



# WESN

WEST END SENIORS' NETWORK

March 2020

Programs, Services and Events for Adults 55+



# Our Vision

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

# Our Mission

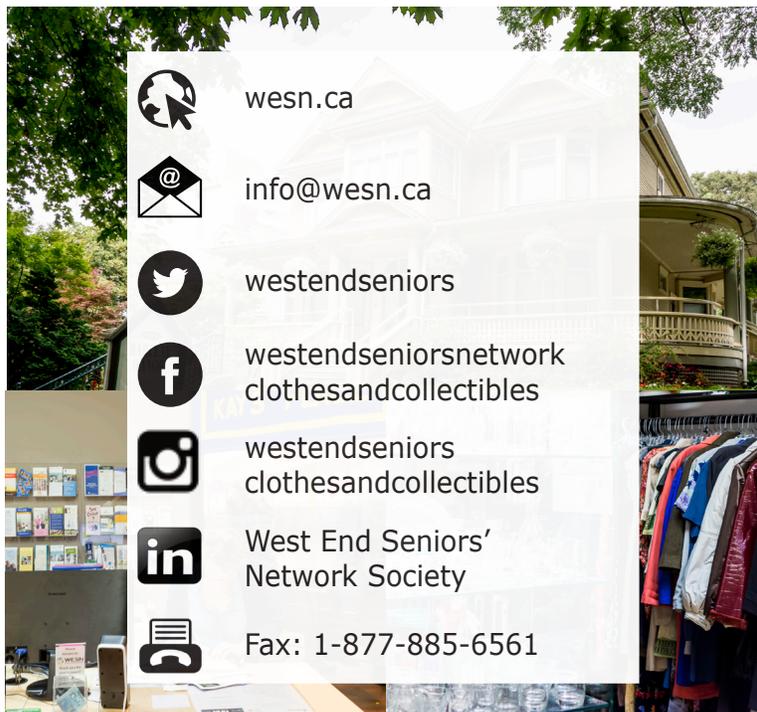
To enhance the quality of life of older adults by providing social, recreational, educational and supportive programs and services that foster connection and inclusion in the broader community.

# Board of Directors

**President:** Joel Oger (board@wesn.ca)  
**Vice President:** Marta Filipski  
**Past President:** Frank McCormick  
**Treasurer:** Timothy Ng  
**Secretary:** Abudi Awaysheh  
**Directors:** Jane Goodridge, Sara Johnson, Karsten Kaemling, Bonnie Quam

# Land Acknowledgement

We acknowledge that West End Seniors' Network locations are on the unceded, occupied, ancestral, and traditional homelands of the xʷməθkwəy̓əm (Musqueam), Skwxwú7mesh (Squamish) and Selilwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.



# 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 Community Services:** Michelle Bobyn  
servicesmanager@wesn.ca

**Manager of Volunteer Resources:** 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 Susan Paré  
veronica@wesn.ca 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

Kay's Place is closed on Thursdays March 19 and 26 for staff and volunteer training.

The Barclay Manor Computer Lab is closed on Thursdays March 19 and 26. The TedTalks and Ukulele Practice Group programs will take place in the Computer Lab on March 19 and 26. Thanks for your understanding and cooperation.

**A reminder to please stay home if you are ill to protect the health of others.**

**STARS**  
of  
**VANCOUVER**  
2019  
**WINNER!**

# Job Opportunities

**We are hiring for the following positions:**

- Manager of Support and Information Services
- Community Services Coordinator
- Administrative and Program Coordinator
- Choose to Move Activity Coach

For more information, please keep an eye on our website: [wesn.ca/job-opportunities](http://wesn.ca/job-opportunities)



## Spring Into Art



**The Barclay Manor Painting Group Exhibit**  
**March 9-27, 2020**  
West End Community Centre (WECC) Display Gallery  
at 870 Denman St, Vancouver, BC.

The public is invited to Spring Into Art with The Barclay Manor Painting Group exhibit and sale of watercolours, acrylics, oils and mixed media.

**WECC hours are**  
Monday to Thursday 9 am – 10 pm  
Friday 9 am – 9 pm  
Saturday 9 am – 5 pm  
Sunday 10 am – 5 pm

For more information about WECC call (604) 257-8333 or visit their website at <https://westendcc.ca/>

Sponsor is the WESN Barclay Manor Seniors' Centre.

# Board of Directors

Joel Oger  
President



Recently the Board organized a membership meeting under the leadership of Jane Goodridge, Marta Filipski and Frank McCormick. The goal was to elicit ideas from the members and find ways to better connect the Board with the membership. This "Town Hall" meeting was a success not only because there were more than 25 members present but also because it elicited a rich conversation on our ways of communicating.

As President of the Board, I was charged with regularly reporting on our Board meetings. The Board meetings take place on the 4th Tuesday of the month at Barclay Manor. At the January 28 meeting were present Joel Oger (President), Marta Filipski (Vice-President), Frank McCormick (Past President) together with Abudi Awaysheh (Secretary) and Timothy Ng (Treasurer) they form the Executive Committee. Karsten Kaemling and Jane Goodridge were also present. Anthony Kupferschmidt (Executive Director) was also present and he participates in discussions but does not vote.

Joel reported on space planning: We have engaged with the City and the Park Board in discussions on how to bring us to the table for the planned redevelopment of Area F, which includes the high school, the West End Community Centre and the Joe Fortes branch of the Public Library (and hopefully a new Seniors' Centre). We have created a Space Planning Task Force including Karsten, Abudi and Joel, and we invite interested members to put their names forward to participate in this Task Force.

Timothy reported on our financial position. Since its inception WESN has never had such a large budget, thanks to the income generated by C&C, by grants and by services. Hail to the hard working staff! Timothy reported that there is now a Finance Committee in place.

Anthony reported on the loud opposition to the proposed project of replacing the westbound bus stop at Davie and Jervis Streets by a parklet with chairs and tables. He stressed that there would be public meetings at Gordon Neighbourhood House in February. Members of the Board will be there to defend our bus stop!

Progress of the Alliance of Seniors' Centres of BC (Jane reporting) and the Council of Senior Citizens' Organizations of BC (Abudi reporting) were reviewed.

Finally full reports and debriefings were given about the Holiday Luncheon, the Volunteer Holiday Parties and Company for Christmas. Plans were finalized for the Staff Appreciation Event hosted by the Board.

## **Information about Other Income Tax Clinics in the Community**

If you are unable to attend an upcoming income tax clinic at Barclay Manor (**see P. 7 for information**), other groups may offer tax clinics. Please contact them for information.

Gordon Neighbourhood House: 604-683-2554

411 Seniors Centre Society: 604-684-8171

St. Paul's Anglican Advocacy Office: 604-685-6832

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/community-volunteer-income-tax-program/need-a-hand-complete-your-tax-return.html>



# Barclay Manor

Anthony Kupferschmidt  
Executive Director



Our staffing transitions continue.

Veronica Page at our Kay's Place location will be leaving us at the end of March. Veronica first started with WESN as an Information and Referral volunteer and as a Peer Support volunteer before she became a staff member in 2015 (not too long after I started). She led our Housing and Elder Abuse Outreach Program before she and Karsten Kaemling joined forces to serve as Managers of Support and Information Services. Veronica helped to lay the groundwork for our Housing Navigation service, and she has done tremendous work leading and enhancing our Peer Support service, including piloting two different successful Peer Support groups. I am very grateful for everything she has done to support WESN, and I hope you will join me in wishing her farewell.

On a lighter note, I am hoping that many of you have had the opportunity to meet two new faces around Barclay Manor. Agata Feetham (you may know her from her many years at Gordon Neighbourhood House) and Emily Lonsdale (a Simon Fraser University Gerontology Masters student) have joined our team on a part-time temporary basis to help support our Better at Home, Life Unlimited and Volunteer Resources portfolios. If you haven't met them yet, please stop by and say hello.

All of this means that we are busy hiring. You can see page 3 for a list of some of the current and upcoming job postings, and you can check the Job Opportunities page of our website (<http://wesn.ca/job-opportunities/>) for more information.

With that being said, I am happy to report that we have a new member of the team joining us this month. Michelle Bobyn will be our new Manager of Community Services, and her first day is March 2. Michelle is a Registered Nurse, and she will be working with a new Community Services Coordinator (to be hired) to lead our Life Unlimited and Better at Home services. Please join me in welcoming Michelle!

There is one other important staffing announcement to make this month. Abbie Purdy, our Administrative and Program Coordinator, will become our new Manager of Volunteer Resources. Abbie has done a wonderful job supporting our Barclay Manor reception and data entry volunteers, and we think she will be a great fit for this position. Abbie's role has been vital in bridging the connections between our three sites, and she will continue to do this in this new capacity. Abbie will stay in her current role for now while we work to hire the Community Services Coordinator and her replacement.

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Thank you so much to everyone who voted in the Participatory Budgeting process (<https://vancouver.ca/participatory-budgeting>). There was a wonderful turnout at the Results Announcement, and I was very pleased with the three projects that came out on top (even if one of them wasn't a grant for our Better at Home transportation service).

I know some people have questioned why sidewalk improvements were even on the ballot, let alone one of the successful projects. Isn't it the City's job to pay for these improvements anyway? I will tell you why I think it's wonderful that this was a successful project, and not just because it means that older adults will be able to get around more easily. To begin, sidewalk improvements were one of the more than 1,700 ideas that our community put forward as a way to improve the neighbourhood, so it was good to see it on the ballot. The successful projects also need to be implemented within 18 months, and the funds from Participatory Budgeting are over and above any dollars the City already had earmarked for sidewalk improvements. This means that we will see these improvements sooner than we otherwise might have, and we will see more improvements than we would have otherwise expected to see in the same period of time.

Of course there were so many worthwhile projects on the ballot and they couldn't all be funded this time around, but I am hopeful that the success of this pilot will blaze a trail for Participatory Budgeting to happen again in our neighbourhood.

# Barclay Manor

Kaitlin Hong Tai  
Manager of Programs



The coronavirus outbreak that originated in Wuhan, China (COVID-19) has taken the media by storm the past few months. It is important to understand what the coronavirus is, the scope of the issue, and what you can do to protect yourself.

Coronaviruses are a collection of viruses that cause illnesses ranging from the common cold to severe acute respiratory syndrome (SARS). Coronaviruses are zoonotic, which means that they can be transmitted between animals and people. Symptoms may include difficulty breathing, fever, cough, and shortness of breath. As with other colds and flus, there is a risk of death if complications arise or for those with compromised immune systems.

The reason this particular strain has captured the attention of the world is the rate at which it has spread and the number of deaths that have occurred in a short time frame. The greatest concern is for countries that do not have robust healthcare systems.

As with other colds and flus, the precautions to protect yourself remain the same. Wash your hands regularly, cover your mouth and nose when you cough and sneeze, do not touch your face, thoroughly cook animal products, and stay at home if you are ill.

Note that masks do not protect you from becoming sick. Masks are only effective if the person who is ill wears a high quality mask - and the mask has to be fitted and worn properly.

Also note that the overuse of handsanitizer and other alcohol-based germ killers is not recommended. Overusing these products can lead to the development of superbugs, which are resistant to treatments. It is better to wash your hands with hot, soapy water when possible.

At Barclay Manor, we are not concerned with the current coronavirus outbreak at this time.

For more information, please consult reputable sources such as the World Health Organization's website. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

## Protect yourself and others from getting sick

### Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



## Protect others from getting sick

When coughing and sneezing  
cover mouth and nose with  
flexed elbow or tissue



Throw tissue into closed bin  
immediately after use

Clean hands with alcohol-based  
hand rub or soap and water  
after coughing or sneezing and  
when caring for the sick





# Free Income Tax Clinics

Volunteers assist individuals with modest income levels and simple tax situations with filing their 2019 taxes. See eligibility criteria below. Please bring all of your relevant documentation and government-issued ID to the clinic.

Saturdays: March 7, March 14, March 21, March 28, April 4  
10:00AM - 2:00PM  
Barclay Manor, 1447 Barclay Street

Walk-in on a first-come, first-served basis. No appointments.

Family size	Total family income is under...
1 person	\$35,000
2 persons	\$45,000
3 persons	\$47,500
4 persons	\$50,000
5 persons	\$52,500
More than 5 persons	\$52,500 plus \$2,500 for each additional person

### Simple tax situation

In general, your tax situation is **simple** if you have no income or if your income comes from any of these sources:

- employment
- pension
- benefits such as the Canada Pension Plan, disability insurance, employment insurance, and social assistance
- registered retirement savings plans (RRSPs)
- support payments
- scholarships, fellowships, bursaries or grants
- interest (under \$1,000)

Your tax situation is **not simple** if you:

- are self-employed or have employment expenses
- have business or rental income and expenses
- have capital gains or losses
- filed for bankruptcy in the tax year (or the year before, if that return has not yet been filed)
- are completing a tax return for a deceased person



# Volunteer Opportunities

## Interested in volunteering with us?

Contact the Manager of Volunteer Resources at 604-669-5051 or [volunteers@wesn.ca](mailto:volunteers@wesn.ca) with a completed application form.

Our volunteer application form and volunteer postings can be found at: [wesn.ca/volunteer](http://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

### **March Engagement Question:** What is your favourite food to share?

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, write your response on the board at the front entrance of Barclay Manor.

The question can also be answered online, and it will be transferred onto the board:

<https://www.surveymonkey.com/r/DQM2SGC>

### **Previous Question:** What does it mean to love?

Everyone has a different idea of what constitutes love. Two of the responses were: "It means to be responsible for your very own wellbeing, your growth, and a never ending quest to be a better person" and "To give and receive."

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

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

## DAVID WATTS NOTARY PUBLIC



Wills, Power of Attorney &  
Representation Agreements

Real Estate Transfers & Mortgages

In-Home Visits Available

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

1412 - 675 West Hastings Street, Vancouver BC V6B 1N2

# Services

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

<b>Life Unlimited</b>	<b>Friendly Phone Calls and Emails</b>	Connect by phone or email with a volunteer for reassurance and friendly conversation.	604-669-5051 volunteers@wesn.ca
	<b>Friendly Visiting</b>	Build a social connection with a volunteer through home visits, going out for walks or coffee, or similar activities.	
	<b>Grocery Shopping and Delivery</b>	Volunteers take grocery orders by phone or email, shop, and arrange for delivery.	
<b>Better at Home</b>	<b>Light Housekeeping</b>	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
	<b>Minor Home Repairs</b>	Volunteers assist with basic home repairs such as replacing lightbulbs.	
	<b>Transportation to and from Medical Appointments</b>	Volunteers help clients get safely to and from medical appointments by driving, travelling in a taxi, on public transit, on HandyDART, or walking.	
<b>Kay's Place</b>	<b>Housing Navigation</b>	Information on housing options and support to assist with finding and maintaining appropriate housing.	Susan Paré 604-669-7339 susan@wesn.ca
	<b>Information and Referral</b>	Access information on federal, provincial, municipal and community programs and services with the help of a volunteer.	604-669-7339 kaysplaceinfo@wesn.ca
	<b>Peer Support</b>	Trained volunteers provide confidential emotional support for life stressors such as retirement, illness, isolation and loss.	Veronica Page 604-669-7339 veronica@wesn.ca
<b>Clothes and Collectibles Thrift Boutique</b>		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



CITY OF VANCOUVER



McGrane-Pearson Endowment Fund

# 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 the Barclay Manor reception desk. **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](mailto: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](mailto: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](mailto: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.

**Please note that the Computer Lab is closed all day on Thursdays March 19 and 26.**

## 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](mailto: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 (iPads are okay, but no Apple computers or laptops please)
Thursdays 2:00PM - 4:00PM	Simon	Computers, tablets, cell phones, Apple products, social media
Fridays March 6 and 20 1:00PM - 3:00PM	Sarah	Computers, tablets, cell phones, Apple products, social media, blogs
Fridays March 13 and 27 1:00PM - 3:00PM	Maria	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

# 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)
2:45PM - 4:00PM	Ballet and More Dance Class (P. 17)
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. 16)
1:30PM	Friday Movie Club (P. 20)

## Saturdays

11:15AM	Women's Brunch Club (P. 19)
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**Only programs that run weekly are featured on this page.** See PP. 16-22 for details.

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

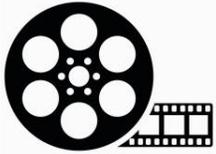
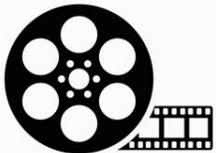
See P. 12 for the Tech Coach and Tech Tutor schedules for assistance with technology.

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.

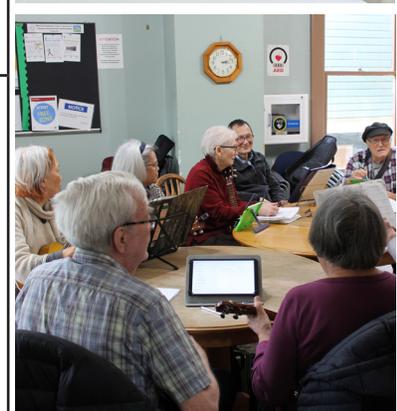
# Monthly Programs and Events Calendar

Sunday	Monday	Tuesday	Wednesday
<b>1</b>	<b>2</b> Documentary Film (P. 20) 1:30PM 	<b>3</b>	<b>4</b> Manicures and Pedicures (P. 19) 10:00AM - 4:00PM YWCA Job Futures 55+ Information Session (P. 22) 1:00PM - 3:00PM
<b>8</b>	<b>9</b> Tea with Anthony (P. 21) 1:00PM - 2:00PM 	<b>10</b>	<b>11</b> Government Benefits for Older Adults (P. 22) 1:30PM - 3:00PM 
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b> Men's Breakfast (P. 19) 9:00AM Dinner Club (P. 19) 5:30PM
<b>22</b> Sunday Brunch (P. 19) 1:00PM 	<b>23</b> Birthday Celebration (P. 21) 1:00PM - 2:00PM Over the Rainbow (P. 19) 2:30PM - 4:30PM	<b>24</b>	<b>25</b> Manicures and Pedicures (P. 19) 10:00AM - 4:00PM 
<b>29</b>	<b>30</b> Documentary Film (P. 20) 1:30PM 	<b>31</b>	

**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 others.**

Thursday	Friday	Saturday
<p><b>5</b> Death Café (P. 16) 10:30AM - 11:30AM</p> 	<p><b>6</b></p>	<p><b>7</b> Free Income Tax Clinic (P. 4) 10:00AM - 2:00PM</p>
<p><b>12</b> All Ready to Go (P. 22) 1:30PM - 3:00PM</p> 	<p><b>13</b> Over the Rainbow (P. 19) 2:30PM - 4:30PM</p>	<p><b>14</b> Free Income Tax Clinic (P. 4) 10:00AM - 2:00PM</p>
<p><b>19</b> <b>Kay's Place is closed.</b> <b>Barclay Manor Computer Lab is closed.</b> Happy Hour Hoppers (P. 19) 4:00PM - 6:00PM</p>	<p><b>20</b></p>	<p><b>21</b> Free Income Tax Clinic (P. 4) 10:00AM - 2:00PM</p>
<p><b>26</b> <b>Kay's Place is closed.</b> <b>Barclay Manor Computer Lab is closed.</b></p>	<p><b>27</b></p>	<p><b>28</b> Free Income Tax Clinic (P. 4) 10:00AM - 2:00PM</p>



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

### 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 March 5, 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 (**Computer Lab on March 19 and 26**), Volunteer: John

#### March 5:

- Judson Brewer - Mindfulness techniques that effectively help quell cravings of all kinds
- Sarah Kay - Using spoken word poetry to entertain, educate and empower students and teachers worldwide
- Barry Schwartz - Economics and psychology

#### March 12:

- Brené Brown - Vulnerability, courage, authenticity, and shame
- Susan Cain - Looking inward is a virtue
- David Blaine - Bringing the wonderment of magic off the stage and onto the sidewalk

#### March 19:

- Hugh Herr - Building prosthetics that fuse biomechanics with microprocessors
- Shawn Achor - Positive psychology
- Simon Sinek - How leaders can inspire cooperation, trust and change

#### March 26:

- Raffaello D'Andrea - Autonomous systems
- Matt Cutts - Fighting linkspam
- Amanda Palmer - We shouldn't fight the fact that digital content is freely shareable

## 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

### 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

# Programs Continued

## 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. **Registration is closed.**

**Call 604-940-1273 for information on other sessions.**

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

Self-Management  
British Columbia

### Dance Class: Ballet and More - In Partnership with the Dance Centre

Have fun learning ballet and other styles of dance. Everyone is welcome - all levels.

Thursdays March 19 - June 4, 2:45PM - 4:00PM, Basement Multipurpose Room

The Dance Centre

### 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

### Flow Stretching (formerly called Limber Up Stretching)

Rediscover flow, ease and postural alignment in your body with gentle movements.

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

### Mindfulness Meditation

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

## **Music 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.

### **No sessions in March**

### **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 (**Computer Lab on March 19 and 26**)

## Social

## Dinner Club: Khaghan Restaurant (<https://khaghan.ca>)

Join a group of friendly faces at a different restaurant each month. Celebrate Nowruz, the Persian New Year, at this local Persian restaurant! Register by calling WESN before March 16. Do not call the restaurant. Meet at the restaurant. Diner pays own way.

Wednesday March 18, 5:30PM, Khaghan Restaurant (851 Denman St)

## Happy Hour Hoppers

Partake in a local happy hour and meet your peers. Register by calling WESN before March 17. Do not call the restaurant. Meet at the restaurant. Diner pays own way.

Thursday March 19, 4:00PM - 6:00PM, The Sylvia Hotel (1154 Gilford 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 March 18, 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](mailto:overtherainbow@qmunity.ca)

Friday March 13 and Monday March 23, 2:30PM - 4:30PM, Basement Kitchen

QMUNITY

## Sunday Brunch

Mingle with others for a leisurely brunch. Register by calling WESN before March 20. Do not call the restaurant. Meet at the restaurant. Diner pays own way.

Sunday March 22, 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 March 4 and 25, 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 March 2: Bob Lazar: Area 51 & Flying Saucers (2018)

Decades ago, Bob Lazar blew the whistle on Area 51. Now he's back to explain the alien tech he worked with, and the government's war to shut him up. TV-MA, 1h 36m

### Monday March 30: Betty White: First Lady of Television (2018)

This documentary on actress and television producer Betty White traces her decades-long career as a woman breaking new ground in entertainment. TV-14, 55m

## Cinema Classics

### Tuesday March 3: A Hard Day's Night (1967)

Over two "typical" days in the life of The Beatles, the boys struggle to keep themselves and Sir Paul McCartney's mischievous grandfather in check while preparing for a live television performance. Starring the Fab Four. 1h 27m

### Tuesday March 10: Suspicion (1941)

A wealthy wallflower suspects her penniless playboy husband of murder. Starring Cary Grant and Joan Fontaine. 1h 32m

### Tuesday March 17: Annie Hall (1977)

Neurotic New York comedian Alvy Singer falls in love with the ditzy Annie Hall. Starring Woody Allen and Diane Keaton. 1h 33m

### Tuesday March 24: The Best Years of Our Lives (1946)

Three World War II veterans return home to small-town America to discover that they and their families have been irreparably changed. Starring Myrna Loy, Dana Andrews and Fredric March. 2h 50m

### Tuesday March 31: Inherit the Wind (1960)

Two great lawyers argue the case for and against a science teacher accused of the crime of teaching evolution. Starring Spencer Tracy, Gene Kelly and Fredric March. 2h 8m

## Friday Movie Club

Come at 1:15PM for a quick overview about the movie you are going to watch, and stick around for a few minutes afterwards to discuss the film. Volunteer: Christiano

### Friday March 6: Citizen Kane (1941)

The investigation of a publishing tycoon's dying words reveals conflicting stories about his scandalous life. Starring Joseph Cotten, Dorothy Comingore and Orson Welles. PG, 1h 59m

### Friday March 13: Star Trek (2009)

Follow the early days of Captain Kirk and his trusted team on the starship USS Enterprise. Starring Chris Pine, Zachary Quinto and Karl Urban. PG, 2h 6m

### Friday March 20: Crocodile Dundee (1986)

A journalist travels to Australia to interview a unique crocodile poacher. When he saves her from a crocodile, she invites him to New York. Despite their cultural differences, they fall in love. Starring Paul Hogan, Linda Kozlowski and John Meillon. PG, 1h 44m

### Friday March 27: Awakenings (1990)

When Dr. Malcolm Sayer discovers a cure for an epidemic, numerous catatonic patients get a second chance to live. However, the cure eventually leads to more complications. Starring Robert De Niro and Robin Williams. PG, 2h

# 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](mailto:programs@wesn.ca).

## Free Income Tax Clinics

See P.4 for information. Clinics will only take place on the specified dates and within that time frame. Saturdays March 7, 14, 21, 28, and April 4, 10:00AM - 2:00PM, Barclay Manor

## 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 March 9, 1:00PM - 2:00PM, Piano Room



## 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 March 23, 1:00PM - 2:00PM, Piano Room



**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

## Nowruz, The Iranian (Persian) New Year

Nowruz is the Iranian (Persian) New Year and it takes place on the first day of Spring - March 19th, for this year. The holiday marks the first day of the first month of the Iranian calendar.

Nowruz is celebrated by diverse communities around the world and includes customs such as major spring cleaning of the home, visiting friends, families and neighbours, and preparing a Haft-sin table (see right).

The Haft-sin table consists of 7 foods beginning with the letter sin: sabze (wheat, barley, mung bean, or lentil sprouts), samanu (sweet pudding made of wheat germ), Persian olive, vinegar, apple, garlic, and sumac. These items have astrological correlations to Mercury, Venus, Mars, Jupiter, Saturn, the sun, and the moon. This practice is believed to be over 100 years old.

To celebrate, we will be going to a local Persian restaurant, Khaghan Restaurant, for our Dinner Club program. See P. 19 for details.



# 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](mailto:programs@wesn.ca).

## YWCA Job Futures 55+ Information Session

YWCA Job Futures 55+ is a free 10-week employment program that prepares mature workers (55+) to achieve sustainable employment through skills training and employment supports. Learn more about the program and upcoming cohort at this information session.

Register at: 604-220-7183, 604-818-1082 or <https://ywcavan.org/job-futures>

Wednesday March 4, 1:00PM - 3:00PM, Piano Room, Presenter: YWCA

## Government Benefits for Older Adults

An informative overview to numerous federal and provincial government benefits for seniors – including Old Age Security (OAS), Guaranteed Income Supplement (GIS), Canada Pension Plan (CPP), Fair Pharmacare, BC Senior Supplement, and Shelter Aid for Elderly Renters (SAFER).

Wednesday March 11, 1:30PM - 3:00PM, Piano Room, Presenter: Seniors First BC

## All Ready to Go

This workshop will provide those who attend with a solid understanding of end of life planning and the paperwork that is necessary to ensure a graceful ending. You will be provided with a straight-forward twelve-step process that is easy to follow and covers all the important areas of end of life planning from your will to funeral arrangements.

Thursday March 12, 1:30PM - 3:00PM, Piano Room, Presenter: Memorial Society of BC



**Neighbourhood  
Small Grants  
Downtown  
Peninsula**

## Do you have an idea to bring people in your community together?

Small grants. Beautiful ideas. Apply for a \$50 to \$500 grant to bring your project to life.



### DEADLINE TO APPLY IS APRIL 9, 2020

For more information or help applying, contact the Gordon Neighbourhood House at 604 683 2554, send an e-mail at [welcome@gordonhouse.org](mailto:welcome@gordonhouse.org) or visit [neighbourhoodsmallgrants.ca](http://neighbourhoodsmallgrants.ca).

**GORDON**  
Neighbourhood House



IN PARTNERSHIP WITH  
**vancouver**  
foundation

#NSGBC

## Seniors Outreach Therapy

Jewish Family Services of Vancouver is pleased to announce a new clinical counselling program: Seniors Outreach Therapy. This program provides counselling on an outreach basis with a Registered Clinical Counsellor. This is a unique opportunity for older adults to access low-cost therapy services in their home. In-office appointments are also available.

Some of the reasons older adults seek counselling:

- Coping with the loss of partner, family member or friend(s)
- Learning to deal with the physical and mental changes that come with aging
- Reviewing past historical concerns
- Adapting to changes that come with a fixed income
- Exploring feelings of isolation, sadness and/or loneliness
- Finding solutions to issues that seem difficult to resolve
- Learning how to form or renew connections with others and build community supports



For further information or to book an intake, please contact Alan Stamp, Clinical Director, at 604-637-3309 or [astamp@jfsvancouver.ca](mailto:astamp@jfsvancouver.ca).

This program is funded by the Community Action Initiative of BC.

Supported by:  **WESN**  
WEST END SENIORS' NETWORK

# 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, March 17.**

**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

## Volunteer Grandparents

Volunteers for Intergenerational Programs Society

**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](http://www.volunteergrandparents.ca)



# 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



Dialogue  
on **aging**

PUBLIC PRESENTATION SERIES

## Join Us for a Free Presentation

**Friday, March 27, 2020**  
6:00 - 8:30 p.m.  
Vancouver Convention Centre East  
999 Canada Place  
Parkview Terrace (level M)

**Doors open at 6:00 p.m.**  
Come early to browse the interactive displays, and meet the researchers while enjoying a hot beverage.

### The evening will include:

- **Panel Presentation at 7 p.m.:** Dementia and Healthy Aging: cutting edge research promotes success strategies for all.
- Interactions with researchers and experts in dementia and aging. Learn about new research-based strategies for healthy aging.
- Success stories: programs and practices that support brain health for individuals and families.

**For more information and to register online, please visit:**  
[publicpresentations.providencehealthcare.org](http://publicpresentations.providencehealthcare.org)



**ROEDDE HOUSE CLASSICAL SERIES**  
PRESENTS  
*Songs for St. Patrick*  
William George, tenor  
Stephen Smith, piano

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

March 15, 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.

## 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. It is free to attend these meetings, which take place on the last Friday of the month.

Refreshments are provided by Whole Foods.

**Friday, March 27, 2020**  
10:00AM - 12:00PM  
St. Andrew's Wesley Church  
1018 Nelson Street, Vancouver

## Want to reach older adults?

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

Visit [wesn.ca/newsletters](http://wesn.ca/newsletters) for sizes and rates.

Digital copies of WESN's monthly newsletter, including those from past months and years, can be viewed at: [wesn.ca/newsletters](http://wesn.ca/newsletters)

To receive e-newsletters sent to you via email, please email [programs@wesn.ca](mailto:programs@wesn.ca) and request to be placed on the email list. For new members or members renewing their membership, this can also be requested on the membership form.



# 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 Mar 19	7:00PM – 9:00PM	Free
Watercolour Painting	Thu Jan 9 – Mar 12	10:00AM – 12:00PM	\$149.50
Yoga for Seniors	Mon Feb 24 – Mar 30 Wed Feb 19 – Mar 25 Fri Feb 21 – Mar 27	11:00AM – 12:00PM 9:45AM – 10:45AM 11:00AM – 12:00PM	\$50.88 \$50.88 \$50.88

**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.

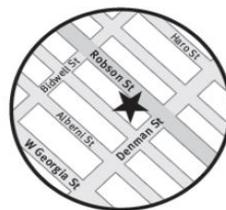


The Pharmacy West End,  
where it’s **Seniors’ Day,**  
**every day!**

**\*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

# 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](http://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:

<input type="text"/>	<input type="text"/>	<input type="text"/>
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
Tax receipts are issued for donations of \$10.00 and over.	
<b>Total: \$ _____</b>	
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

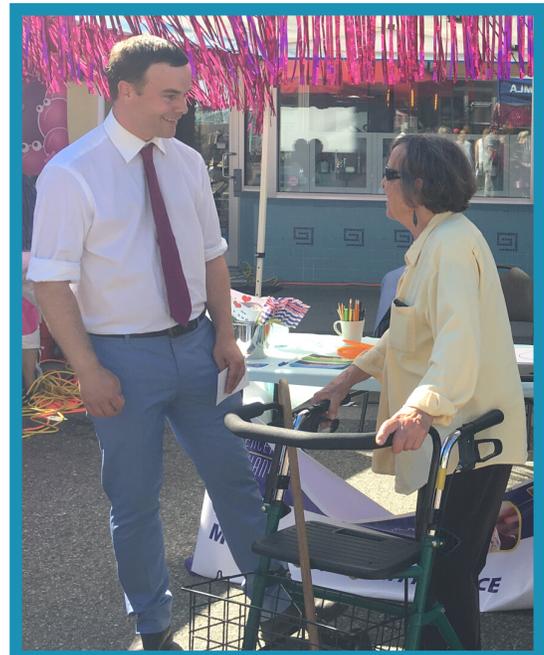
# SPENCER CHANDRA HERBERT

MLA West End  
Coal Harbour



LOOKING FOR  
INFORMATION  
OR WANT TO  
SHARE YOUR  
THOUGHTS?

CALL, WRITE,  
OR VISIT YOUR  
COMMUNITY  
OFFICE!



923 Denman Street

604-660-7307