



November 2020

WESN

WEST END SENIORS' NETWORK

Programs, Services and Events for
Adults 55 Years of Age and Older



Lest We Forget

STARS
of
VANCOUVER
2020

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: Ross McKinnon

Secretary: Alison Maher

Directors: Abudi Awaysheh, Karsten Kaemling, Stephanie Thomas

Land Acknowledgement

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

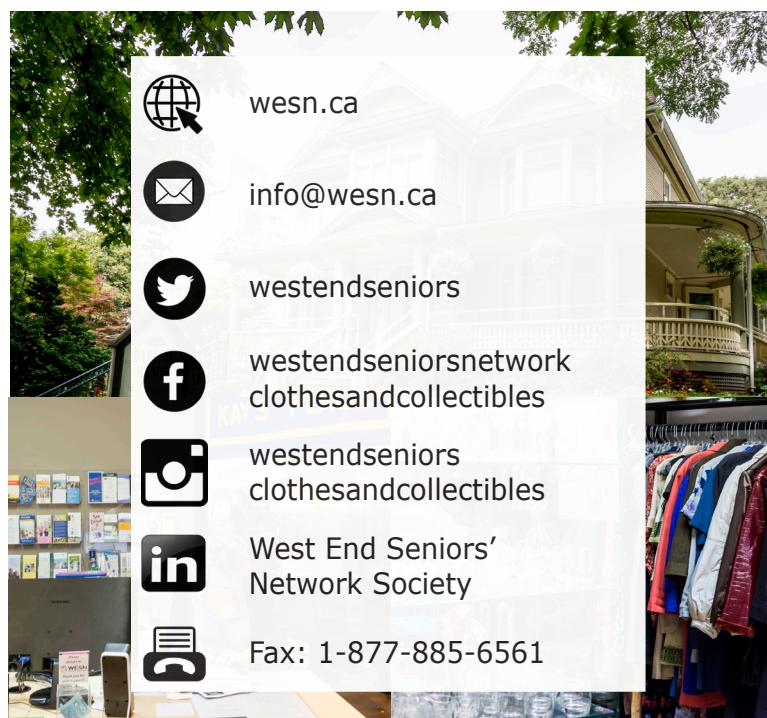


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Closures

Barclay Manor, Clothes and Collectibles and Kay's Place are closed on Wednesday, November 11 for Remembrance Day.

COVID-19 Protocols

Our sites, programs and services have COVID-19 processes in place, including enhanced cleaning protocols. See P. 4 for a summary. Contact staff for more information (see P. 3).

Please stay home if you do not feel well.

If you become ill and test positive for COVID-19, please inform us immediately.

The West End Seniors' Network have pulled together a selection of COVID-19 resources. See P. 19 and visit our website at: <http://wesn.ca/covid-19-resources>

Contact Information

Barclay Manor

604-669-5051
info@wesn.ca
1447 Barclay Street, Vancouver, BC V6G 1J6
After re-opening date: Mon - Fri, 9:00AM - 5:00PM

Executive Director: Anthony Kupferschmidt
604-669-5051 ext 4 | executivedirector@wesn.ca

Manager of Programs: Kaitlin Hong Tai
604-669-5051 ext 1 | programs@wesn.ca

Administrative and Program Coordinator:
Abbie Purdy
604-669-5051 ext 6 | info@wesn.ca

Manager of Community Services: Michelle Bobyn
604-669-5051 ext 3 | servicesmanager@wesn.ca

Community Services Coordinator: Sumathy Sudhir
604-669-5051 ext 2 | servicescoordinator@wesn.ca

Life Unlimited Grocery Shopping and Delivery Coordinator: Emily Lonsdale
health@wesn.ca

COVID-19 Community Response Hub Manager:
Kari Kesslar
604-669-5051 ext 8 | responsehub@wesn.ca

Program and Event Assistant: Yathu Radhakrishnan
events@wesn.ca

Manager of Volunteer Resources (Acting):
Agata Feetham
volunteers@wesn.ca

Accountant: Parveen Chand

Clothes and Collectibles

604-682-0327
Denman Place Mall
110-1030 Denman Street, Vancouver, BC V6G 2M6
Wed - Fri, 11:00AM - 5:00PM
Sat, 12:00PM - 4:00PM

Manager: Laura Fee
clothes@wesn.ca

Assistant Managers: Gordana Smocilac, Will Tessier

Supervisor: Fran Linnington

Note that site statuses and hours of operation are subject to change. Check our social media channels, website or call us to confirm.

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:

Susan Paré Alan Stamp
susan@wesn.ca alan@wesn.ca

Information and Referral Services Coordinator:

Isamu Yano
isamu@wesn.ca

Job Opportunities

We are hiring for the following positions:

- Administrative and Program Coordinator
- Choose to Move Activity Coach
- LinkAGE Social Prescribing Navigator

For more information, please watch our website:
wesn.ca/job-opportunities

Volunteer

Interested in volunteering with us?

Learn more from our website and contact the Manager of Volunteer Resources at 604-669-5051 or volunteers@wesn.ca with a completed application form: wesn.ca/volunteer

What types of space do you think WESN needs in the future?

Contribute your voice as a member, volunteer, client, customer, or donor through our survey, available until October 30, 2020.

Complete the survey online at:
<https://www.surveymonkey.com/r/WESNSPACEPLANNINGSURVEY>



Or, paper copies are available at Kay's Place and Clothes and Collectibles in the Denman Place Mall (1030 Denman St) and at Barclay Manor (1447 Barclay St).

Our 3 locations have COVID-19 protocols in place:

- Stay home if you are not feeling well.
- Masks or face coverings are mandatory.
Masks are available by donation.
- Wash or sanitize your hands upon entering.
- Space capacities are reduced. Registration is required for programs or appointments and/or you may be asked to wait to enter.
 - **Barclay Manor:** Maximum of 50.
 - **Clothes and Collectibles:** Maximum of 7.
 - **Kay's Place:** Maximum of 6.
- Follow posted signage and maintain physical distance (2 metres) from others.
- Enhanced cleaning protocols are in place.
- Food and drinks are not provided.
 - **Barclay Manor:** You may bring your own drinks, but please refrain from eating.
 - **Clothes and Collectibles:** No consumption of food or drinks.
 - **Kay's Place:** Please refrain from eating or drinking.



Board of Directors

Dear members,

Let me first thank you for your participation in the AGM, which took place in September through videoconferencing. This meant great efforts for all: your Board had to get familiar with this new medium, and the staff were essential in helping us and were there to control all the technical aspects. Thanks to them we could rehearse ahead of time and feel ready! But thanks also to our membership, you have answered our call and almost 50 of you participated in the meeting and voted either electronically or by telephone. This shows how vibrant and technically competent is our community of seniors!

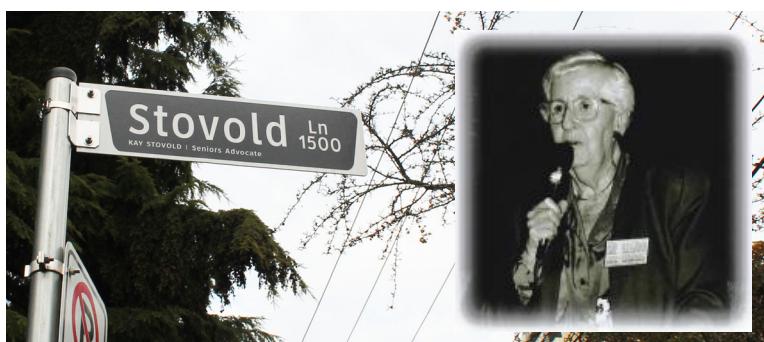
This AGM was the opportunity to thank the Directors who were retiring from the Board this year. We thank Bonnie Quam and Sara Johnson who gave 6 years of service. Bonnie will continue to help as one of our representatives to the Alliance of Seniors' Centres of BC. Two other Directors have resigned. Our treasurer, Timothy Ng, has been convinced by a large pharmaceutical company to head their COVID-19 vaccine division. We are honoured to see here evidence of the professional competence of our Directors. Jane Goodridge also left our Board for personal reasons, and we hope to see her come back. To the four of them we say thank you for donating your time and energy. From the bottom of our hearts, thank you for having served the West End community!

Through the hard work of our Nominating Committee, we have been able to recruit and the membership has elected three new members to become Directors on the Board: Alison Maher, Ross McKinnon and Stephanie Thomas. Alison is retired, lives in the West End and has been an administrator in a large corporation; she will be our new Secretary. Ross is semi-retired and works in the travel industry; he will be our new Treasurer. And Stephanie works with the Provincial Health Services Authority and will be leading our Donor Recognition Task Force. Welcome to these three individuals who have volunteered to help steer WESN through the COVID-19 period and towards a brighter future. Don't we all find these days in isolation so much more difficult?

Also, dear members, please come and volunteer to sit on committees of the Board and help us build plans for the future by answering our space planning questionnaire.

Joel Oger for WESN Board of Directors:

Joel, Marta, Frank, Abudi, Karsten, Alison, Ross, and Stephanie



November 12 is Stovold Day

Kay Stovold was one of WESN's founders. She was a remarkable individual who advocated for older adults' rights.

As we cannot gather to celebrate her this year, we encourage you to remember her on her special day.

CLOTH MASKS AVAILABLE FOR OLDER ADULTS



If you are in need of a reusable cloth mask, we have some available at Kay's Place. Masks are for older adults and there is a maximum of 1 per person, while supplies last.

Kay's Place
118 - 1030 Denman Street (Denman Place Mall)
Monday - Friday 10:00AM - 4:00PM
604-669-7339
kaysplaceinfo@wesn.ca

Barclay Manor

Michelle Bobyn
Manager of Community Services



Due to increasing demand, WESN has made some changes to the Life Unlimited services that go into effect this month. Please see the following details about these changes:

- **Friendly Visiting:** In order to be considered an “active” pairing, Friendly Visiting volunteers must connect with their client for at least 30 minutes each month. If a client and volunteer do not fulfill this minimum for 3 consecutive months, their pairing will be considered “inactive.” “Inactive” pairings are not considered part of the Friendly Visiting service.
Note: Due to COVID-19, all in-person interactions are not advised at this time. Virtual connections (i.e. Zoom, email, and telephone communication) are encouraged.
- **Check-In Phone Calls and Emails:** In order to be considered an “active” pairing, Check-in Phone Calls and Email volunteers must connect with their client for at least 30 minutes each month. If a client and volunteer do not fulfill this minimum for 3 consecutive months, their pairing will be considered “inactive.” “Inactive” pairings are not considered part of the Check-In Phone Calls and Emails service.
- **Grocery Shopping and Delivery:** As of November 1, 2020 if a client and/or client representative has not placed a grocery order during the current or previous calendar month, they will be considered “inactive.” “Inactive” clients will not be able to place a grocery order until their status has changed to “active.” If a client and/or client representative is interested in returning to “active” status, they will need to speak with Community Services staff to determine if the service has the capacity to re-activate the client status.
Note: Previous calendar month refers to 4 weeks from the first grocery shopping day that occurs during the calendar month.

Clothes and Collectibles

Laura Fee
Manager



About half of our volunteers have returned to their roles, and the remainder are not feeling comfortable enough to work with the public, so I do not anticipate changing our store hours from their current format of Wednesday to Friday 11 am to 5 pm, and Saturday noon to 4 pm.

Fall and winter clothing – coats, rain jackets, scarves, gloves, and cozy sweaters – will be arriving in store by the first week of November, and will be replenished every week. And believe me, they are worth the wait!

Christmas décor and greeting cards will arrive in store at the same time – a little earlier this year – as we’ve got so much stock and shorter hours. Many of you will remember the chaos and fun of our annual Christmas table, in the mall in front of the store. This was always our chance to clean out our storage room and your opportunity to snag some great last minute bargains. Space restrictions mean it won’t happen this year, so we’ll find other ways to display seasonal treasures.

We continue to struggle with donations as the volume is more than we can handle with our space and quarantine challenges. I’d prefer to have a consistent donation policy but, like much this year, it changes week to week. Please continue to check at the store or by phone, and we’ll let you know how we’re doing.

We appreciate your support and recognize your frustrations. Thanks for your understanding and support.



Kay's Place

Susan Paré and Alan Stamp
Managers of Support and Information Services



Seniors In Need Fund

Many older adults live on a fixed or limited income, and they may face challenges when an unanticipated expense occurs. The West End Seniors' Network is pleased to announce important changes to our Seniors In Need Fund for older adults experiencing financial hardship.

As a result of a donation from an anonymous donor, we are now accepting applications to the Seniors In Need Fund. Adults 55 years of age and older living in the West End, Coal Harbour or Yaletown may apply.

Applicants are asked to complete a short form and provide the following information:

- Notice of Assessment for the previous year indicating sources of income, including government or other pensions as well as income from investment(s), etc
- Rent receipts or statements from your landlord or building manager, or mortgage statement from your bank
- Bank statement (or copy) for the previous 3 months
- An invoice of the estimated cost associated with the request (for example, a dental estimate that indicates the type and amount of the expense)

After all information is submitted, a committee will review the request in strictest confidence within 2 weeks, and the request can be completed within 4 weeks. If the funds are approved, a cheque will be prepared in the name of the vendor (in most cases). If the request is not approved, one of our Managers of Support and Information Services will contact the applicant and may offer alternative assistance (e.g., Rent Bank, Food Bank, UBC Dental Clinic, etc.).

For more information, please visit <http://wesn.ca/seniors-in-need-fund> or contact one of the Managers of Support and Information Services at Kay's Place at 604-669-7339 or by email:

Susan Paré at susan@wesn.ca (Monday - Wednesday)

Alan Stamp at alan@wesn.ca (Wednesday - Friday)

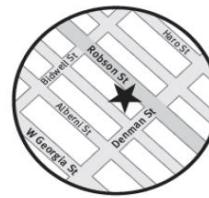


**The Pharmacy West End,
where it's Seniors' Day,
every day!**

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

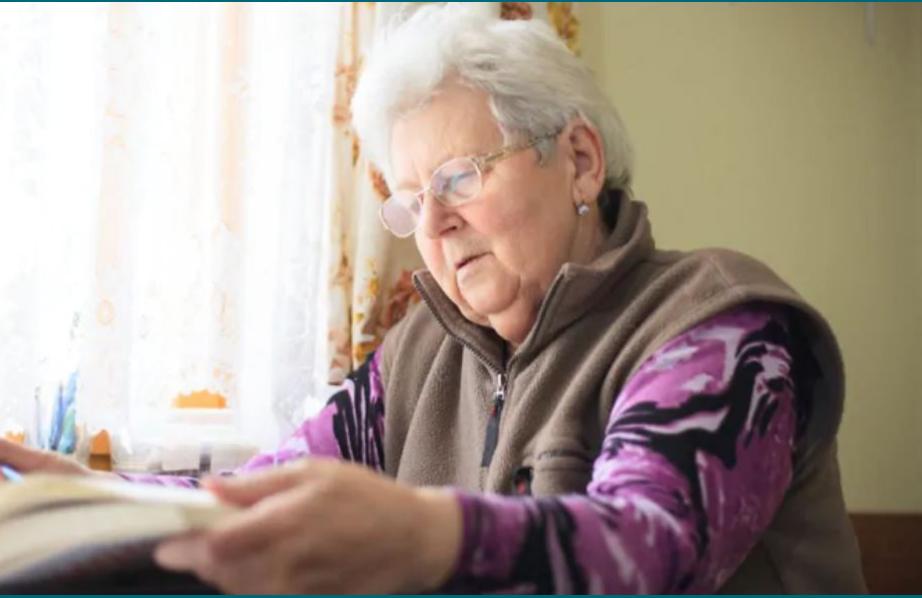


**The West End Seniors' Network is seeking volunteer
callers and shoppers for our weekly Life Unlimited
Grocery Shopping and Delivery service**

SEEKING GROCERY VOLUNTEERS



**CALL
(604)669-5051 EXT. 2
OR EMAIL
VOLUNTEERS@WESN.CA
FOR MORE INFORMATION**



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

SAFE SENIORS, STRONG COMMUNITIES

Are you an older adult (55+) who is staying safe at home due to COVID-19?
The West End Seniors' Network is here to support you.



Friendly check-in calls



Grocery and prepared meal delivery



Prescription medication pick-up
and drop-off

If you require any of these services and have not already spoken with a WESN staff member or volunteer, contact us at responsehub@wesn.ca or **604-699-5051**.

For information on our services, to apply to become a volunteer or to donate, visit our website at www.wesn.ca

Safe Seniors, Strong Communities Partners



Services

The West End Seniors' Network provides services across three locations. Visit our website at wesn.ca or contact us for more information about eligibility, geographic boundaries, registration, and fees.

Better at Home

Michelle Bobyn 604-669-5051 ext 3 servicesmanager@wesn.ca

Light Housekeeping	Professionals provide light housekeeping such as vacuuming, dusting and laundry. Referrals are accepted but new client onboarding is currently on hold.
Minor Home Repairs	Volunteers assist with basic home repairs such as replacing lightbulbs. This service is currently on hold.
Transportation to and from Medical Appointments	Receive assistance with arranging transportation for a medical appointment if you have no other means of getting there and/or back.

Life Unlimited

Sumathy Sudhir 604-669-5051 ext 2 servicescoordinator@wesn.ca

Check-In Phone Calls and Emails	Connect by phone or email with a volunteer for reassurance and friendly conversation.
Friendly Visiting	Build a social connection with a volunteer through home visits, going out for walks or coffee, or similar activities. This service is currently on hold.
Grocery Shopping and Delivery	Volunteers take grocery orders by phone or email, shop, and arrange for delivery.

Safe Seniors, Strong Communities

Kari Kesslar 604-669-5051 ext 8 responsehub@wesn.ca

Prepared Meal Delivery	In partnership with Gordon Neighbourhood House, nutritious, affordable, fresh frozen meals are delivered weekly. There is currently a waitlist for this service.
Prescription Medication Pick-Up and Drop-Off	Volunteers assist with picking up and bringing prescription medication to you.

Kay's Place

Housing Navigation	Information on housing options and support 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, health changes, isolation, or loss.	Alan Stamp 604-669-7339 alan@wesn.ca

Clothes and Collectibles Thrift Boutique

604-682-0327 clothes@wesn.ca

Friendly volunteer-driven thrift store featuring quality donated goods at reasonable prices, including clothing, jewelry, shoes, books, and art.

Program Information

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 2020-2021 WESN membership holders. Fees apply for non-members who would like to participate in a program. In addition to membership fees, programs are by donation if a cost is not specified. Donations can be dropped off at Kay's Place or Barclay Manor, sent via e-transfer to info@wesn.ca or made online at wesn.ca. See P. 22 for more information.

Fees

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

Programs take place virtually, outside Barclay Manor (weather permitting) or in Barclay Manor, where noted and unless otherwise stated.

Register in-person at Barclay Manor, by calling 604-669-5051 or by emailing programs@wesn.ca.

Register early as space is limited. If you are on a 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 in-person at Barclay Manor, by calling 604-669-5051 or by emailing programs@wesn.ca.

Registration for In-Person Programs

Registration is required for all programs, events, workshops, and presentations. **Registration for in-person programs for October 26 - November 30 is now open. Registration for December 1 - January 1 opens on November 25 at 10:00AM.**

Registration for Virtual Programs

Registration for virtual programs is always open and carries over each month, so you do not need to wait for a specific date or re-register for virtual programs.

Cancellations

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

Waivers

Note that some programs require signing a waiver prior to participating.

Disclaimers

Participation in programs is at the discretion of the individual. Presentations and materials from external organizations or individuals may not reflect the views of WESN. Participant discretion is advised.

Program and Presentation Suggestions

If you have a program or presentation suggestion or if you would like to volunteer to present or lead a new program, contact Kaitlin, Manager of Programs, at programs@wesn.ca or 604-669-5051.



Check us out on
social media!



westendseniorsnetwork
clothesandcollectibles



westendseniors



westendseniors
clothesandcollectibles

Computer Lab

Our Computer Lab on the top floor of Barclay Manor has two PC computers and a printer-copier available for members to use during the COVID-19 pandemic.

Registration is required to use the Computer Lab. You may book a session for the current week or the next week, up to 3 sessions a week, and for timeslots of up to 90 minutes each.

Register in-person at Barclay Manor, by calling 604-669-5051 or by emailing programs@wesn.ca.

Printing

There is a printer in the Computer Lab that members may use while they are booked in the space. The printer prints on letter size (8.5" x 11") paper in black and white. It can copy documents.

Printing is \$0.10 per side. A fee collection box is located beside the printer. No change is provided.

If you require assistance with printing, please book an appointment with a Technology Coach (P. 15).

Staff will not be assisting with printing until further notice.

Computer Lab Rules

Wipe the computer station down (keyboard, mouse, monitor, table, and chair) with a disinfecting wipe before and after use. Wipes are provided by WESN.

Wipe the printing station down with a disinfecting wipe before and after use. Wipes are provided by WESN.

Do not eat or drink while sitting at a computer.

No disruptive behaviour or loud conversations.

Headphones (your own) must be used when listening to music or videos.

No accessing of obscene or lewd images or videos.

Wipe the printing station down with a disinfecting wipe before and after use.

Pay for printing and copying (a Printing Fees box is by the printer).

Delete all of your personal documents.

Log off all accounts (e.g., email, Facebook, etc.).



Disclaimers

WESN is not responsible for any lost, misplaced or stolen items.

Computers may crash so be sure to save your data often.

WESN is not responsible for any lost or damaged files or data.

WESN staff and volunteers are not responsible for lost or damaged information if they attempt to assist you with your work.



In-Person Programs

Registration is required for all programs, events, workshops, and presentations. **Registration for October 26 - November 30 is now open. Registration for December 1 - January 1 opens on November 25 at 10:00AM.** Register at 604-669-5051 or programs@wesn.ca.

Arts

Happy Hookers

Work on your knitting and crocheting projects, build on your artistic abilities, and socialize. Max 10.

Tuesdays, 10:00AM - 12:00PM, Basement Multipurpose Room, Volunteer: Maureen

Painting Studio - TIME CHANGE

Bring in your project and supplies and paint alongside your comrades in a studio atmosphere. Max 10.

Thursdays, 9:30AM - 12:30PM, Basement Multipurpose Room

Food

Dinner Club: White Spot

Join a group of friendly faces at a different restaurant each month. Register with WESN before November 13. Do not call the restaurant. Meet at the restaurant. Diner pays own way. Max 6.

Wednesday, November 18, 5:30PM, White Spot (1616 W Georgia St)

Men's Breakfast Club

Join your brethren at Denny's for breakfast and convivial conversation. Meet at the restaurant, drop-in. Diners pay their own way. Cost is covered for first timers! Max 11.

Wednesday, November 18, 9:00AM, Denny's (1098 Davie St), Volunteer: John

Sunday Brunch

Mingle with others over brunch. Register with WESN by the preceeding Friday. Registration is limited to 1 brunch per person per month. Do not call the restaurant. Meet at the restaurant. Diner pays own way. Max 5.

Sunday, November 8, 11:00AM, Stanley Park Brewing (8901 Stanley Park Dr), Volunteer: Diane

Sunday, November 29, 11:00AM, Sylvia Hotel (1154 Gilford St), Volunteer: Diane

Gardening

Garden Club

Tend to a raised garden bed. In partnership with Robson Street Community Garden and Friends for Life. *Note: All garden boxes have been assigned.*

Any Day, Dusk - Dawn, 1394 Robson St or 1459 Barclay St, Volunteer: Shirley

Languages

ESL Class (Beginners and Intermediate) -

Learn English vocabulary and sentence structure in a small group setting. Max 3.

Fridays, 1:00PM - 2:30PM, Main Floor Kitchen, Volunteer: Chris

ESL Class (Intermediate)

Practice communicating in English. Ability to converse in English is required. Max 10.

Tuesdays, 1:30PM - 3:30PM, Basement Multipurpose Room, Volunteer: Cynthia

French Conversation Circle (Intermediate)

A social group that enables intermediate-level French speakers to maintain their language skills. Max 4.

Mondays, 10:00AM - 11:00AM, Piano Room

French Conversation Circle (Advanced)

A social group for fluent French speakers. Max 10.

Wednesdays, 1:00PM - 2:30PM, Basement Multipurpose Room, Volunteer: Marie-Louise

German Conversation Circle

A social group where German speakers of all levels can improve or maintain their skills. Max 3.

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

Spanish Conversation Class A (Intermediate)

Practice your Spanish reading and speaking skills with exercises and discussions. Max 10.

Wednesdays, 3:00PM - 4:30PM, Basement Multipurpose Room, Volunteers: Carlos, Charo

Note: Spanish Class (Beginners) and Mind-Body Awareness and Meditation Group have been cancelled. Spanish Conversation Class B (Intermediate) will be held on Zoom instead of at Barclay Manor.

In-Person Programs Continued

Registration is required for all programs, events, workshops, and presentations. **Registration for October 26 - November 30 is now open.** **Registration for December 1 - January 1 opens on November 25 at 10:00AM.** Register at 604-669-5051 or programs@wesn.ca.

Languages Continued

Spanish Stories

Practice your listening and comprehension skills by listening to stories in Spanish. Max 3.

Fridays, 11:00AM - 12:30PM, Piano Room,
Volunteer: John

Musical

Heritage Harmonies

Sing well-known songs accompanied by a volunteer pianist. Max 10. Weather permitting.

Tuesdays, 10:30AM - 11:30AM, Barclay Heritage Square, Volunteer: Frank

Musical Morning

Music benefits the mind, body and soul. Come relax and enjoy live guitar music. Max 3.

Thursdays, 10:00AM - 11:00AM, Piano Room,
Volunteer: Cuneyt

Ukulele Practice Group

Practice your ukulele alongside others. Songs are selected as a group. Ability to play is required. No instructor. Max 10.

Thursdays, 3:30PM - 4:45PM, Basement Multipurpose Room

Physical Activity and Wellness

Moving Meditation-Qi Gong

Cultivate and harmonize your Qi (life force energy) with meditative breath and simple, enjoyable, flowing movements. Max 6. Weather permitting - the group may move to an undercover area near Barclay Manor.

Mondays and Wednesdays, 10:30AM - 11:30AM, Barclay Heritage Square, Volunteer: Christine

Physical Activity and Wellness Continued

Outdoor Walking Group



Enjoy our city's wonders with a leisurely walk. In partnership with Gordon Neighbourhood House.

Tuesdays and Thursdays, 11:30AM, Meet at Seawall Benches across Sylvia Hotel (1154 Gilford St), Volunteer: Diane

Spa Services

Call 604-669-5051 to book. Current WESN membership is required. Please pay with cash.

Manicures and Pedicures

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

Monday, November 9, 10:00AM - 3:00PM, and Wednesday, November 25, 10:00AM - 3:00PM, Main Floor Kitchen, Technician: Heather

Reflexology, Facials, Reiki, and Chair Massage

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

Tuesdays, 9:30AM - 4:00PM, Main Floor Kitchen, Technician: Shirley

Technology Assistance

Need assistance with a computer, laptop, tablet or cellphone question? These one-to-one, one-hour appointments are held in the Computer Lab.

Book an appointment at programs@wesn.ca or 604-669-5051.

Technology Assistance with Marcel

Mondays, 12:00PM - 1:00PM and 1:00PM - 2:00PM

Technology Assistance with Mark

Tuesdays, 9:30AM - 10:30AM and 10:30AM - 11:30AM

Wednesdays, 1:30PM - 2:30PM and 2:30PM - 3:30PM

Note: Spanish Class (Beginners) and Mind-Body Awareness and Meditation Group have been cancelled. Spanish Conversation Class B (Intermediate) will be held on Zoom instead of at Barclay Manor.

Events, Workshops and Presentations

A Conversation with BC Seniors Advocate

Join BC Seniors Advocate Isobel Mackenzie in a discussion on Zoom about topics important to older adults. Register with WESN for the Zoom joining information.



Tuesday, November 10, 10:30AM - 12:00PM

Tea with Anthony - Virtual and In-Person!

Chat with Anthony, Executive Director, and your peers in an informal, welcoming space. Max 3 for in-person participation at Barclay Manor. See P. 17 for virtual joining information.



Monday, November 23, 1:00PM - 2:00PM, Piano Room

Travel Training Workshop (on Zoom)

SENIORS ON THE MOVE

Older adults that need to move around in the Metro Vancouver area may be interested in this workshop that explores alternatives to driving. Representatives from TransLink, HandyDART and an ICBC Road Safety Coordinator will explain options and how older adults can stay safe on the roads while walking or driving.

Register at: <https://www.seniorsonthemove.org/traveltraining>

Wednesday, November 25, 10:00AM - 11:00AM

Activity Book

We have a monthly activity book that contains puzzles, riddles, exercises, colouring pages, recipes, and more. View it online or print it out!

Find the activity book at:
wesn.ca/newsletter

If you want to share something to include, contact Yathu at events@wesn.ca.



It's time to prepare for the flu season. Better protect yourself and those around you by getting your flu shot. Vaccines are free of charge for those who qualify. An appointment is required.

Please fill out a consent form from Barclay Manor or wesn.ca ahead of time and bring the completed form with you to your appointment.

Date: Friday, November 6, 2020

Time: 10:00AM – 11:30AM

Where: Main Floor Kitchen at Barclay Manor (1447 Barclay St)

Book an appointment at 604-669-5051 or programs@wesn.ca.



Happy Birthday to our November-born members!

Are you on a fixed or limited income?

Do you have an unanticipated expense that you cannot afford?

Apply to the Seniors In Need Fund for financial aid.

For more information, please visit wesn.ca/seniors-in-need-fund
or speak to a staff member at Kay's Place

Virtual Programs

Registration is required and is always open for virtual programs. You do not need to re-register for virtual programs each month.

Arts

Painting Studio Art Challenge

All artists are welcome to submit their artwork to include in an e-newsletter shared with other artists and art-appreciators. This challenge is intended to encourage and support all levels and backgrounds.

Email your PDF, JPEG or text submissions to gabro2008@gmail.com.

Volunteer: Graham



Educational and Intellectual

Virtual TED Talks and Discussion

Join us on Zoom as we view a selection of TED Talks and discuss them afterwards.

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

November 5:

Bill Gates - The next outbreak: we're not ready

Pre-watch: Bill Gates - How we must respond to the coronavirus pandemic and Bill Gates - How the pandemic will shape the near future

November 12:

Elon Musk - The future we're building

Gwynne Shotwell - SpaceX's plan to fly you across the globe in 30 minutes

November 19:

David Christian - The history of our world

Sir Ken Robinson - How to escape education's death valley

November 26:

Mia Nacamulli - The benefits of a bilingual brain

Lisa Mosconi - How menopause affects the brain



Tea with Anthony - Virtual and In-Person!

Chat with Anthony, Executive Director, and your peers in an informal, welcoming space. No pre-registration is required to join virtually. See P. 16 for in-person information.

Join via Zoom: <http://ow.ly/tSUK50BWVv>

Dial In: 778-907-2071

Meeting ID: 963 6329 8537 Passcode: 092874

Monday, November 23, 1:00PM - 2:00PM

Physical Activity and Wellness



Aquafit at Home

A fun zumba-style class from the comfort of your home. Modified movements provided for all levels.

Thursdays, 12:00PM - 12:30PM, Volunteer: Meaghan

Creative Movement



Gentle, energizing movements made to calming music. In partnership with the Dance Centre and Gordon Neighbourhood House.

Thursdays, October 15 - December 17, 3:00PM - 4:00PM, Instructor: Linda

Languages



Spanish Conversation Class B (Intermediate)

Practice your Spanish reading and speaking skills with exercises and discussions. Max 10.

Fridays, 2:30PM - 4:00PM, Volunteer: Sylvia

Technology Assistance by Phone or Online

Need assistance with a computer, laptop, tablet or cellphone question? The following volunteers are available for one-to-one appointments **held over the phone or by video chat**.

Book an appointment at programs@wesn.ca or 604-669-5051.

Technology Assistance with Indira

Tuesdays, 10:00AM - 11:00AM and 11:00AM - 12:00PM

Thursdays, 2:00PM - 3:00PM and 3:00PM - 4:00PM

Technology Assistance with Simon

Mondays, 2:00PM - 3:00PM and 3:00PM - 4:00PM

Thursdays, 2:00PM - 3:00PM and 3:00PM - 4:00PM

Zoom Assistance with Ronda

Wednesdays, 3:00PM - 4:00PM

To book an in-person session instead, see P. 15.

Zoom Tips

WESN has created a document with tips on how to use Zoom.

Find it at: http://wesn.ca/files/2020/09/Using-Zoom_WESN.pdf

WESN-Gordon Neighbourhood House Joint Programs



WESN and Gordon Neighbourhood House have joint programming for older adults. The following take place at Gordon Neighbourhood House (1019 Broughton St) and are subject to Gordon Neighbourhood House COVID-19 protocols. Participants will be required to sign a waiver prior to participation. Participants should be either a WESN or Gordon Neighbourhood House member. **Registration is required.** To register, please contact Jenn at 236-838-9488 or jenn@gordonhouse.org.

Seniors' Yoga

Maintain better health and wellness at Gordon Neighbourhood House. Our trained instructor will guide participants through a series of exercises to help improve mobility, flexibility and strength.

Mondays, 10:30AM

Games at Gordon House

Join us each week for activities including Trivia, Bingo and more!

Mondays, 1:30PM

Seniors' Social Lounge

Connect with friends and neighbours in an open and comfortable space to discuss and share information that builds stronger engagement and community support in the West End.

Tuesdays, 1:30PM

Seniors' Chair Yoga

Maintain better health and wellness. Our trained instructor will guide participants through a series of exercises to help improve mobility, flexibility and strength.

Wednesdays, 12:00PM

Crafty Neighbours

Connect with our knitting community members and other creative folks and share your talents.

Wednesdays, 1:00PM

Qigong

Qigong builds strength and agility through slow, fluid movements with gently controlled breathing.

Fridays, 10:30AM

WESN-QMUNITY Joint Programs



WESN and QMUNITY have joint programming for older adults. The following take place at Barclay Manor (1447 Barclay St) and are subject to WESN Barclay Manor COVID-19 protocols. Participants should be either a WESN or QMUNITY member. **Registration is required. Registration for October 26 - November 30 is now open. Registration for December 1 - January 1 opens on November 25 at 10:00AM.** Register at 604-669-5051 or programs@wesn.ca.

GenYoga

Hatha yoga for LGBTQ2S older adults. Max 8.

Wednesdays, 11:00AM - 12:30PM, Basement Multipurpose Room, Volunteer: Adriaan

We cannot do what we do without your support.

Donations can be made at wesn.ca, via cash or cheque at Barclay Manor or Kay's Place or by e-transfer to info@wesn.ca.

Thank you!

Monthly Engagement Question



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.

November Engagement Question: What is something that you remember that isn't around anymore? For example, Kaitlin (Manager of Programs) remembers using floppy discs in school as a child.

To participate in the activity, submit your response via the survey below or comment under the appropriate social media post (see P. 2 for our social media handles):

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

Previous questions and responses can be found at wesn.ca.

Over the last few months, the City of Vancouver has collaborated with the Robson Street Business Association to pilot expanding public space along Robson St (Burrard St to Jervis St) to support physical distancing and the reopening of local businesses and communities.

As part of this pilot project, they:

- Widened sidewalks
- Separated these spaces from moving traffic with concrete barriers, planters or parklet expansions
- Retained approximately 75% of on-street parking on Robson St
- Improved transit reliability by building accessible bus bulbs to reduce delays from entering/exiting a bus stops, bus stop spacing and restricting some turning movements at Burrard St and Thurlow St.

Share your perspective through their survey, open until October 30, at: https://shapeyourcity.ca/making-streets-for-people/survey_tools/robson-street-sidewalk-widening-and-plaza-pilot

Volunteer as a WESN Board Member

Are you interested in making a difference in the lives of older adults (55 years of age and older) in the West End and surrounding neighbourhoods?

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

- Governance
- Fundraising
- Human Resources
- Program and Membership Development
- Marketing and Communications

As a WESN Board member, you will be expected to:

- Attend one Board meeting per month (2 hour time commitment from 6:00-8:00pm on the fourth Tuesday of the month)
- Attend the Annual General Meeting in September
- Actively participate in at least one committee or task force
- Participate in fundraising and special events



Please send your resume to **board_recruitment@wesn.ca** and we will send you an application. Successful candidates are required to complete a Criminal Record Check.

Community Partner Information



ElderDog Canada's **Free Dog Care Program**

April 2020 Covid-19 Response: Due to these challenging times, ElderDog Vancouver is reaching out to inform all in need that we are here to assist dogs and dog owners as possible.

Please contact: elderdogvancouverLDR@gmail.com (604)-299-3667

ElderDog Canada is a free, volunteer-run program. In times of need due to illness or other situations, we provide:

Paw Temporary foster care in an approved foster home

- Adoption to an approved home if necessary
for dogs of older adults and older dogs who have lost a human companion and are left without a caregiver. (Other dogs will be accommodated as we are able.)

Dogs eligible for temporary or long-term care in the ElderDog Dog Care Program:

- typically are 10 years or older (age criteria will vary depending on breed/size)
- OR are owned by an older person;
- have no history of aggression;
- are experiencing a disruption in their lives due to change in residence, human companion illness or death;
- may live with an elderly human companion who needs dog care assistance in order to stay together;
- may have care needs that can no longer be adequately provided;
- may face health and/or mobility challenges;
- may be considered by an animal shelter or humane society to be "unadoptable" due to age, mobility, or state of health.

Dogs in Need of Temporary Care, Permanent Relocation, or Long-term Care Planning are our primary concern. As older dogs may have special age-related needs or have experienced recent disruption or stress, we take extra care to find homes that best suit their needs. We are experienced and committed to supporting both seniors and their dogs in these challenging times.

Lower mainland:
elderdogvancouverLDR@gmail.com
604-299-3667

National office (N.S.):
www.elderdog.ca
1-855-336-4226

The Powered by Age Podcast team is looking for volunteers to get involved with their by-seniors, for-seniors project. No experience is necessary, and most individuals are learning as they go.

www.poweredbyage.com

To listen to podcast episodes and listening sessions, visit the website.



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

seniors first BC

Older adults seeking legal assistance can call 604-336-5653 and an intake will be performed. After the intake, a lawyer will call the individual within a week to discuss their issue(s). The lawyer will be able to offer advice and services by phone, fax and email.

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.

COVID-19 Resources

The West End Seniors' Network have pulled together a selection of COVID-19 resources. See below and our website for more: <http://wesn.ca/covid-19-resources>

On our website you will find bank branch information, entertainment options, information about food and meal assistance, government information, grocery store hours, mental and physical health resources, and pharmacy hours and delivery options.

BC Provincial Government: <https://www2.gov.bc.ca>

Canadian Federal Government:

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

BC Centre for Disease Control: <http://www.bccdc.ca>

For non-health questions about COVID-19: 1-888-COVID-19 or www.gov.bc.ca/covid19

COVID-19 Self-Assessment Tool: <https://bc.thrive.health/covid19>

Multilingual Resources: <https://digem.med.ubc.ca/covid-19-multilingual-resources>

Safe Seniors, Strong Communities: 604-669-5051, <https://wesn.ca>, 2-1-1 or <http://www.bc211.ca>

Emergency Housing: <https://shelters.bc211.ca/bc211shelters>

Greater Vancouver Food Bank: <https://foodbank.bc.ca>

HealthLink BC: <https://www.healthlinkbc.ca>

Mental Health Crisis Line: 310-6789 (no area code)

SAIL - Seniors Abuse and Information Line: 604-437-1940 or <http://seniorsfirstbc.ca/programs/sail>

West End Journal: <https://www.thewestendjournal.ca/covid-19update>

Zoom Tips: http://wesn.ca/files/2020/09/Using-Zoom_WESN.pdf

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
COVID-19 - Protocols in Place

Membership

If you are not already a member of the West End Seniors' Network, please consider joining! Anybody can join regardless of age, and this is one way you can support our organization. The cost of membership is \$10.00/year (October 2020 through September 2021).

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

Or, completed forms and e-transfer payments can be emailed to: info@wesn.ca

Some of the benefits of being a member include:

- Access to programs, events, workshops, and presentations
- Monthly newsletters or e-newsletters and regular updates
- Access to services that support older adults to live well, including:
 - Check-in phone calls and emails
 - Information and referral support
 - Peer support
 - Housing navigation
 - Prescription medication pick-up and drop-off
 - Grocery shopping and delivery (fees may apply)
 - Prepared meal delivery (fees may apply)
 - Transportation to and from medical appointments (fees may apply)
- Volunteer opportunities

Note that some of our usual benefits are not accessible at this time due to the COVID-19 pandemic, such as coffee, tea and snacks offered at Barclay Manor and Kay's Place.

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. An email address must be provided for the tax receipt to be emailed to you for an online donation.

Cash and cheques may be dropped off at Barclay Manor and Kay's Place.

Please make cheques payable to the West End Seniors' Network (1447 Barclay St, Vancouver, BC V6G 1J6).

E-transfer donations can be sent to: info@wesn.ca



Oct 2020 - Sep 2021 Membership Application Form

Membership is valid until the September 2021 Annual General Meeting.

Please make cheques payable to West End Seniors' Network.

Submit completed form and cash or cheque to:

Barclay Manor
1447 Barclay Street
Vancouver, BC V6G 1J6

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

OR Submit completed form and e-transfer to:

info@weshn.ca

Today's Date:

DD	MMM	YYYY
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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	\$25.00
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Tax receipts are issued for donations of \$10.00 and over.

Total: \$ _____

Cash Cheque E-transfer

First Name:	Preferred Name:	Last Name:			
Address:		City:	Province:	Postal Code:	
Date of Birth (DD / MMM / YYYY): / /		Gender:	<input type="checkbox"/> Prefer not to answer		
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 First and Last 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.
Charitable Registration Number: 119292845RR0001

For Office Use Only

Membership Card Issued: <input type="checkbox"/>	Cheque #: <input type="text"/>	Receipt #: <input type="text"/>	Location: BM <input type="checkbox"/> KP <input type="checkbox"/> C&C <input type="checkbox"/>
Staff/Volunteer (initial): <input type="text"/>	Revenue Control (initial): <input type="text"/>	Revenue Control Sheet #: <input type="text"/>	Data Entered By (initial): <input type="text"/>

This section will be removed and used only to better understand the WESN membership.

2020-2021

Optional

Your answers will remain anonymous and will not be attached to your name or other identifying information.
You may leave fields blank if you prefer not to answer a question.

1) My marital status is (please select one):

Single Married / Common-Law Widowed Divorced / Separated

2) I have lived in the West End, Coal Harbour or Yaletown neighbourhood of Vancouver for: _____ Years Not Applicable

3) My current housing arrangement is (please select one):

<input type="checkbox"/> Rent	<input type="checkbox"/> Own	<input type="checkbox"/> Subsidized	<input type="checkbox"/> Other: _____
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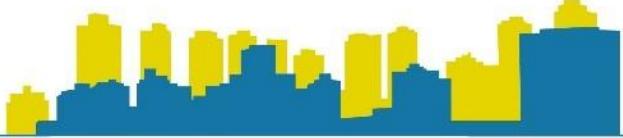
4) I identify as (please select all that apply):

<input type="checkbox"/> Heterosexual	<input type="checkbox"/> Gay / Lesbian	<input type="checkbox"/> Bisexual / Pansexual	<input type="checkbox"/> Transgender	<input type="checkbox"/> Other: _____
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5) My individual annual income is (please select one):

<input type="checkbox"/> Up to \$17,688	<input type="checkbox"/> \$17,689 - \$25,000	<input type="checkbox"/> \$25,001 - \$38,400	<input type="checkbox"/> Over \$38,400
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SPENCER CHANDRA HERBERT



MLA West End
Coal Harbour



Your
community
office is open



As always, if my
team and I can help,
or to share your
thoughts, please call,
email, or drop in



Stop by and pick up a free mask!

923 DENMAN STREET

604-660-7307