 28, and April 4, 10:00AM - 2:00PM, Barclay Manor

Workshops and Presentations

A reminder to please register early for all workshops and presentations that you would like to attend by calling 604-669-5051 or emailing programs@wesn.ca.

Gambling: How much is too much?

Know the difference between responsible and problem gambling. Learn about the signs of problem gambling, connections between gambling, addiction and mental health, and how to seek help or assist others with finding help.

Wednesday February 26, 1:30PM - 3:00PM, Piano Room, Presenter: BC Responsible & Problem Gambling Program

Rental Rights 101

The Tenant Resource & Advisory Centre (TRAC) will be hosting a workshop to help you better understand your legal rights as a renter. The facilitator will provide an overview of residential tenancy law in BC to help you feel more confident about your tenancy and avoid problems with your landlord. Key topics will include eviction, repairs, deposits, privacy, rent increases, and dispute resolution.

Thursday February 27, 1:30PM - 2:30PM, Piano Room, Presenter: Tenant Resource & Advisory Centre

Seniors and Income Tax

It is tax filing season. Learn about the common types of income for seniors, GST/HST credit, common tax credits and deductions, Canada Revenue Agency services, and scams.

Wednesday February 5, 1:30PM - 3:00PM, Piano Room, Presenter: Canada Revenue Agency

Spring Into Spirit

Love is in the air when you look around. It's a great time to feel alive again. To reach out to our neighbours. To remind ourselves about the simple art of hugging and reconnecting. Join Bob, author of *Pure Happiness, Your Guide to Inner Freedom*.

Wednesday February 19, 2:00PM - 3:00PM, Piano Room, Presenter: Bob Molvai

Your Life, Your Legacy

This interactive presentation addresses the advantages of pre-planning a funeral, including the benefits of planning and steps involved in the planning process. Participants will also be given the opportunity of ordering our free Personal Planning Guide.

Thursday February 6, 2:30PM - 3:30PM, Piano Room, Presenter: Dignity Memorial



**Are you interested in mental health and technology?
Contribute to Research!**



Simon Fraser University's Gerontology Research Centre is looking for people interested in mental health and technology to form part of an Advisory Panel for their ***Personalized Mental Health for Seniors*** project that will launch in April 2020.

The Project Team – that includes the West End Seniors' Network as a Community Partner – aims to develop a tool that identifies older adults at risk of developing mental health challenges and to connect them to a personalized path to better mental health.

Involving people in the community in providing advice and guidance on mental health perspectives, priorities and needs is an essential part of the project. Being a part of the Advisory Panel may involve quarterly/monthly meetings, email communication and occasional workshops.

If you're interested in mental health, the role of technology in health, and want to share your perspective to contribute to mental health research and the translation of findings and knowledge to the community, please contact Project Manager Susan Lowe at susan_lowe@sfu.ca or 604.551.8282.

Community Partner Programs

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 can 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.

Please call Seniors First BC at 604-336-5653 to book an appointment for their next clinic on Tuesday, February 18.



Are you an older adult who:

- Wants to meet new people?
- Believes in the importance of grandparent connections?
- Enjoys sharing skills and experiences?
- Would love to have a positive impact in the life of a child?

To learn more about our not-for-profit organization please call 604-736-8271 or visit our website at www.volunteergrandparents.ca



ARE YOU AN OLDER ADULT WHO NEEDS ASSISTANCE CARING FOR YOUR DOG?



We can help with:

- Dog walking
- Delivering or picking up dog food
- Light grooming and hygiene
- Trips to the vet
- Temporary care during hospitalization



This is a free service provided by volunteers.

For more information:

elderdog.ca
info@elderdog.ca
1-855-336-4226

Proudly supported by  **WESN**
WEST END SENIORS' NETWORK

Pet-A-Pooch

Tuesdays 10:00AM - 11:00AM
Drop-in at Barclay Manor

Animal-assisted therapy has been shown to increase social behaviours, reduce agitation, and reduce blood pressure.

Reap these benefits by interacting with volunteer Amy and her friendly puppy Frankie while enjoying a cup of coffee or tea.

Frankie completed her pet therapy training with Pets and Friends.



Community Events



**SENIORS
COMMUNITY
PLANNING TABLE**
West End

A place for local older adults, community organizations and service providers to connect about issues important to West End older adults. Hear updates from various local organizations as well as a feature speaker.

It's free to attend. Refreshments are provided by Whole Foods.

Friday, February 28, 2020
10:00AM - 12:00PM
St. Andrew's Wesley Church
1018 Nelson Street, Vancouver



RESEARCH PARTICIPANTS NEEDED FOR FOCUS GROUP STUDY

Are you a baby boomer (born between 1946-1965) living in Metro Vancouver? And do you have at least one adult child (aged 19+)?

OR

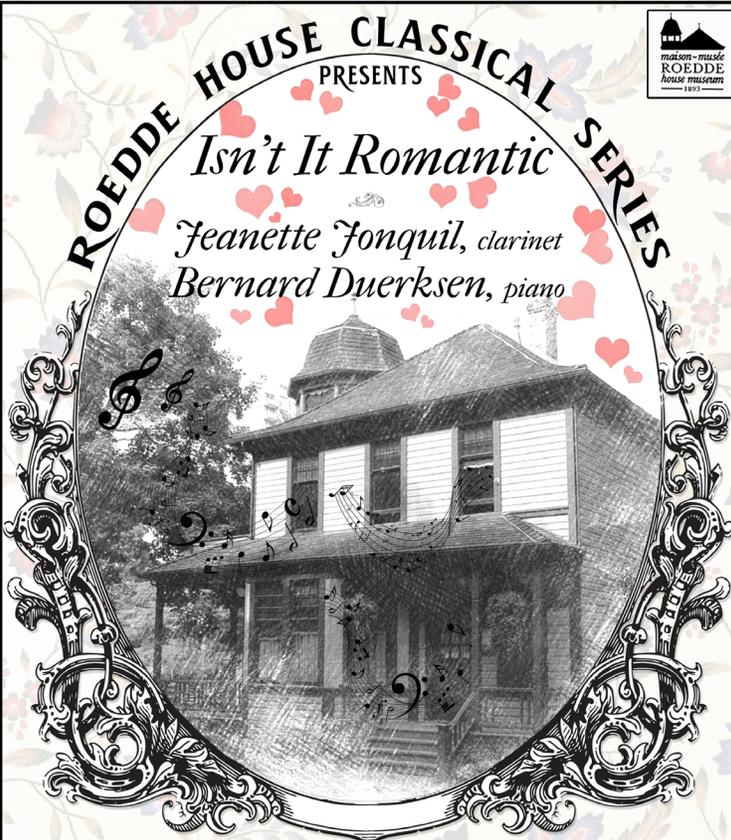
Are you age 19+, living in Metro Vancouver and have a baby boomer parent born between 1946-1965?



We would like to hear your perspectives on future family care for aging baby boomers. Your participation will involve attending an in-person focus group with similar aged peers at a mutually agreed upon time and location.

****Note: potential participants do not need a family member also in the study in order to participate****

Please contact Emily Lonsdale at elonsdal@sfu.ca if you would like to hear more about the study.



ROEDDE HOUSE CLASSICAL SERIES
PRESENTS
Isn't It Romantic
Jeanette Fonquill, clarinet
Bernard Duerksen, piano

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

February 16, 2020
4PM | \$15 / \$12
Children welcome
Arrive early for
tea and tour

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.



**Members can
enjoy coffee and
tea by donation.**

AT BARCLAY MANOR:
MONDAY - FRIDAY
9:30AM - 4:30PM

AT KAY'S PLACE:
MONDAY - FRIDAY
11:00AM - 3:00PM

 **WESN**
WEST END SENIORS' NETWORK

Want to reach older adults?

Advertise in WESN's monthly newsletter!
Our newsletter reaches over 2,000 people.

Visit wesn.ca/newsletters for sizes and rates.





West End Community Centre Association



The following West End Community Centre Association (WECCA) programs are for adults ages 50 years or older and take place at Barclay Manor. Registration is required and is taken by the West End Community Centre. To register, call 604-257-8333, visit in-person at 870 Denman St or register online at <https://westendcc.ca/west-end/west-end-programs/>

Program	Dates	Time	Cost
Bridge	Mon Jan 6 – Mar 30	1:00PM – 4:00PM	\$5/10 tickets
Legal Advice By Access Justice	Tue Jan 7 – Mar 31	3:00PM – 5:00PM	Free – Call to book: 604-878-7400
“Try it Out” Open Mic	Thu Jan 16, Feb 20, Mar 19	7:00PM – 9:00PM	Free
Watercolour Painting	Thu Jan 9 – Mar 12	10:00AM – 12:00PM	\$149.50/10 sessions
Yoga for Seniors	Mon Jan 6 – Feb 10 Wed Jan 8 – Feb 12 Fri Jan 10 – Feb 14	11:00AM – 12:00PM 9:45AM – 10:45AM 11:00AM – 12:00PM	\$50.88/6 sessions \$50.88/6 sessions \$50.88/6 sessions

Please note that these programs are not run by the West End Seniors’ Network.

WECCA Program Highlights

SteadyFeet

The SteadyFeet balance and mobility program helps to increase confidence, improve functional mobility, increase lower body strength, improve balance, and reduce fall risk. Fees apply.

Be Well

“Be Well” is a free weekly drop-in program where, in a happy social atmosphere, blood pressure checks, fitness breaks, and seminars on a variety of wellness topics are offered.



Schedules are available at the West End Community Centre. This is a free program.

VALENTINE’S DAY DESSERT SOCIAL

at the Barclay Manor



Join us for tea or coffee and a delicious dessert, make some new friends and enjoy some live entertainment.

Thu Feb 13, 2020

1:30pm to 2:30pm

Activity Code: 251414

\$5.00/person

Please pre-register before Feb 10, 2020.



This event is presented in partnership with the WECCA and WESN.



1447 Barclay St., Vancouver, BC, V6G 1J6 | 604-257-8333 | barclaymanor.ca



Spring Into Art March 9-28, 2020

West End Community Centre
Display Gallery
870 Denman St
Vancouver, BC

Spring Into Art

The Barclay Manor Painting Group Exhibit

Membership

If you are not already a member of the West End Seniors' Network, please consider joining! The cost of membership is \$10.00/year (October 2019 through September 2020).

To become a member or to renew your membership, please complete the form on the following page and mail or drop it off with your payment at:

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

or

West End Seniors' Network
Kay's Place
118-1030 Denman Street
Vancouver, BC
V6G 2M6

Some of the benefits of being a member include:

- Programs, events, workshops, presentations and drop-in activities
- Access to the secure, friendly and respectful social environments at Barclay Manor and Kay's Place
- Monthly newsletters and regular updates
- Free access to the Computer Lab and WiFi at Barclay Manor
- Access to the printer, scanner and photocopier at Barclay Manor (fees apply)
- Access to services that support older adults to live well, including:
 - Information and referral support
 - Peer support
 - Housing navigation
 - Light housekeeping (fees may apply)
 - Transportation to and from medical appointments (fees may apply)
 - Minor home repairs
 - Grocery shopping and delivery (fees may apply)
 - Friendly visiting, phone calls and emails
- Volunteer opportunities

Donations

Your donations help us achieve 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.

All donations of \$10.00 or more are eligible for a tax receipt.
Charitable Registration Number: 119292845RR0001

Please visit us at wesn.ca to make a secure donation by credit card.
Cash and cheques are accepted in-person at Barclay Manor and Kay's Place. Please make cheques payable to the above address.

Thank you very much in advance for your generous donation.



Please make cheque payable to West End Seniors' Network.

Submit completed form and payment to:

Barclay Manor
1447 Barclay Street
Vancouver, BC V6G 1J6

Kay's Place
118-1030 Denman Street
Vancouver BC V6G 2M6

Today's Date:

DD	MMM	YYYY

I am a **first time member**:

Yes No

I would like information about **volunteer opportunities**:

Yes No

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

Payment	
<input type="checkbox"/> Annual Membership Fee	\$10.00
<input type="checkbox"/> Donation to West End Seniors' Network	\$ _____
<input type="checkbox"/> I want my donation to be anonymous.	
<input type="checkbox"/> Newsletter Postage Fee	\$23.00
Total: \$ _____	
Tax receipts are issued for donations of \$10.00 and over.	
Charitable Registration Number: 119292845RR0001	<input type="checkbox"/> Cash <input type="checkbox"/> Cheque

Prefix:	First Name:	Last Name:		
Address:		City:	Province:	Postal Code:
Date of Birth (DD/MMM/YYYY):		Gender:		
Phone Number:		<input type="checkbox"/> Home	<input type="checkbox"/> Cell	<input type="checkbox"/> Work
Alternate Phone Number:		<input type="checkbox"/> Home	<input type="checkbox"/> Cell	<input type="checkbox"/> Work
Email:		<input type="checkbox"/> DO NOT send me e-mail updates, including the monthly newsletter.		
Emergency Contact Name:		Emergency Contact Relationship:		Emergency Contact Phone Number:

WESN will not disclose my information without my consent, unless requested under the Societies Act, and will not rent, sell or trade their contact list.

For Office Use Only

Membership Card Issued: Cheque #: _____ Receipt #: _____ Location: BM KP C&C

Staff/Volunteer (initial): _____ Revenue Control (initial): _____ Revenue Control Sheet #: _____ Data Entered By (initial): _____

Optional This section will be removed and used only to better understand the WESN membership. **2019-2020**
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 (please select one):

Single Married / Common-Law Widowed Divorced / Separated

My current housing arrangement is (please select one):

Rent Own Subsidized Other: _____

I identify as (please select all that apply):

Heterosexual Gay / Lesbian Bisexual / Pansexual Transgender Other: _____

My individual annual income is (please select one):

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

How would you spend \$100,000 in the West End?

Vote in Vancouver's first Participatory Budgeting process



Come and support the community-driven projects of your choice. Voting is open to anyone age 12 and up with a clear connection to the West End community (live/work/volunteer).

Vote in-person at one of the many public voting stations in the West End or online:

vancouver.ca/VotePB



Voting Period

January 25 - February 4

Jan. 25

Kick-Off Event

Gordon Neighbourhood House
1019 Broughton Street
2 - 4 pm

Feb. 8

Results Announcement and Celebration

Gordon Neighbourhood House
1019 Broughton Street
2 - 4 pm

To learn more visit: **vancouver.ca/participatorybudgeting**

**WE
Choose**



#WEChoosePB



Vote in-person at Barclay Manor and Kay's Place.