



# WESN

## WEST END SENIORS' NETWORK

February 2022

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



Artwork by Patricia Haley-Tsui, WESN Member

# COVID-19 PROTOCOLS

THANK YOU FOR YOUR COOPERATION



- Stay home if you or someone in your household is ill, or if you were a direct contact of someone who tested positive for COVID-19.
- Masks are mandatory while inside Barclay Manor, Kay's Place and Clothes and Collectibles. Masks are available from WESN, if needed.
- Physical distancing measures are in effect.
- Please follow all posted signage.
- Clean your hands often.
- Only the front door of Barclay Manor will be unlocked. If the accessible back or basement entrance is required, ring the bell and wait for assistance.
- Food and drinks are not provided except for special events. Refrain from eating or drinking while visiting our sites.



If you have a medical exemption to a COVID-19 protocol, speak with WESN staff prior to visiting or registering for an activity.

Health and safety protocols are subject to change as we continue to monitor updates from the office of the Provincial Health Officer (PHO).

To be notified of cancellations or changes to activities, ensure you are registered at the beginning of each month.

This is a friendly reminder that your 2020-2021 West End Seniors' Network (WESN) membership expired at our Annual General Meeting on September 17, 2021.

You can purchase your 2021-2022 WESN membership by cash or cheque at any of our locations:

only  
\$10

Barclay Manor  
1447 Barclay Street

Kay's Place  
Denman Place Mall  
118-1030 Denman Street

Or, the membership form can be downloaded from our website at [wesn.ca/membership](https://wesn.ca/membership) and the completed form and e-transfer payment can be sent to [info@wesn.ca](mailto:info@wesn.ca).

## Closures

All WESN locations are closed on Monday, February 21 for Family Day.

# Table of Contents

COVID-19 Protocols and Information	P. 2
Membership Renewal	P. 2
Vision and Mission	P. 3
Board of Directors	P. 3
Land Acknowledgement	P. 3
Contact Information and Social Media	P. 3
Site and Staff Contact Information	P. 4
Job Opportunities	P. 4
Income Tax Clinics	P. 5
Staff Articles	PP. 6-10
Volunteers	P. 11
Housing Navigation	P. 12
Safe Seniors, Strong Communities	P. 13
Services	PP. 14-15
Program Information	P. 16
Computer Lab Information	P. 17
Events and Presentations	P. 17
Technology Assistance	P. 18
In-Person Programs	PP. 19-21
Connect at a Distance Programs	P. 22
Virtual Programs	P. 23
WESN-Gordon Neighbourhood House Joint Virtual Programs	P. 24
Monthly Engagement Question	P. 25
Community Information	PP. 26-27
Feel-Good Findings	P. 27
Happipad	P. 28
Clothes and Collectibles Donation Policy	P. 29
Membership and Donations	P. 30
Membership Application Form	P. 31
W.E. Connect	Back Cover

## Valentine's Contest ❤️

Count the hearts hidden throughout this newsletter (you can include the demo image above or not) and submit your answer to Kaitlin at

[programs@wesn.ca](mailto:programs@wesn.ca) or 604-669-5051.

Those with the correct answer will be entered into a random draw to win a Purdy's box of chocolates (\$25 value). Contest closes on **Monday, February 14 at 1:00PM**. Thank you to WESN member Phyllis for sponsoring the prize. Good luck!

# Vision

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

# 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:** Jane Goodridge ([board@wesn.ca](mailto:board@wesn.ca))

**Vice President:** Karsten Kaemling

**Past President:** Joel Oger

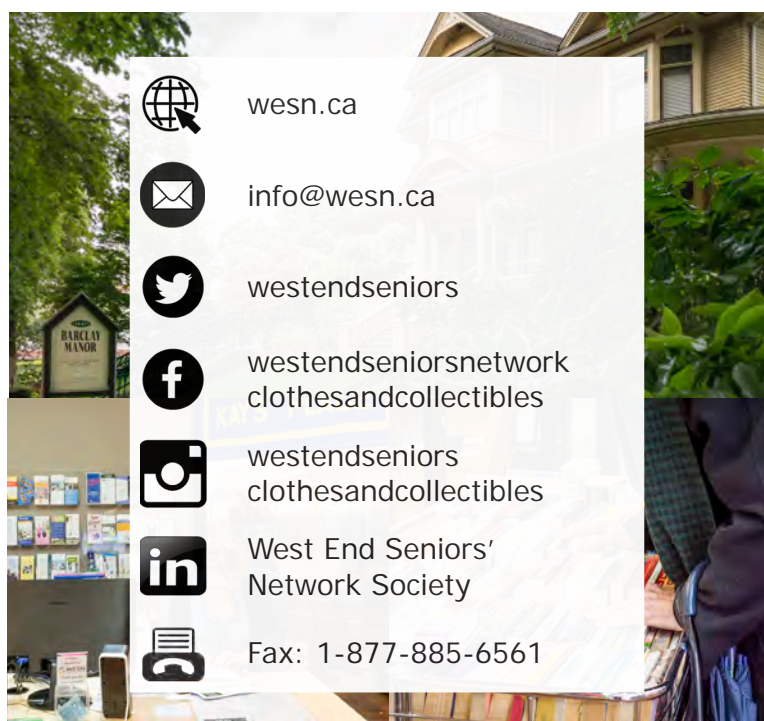
**Treasurer:** Ross McKinnon

**Secretary:** TBD

**Directors:** Bonnie Quam, David Harvey, Dawid Cielosczyk, Marta Filipski, Sara Johnson, Stephanie Thomas, Omid Toub

# Land Acknowledgement

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



# Contact Information

## **Barclay Manor**

604-669-5051

[info@wesn.ca](mailto:info@wesn.ca)

1447 Barclay Street, Vancouver, BC V6G 1J6

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

### **Executive Director:**

Martin Addison

604-669-5051 ext 4 | [executivedirector@wesn.ca](mailto:executivedirector@wesn.ca)

### **Manager of Operations:**

Kari Kessler

604-669-5051 ext 9 | [operations@wesn.ca](mailto:operations@wesn.ca)

### **Manager of Programs:**

Kaitlin Hong Tai

604-669-5051 ext 1 | [programs@wesn.ca](mailto:programs@wesn.ca)

### **Administrative and Program Coordinator:**

Vacant

604-669-5051 | [info@wesn.ca](mailto:info@wesn.ca)

### **Manager of Volunteer Resources:**

Evelyn Boe

604-669-5051 ext 6 | [volunteers@wesn.ca](mailto:volunteers@wesn.ca)

### **Manager of Community Services:**

Suma Sudhir

604-669-5051 ext 3 | [servicesmanager@wesn.ca](mailto:servicesmanager@wesn.ca)

### **Community Services Coordinator:**

Joe Humphries

604-669-5051 ext 2 | [servicescoordinator@wesn.ca](mailto:servicescoordinator@wesn.ca)

### **LinkAGE Social Prescribing Navigator:**

Emily Lonsdale

604-669-5051 ext 7 | [health@wesn.ca](mailto:health@wesn.ca)

### **Choose to Move Activity Coach:**

Jennifer Conroy

604-669-5051 ext 8 | [choosetomove@wesn.ca](mailto:choosetomove@wesn.ca)

### **Close to Home Program Coordinator:**

Jennifer Conroy

604-669-5051 ext 8 | [closetohome@wesn.ca](mailto:closetohome@wesn.ca)

**Bookkeeper:** Ashley Lyder

## **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](mailto:clothes@wesn.ca)

**Assistant Managers:** Gordana Smocilac, Will Tessier

**Supervisor:** Brenda Wong

## **Kay's Place**

604-669-7339

[kaysplaceinfo@wesn.ca](mailto: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

[susan@wesn.ca](mailto:susan@wesn.ca)

Alan Stamp

[alan@wesn.ca](mailto:alan@wesn.ca)

**Administrative Assistant:**

Brittanny Dzioba

[kaysplaceadmin@wesn.ca](mailto:kaysplaceadmin@wesn.ca)

## Job Opportunities

We are hiring for a full-time Administrative and Program Coordinator. View the job posting at:

<http://wesn.ca/job-opportunities/>

Applicants invited for interviews will be contacted.  
No phone calls or emails, please.

**Want to reach older adults to promote your research, events, specials, and more?**

**Advertise in WESN's monthly newsletter or social media channels! Our newsletter reaches over 2,000 people and our social media channels reach over 1,000 users.**



**Visit [wesn.ca/advertising](http://wesn.ca/advertising) for details including rates.**

# Income Tax Clinics

WESN offers older adults assistance with filing their income tax returns. All income tax returns are filed electronically for free (eligibility criteria apply, below) by volunteers through the Canada Revenue Agency (CRA) Community Volunteer Income Tax Program (CVITP).

Request for assistance with filing 2021 income tax returns will **start in March**. This notice is included here to notify you of the upcoming service.

**More details will be released in the March newsletter** about whether in-person sit-down appointments are available, if documents are to be dropped off then picked up after volunteers have filed the return, or if both styles of service will be available.

## Eligibility Criteria

### **Family size and total family income is under:**

1 person – \$35,000	4 persons – \$50,000
2 persons – \$45,000	5 persons – \$52,500
3 persons – \$47,500	>5 persons – \$52,500 + \$2,500 per additional person

### **You have a simple tax situation:**

Your tax situation is simple if you have no income or if your income comes from any of these sources:

- Employment, pension or support payments
- Benefits such as the Canada Pension Plan (CPP), disability insurance, employment insurance, and social assistance
- Registered retirement savings plans (RRSPs)
- Scholarships, fellowships, bursaries, or grants
- Interest under \$1,000

Your tax situation is not simple if you:

- Are self-employed or have employment expenses (exceptions apply)
- Have business income and expenses
- Have rental income and expenses
- Have interest income over \$1,000
- 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
- Have foreign income or property (T1135)



## Disclaimers

An intake form must be completed in its entirety at the start of service. Starting March 1st, the form can be picked up from Barclay Manor or downloaded from our website at: <http://wesn.ca/income-tax-clinics/>

This service is provided by screened, trained and authorized volunteers. They are not CRA staff nor accountants or bookkeepers. Aggressive and abusive behaviour and language will not be tolerated. WESN retains the right to refuse service.

All relevant documents (tax slips and 2020 Notice of Assessment) must be provided to generate the most accurate estimate for your return. The government may re-calculate the return and refund or charge you a different amount than indicated on the summary from this service. If there are issues or errors found after the return is submitted, it is the responsibility of the client to contact the CRA for corrective measures (1-800-959-8281).

If you are not eligible for the free tax clinic, we recommend inquiring with H&R Block about paid services at 604-904-8013 (1009 Denman St).

# Barclay Manor

Martin Addison  
Executive Director



The staff and volunteers at West End Seniors' Network know only too well that this phase of the pandemic has had an over-sized impact on West End seniors. This is especially true for those seniors with disabilities. Every day we hear of the negative impacts on mental health in particular.

We continue to work hard to find the right balance between keeping everyone safe and delivering the services we know seniors need. So while we continue to insist on proper face masks, hand sanitising and physical distancing we are tremendously grateful for the ongoing support of our volunteers and members for keeping everyone as safe as possible.

Even though we don't know how long these pandemic conditions will last, the Board of Directors at WESN is taking the opportunity to start its strategic planning process. In parallel, staff are looking for opportunities to add value to and optimise our current services. This will allow us to better weather the pandemic and be ready for the time when everyone can return to a sense of normality.

Staff and volunteers at Kay's Place, Clothes and Collectibles and at Barclay Manor continue to look forward to seeing you all.

# Barclay Manor

Joe Humphries  
Community Services Coordinator



Due to the recent rise in COVID cases, onboarding for Better at Home Light Housekeeping services has been put on pause. If you are interested in enrolling to receive light housekeeping services, please be aware that there is a waiting list until further notice.

Better at Home Transportation to and from Medical Appointments remains operational in a limited capacity. Minor Home Repair services remain on pause. Thank you for your patience.

# Barclay Manor

Kaitlin Hong Tai  
Manager of Programs



February is Black History month. This is a time to recognize and celebrate the contributions of the community and the progress society has made towards equity. It is also a time to recognize that there is significant work left to be done. Remember, there is a difference between equality and equity. Equality is providing the same opportunities to everyone. Equity is providing opportunities and support depending on individuals' starting points in order to bring people up to the same level.

Resources can be found at:

BC Black History Awareness Society: <https://bcblackhistory.ca/learning-centre/>

UBC: <https://events.ubc.ca/black-history-month/>

Also, February 1st is the beginning of Chinese New Year, also called Lunar New Year and celebrated by other cultures. Join us for an event at Barclay Manor on February 9th (see P. 17 for details) to learn about the holiday and to watch traditional dance demonstrations. 2022 is the year of the tiger - people born in years of the tiger (1926, 1938, 1950, 1962, 1974, 1986, 1998, 2010) are said to be "vigorous and ambitious, daring and courageous, enthusiastic and generous." A tiger's lucky things are: blue, green, 1, 3, 7, plum blossom flowers, and Northern direction. (<https://chinesenewyear.net/zodiac/tiger/>)

# Barclay Manor

Jennifer Conroy  
Choose to Move Activity Coach



## Are you looking for support to get physically active and connected this year?

Choose to Move is launching new FREE programs both online and in-person to support you to get a little healthier and connected this Winter. We have adapted the program as life in British Columbia continues to shift due to COVID-19. To learn more, contact me at 604-669-5051 or [choosetomove@wesn.ca](mailto:choosetomove@wesn.ca) and visit <http://wesn.ca/choose-to-move>.

### **FitNation - Anyone, Anytime, Anywhere!**

Join Janice Johnson from the Tseshah First Nation and Indigenous Sport BC for the fourth video in the FitNation Home Workout Series. Janice will lead you through a 20-minute seated modified movement class. These are great movements you can do from home. All you need is a little space, a chair, a sip of water, and yourself!

View the video at: <http://ow.ly/l4kV50HvOi3>



## So, how do you squeeze in 30 minutes of movement a day?

It doesn't have to be a typical workout or exercise routine. You can get your daily activity with things you like: walking the dog, watching the birds, taking the stairs, or a home improvement project.

1. Find an activity you like
2. Count activity duration
3. Include friends or neighbours
4. Walk whenever you can
5. Start slowly

Remember: make a plan, work on one thing at a time, and be kind to yourself.

## Clothes and Collectibles

Laura Fee  
Manager



We have reduced the number of customers in store from six to four to allow for easier distancing in store. We hope this is a short term situation while the COVID numbers are high. To protect yourself as well as our staff and volunteers, please continue to wear a well fitting mask while in store or browsing our book rack.

Effective January 1st, the City of Vancouver implemented a plastic bag ban. This has already affected the donations of plastic grocery bags. While we may still have a few in store, please don't rely on us to be able to provide a plastic bag for you. We will continue to have paper bags and reusable bags in stock, but this is dependant upon donations as we don't purchase bags. Please donate only sturdy paper shopping bags (grocery bags are not strong enough for heavier purchases).



Thanks for your support.



# Kay's Place

Susan Paré and Alan Stamp  
Managers of Support and Information Services



## Peer Support Information and Q&A

WESN at Kay's Place has offered a Peer Support service to clients aged 55+ since 2000. In 2020, the Canadian Mental Health Commission recognized our program as providing a high quality of community-based support to older adults.

For the past 10 years, Alan has been training volunteers in the provision of Peer Support for WESN. After selecting a group of Peer Support volunteers, we provide 7 months of training. Modules include learning about human development, completing readings specific to Peer Support practice, written papers and perhaps most importantly, experiential learning and practice sessions with role plays and group discussion. In addition, volunteers obtain skills in the areas of:

- Gathering family history and conducting a genogram
- Active listening and asking open-ended questions
- Goal-setting
- Gaining familiarity with additional community resources
- Understanding the developmental life-cycle
- Creating a safe environment in order to address referral issues such as loss, change, acceptance, self-care, and referral resolution

For individuals experiencing more complex mental health concerns, WESN may not be the appropriate resource. In those situations, we would recommend consulting with professional counselling services that are better suited to the client's needs.

After a client requests Peer Support, an intake is completed. Within two weeks or less, a meeting is arranged with the client, assigned volunteer and Program Manager before beginning the more formal service of support. Volunteers are supported with group and individual meetings to ensure there is professional guidance during the service.

Ultimately, the volunteer's objective is to support clients to reach their own solutions to concerns they have expressed.

The feedback for Peer Support has been overwhelmingly positive. Clients have a rich and varied experience and report being comfortable discussing their concerns with another older adult.

Q: What kind of situations or people could benefit from Peer Support?

A: Many of our clients are referred to us because there has been a change that is difficult to reconcile. It could be a loss of a partner, a serious health concern, a problem with a family member, mild depression or anxiety that may be out of the ordinary.

Q: What happens during the intake meeting?

A: The intake allows the coordinator to meet with the client, gather relevant history, review the nature of the expressed concern and to ensure that our service is appropriate for their needs. The intake takes up to one hour and takes place at Kay's Place in the Denman Mall.

Q: Are Peer Support volunteers professional therapists?

A: Peer Support volunteers come from a variety of educational backgrounds with extensive life experience, however, they are not necessarily professional therapists. All have had training in order to support clients in a specific manner.

*See the next page for the continuation of this article.*

## Peer Support Q&A Continued

Q: What can I expect in the first meeting between the Peer Support worker and myself?

A: Usually, the first session includes taking a client's family history. This is recorded in the style of a family tree diagram. This serves as a "road map" of the client's background and helps the worker understand the client more fully. Subsequent meetings focus on the referral reason and/or goals the client would like to achieve during the Peer Support process. We will create a safe and respectful environment during the time spent in session and it is important that the client participates as fully as possible. Throughout the process, a professional boundary is maintained between the client and their Peer Support volunteer. Sessions take place at Kay's Place at times convenient for both the client and their Peer Support volunteer.

Q: How long does a session last?

A: Session length is one hour.

Q: Will my conversation be kept in confidence?

A: All clients will be asked to sign a consent form that describes confidentiality, which is the cornerstone of trust in the Peer Support relationship. There are exceptions to confidentiality, and this will be discussed during intake. The confidentiality form needs to be signed before sessions can start. Peer Support volunteers may share information with their supervisor, who may advise and provide additional guidance as sessions progress.

Q: Is there any cost to me?

A: Peer Support services are free of charge to members of the West End, Coal Harbour and Yaletown areas.

Q: What happens if after 10 sessions I need more time with my Peer Support worker?

A: If more time is needed to resolve your concern, your Peer Support worker will speak with their supervisor so that an arrangement can be made to have an extension of up to 3 sessions.

## Housing Navigation

One of the supportive services provided at Kay's Place is assistance with housing through our Housing Navigation expert, Susan.

The aim of this program is to provide compassionate, caring and culturally-conscious services to those persons in the West End, Coal Harbour and Yaletown area experiencing housing insecurity. Many of the people who come to our office are experiencing stress associated with their housing, and we understand how trying it can be. Worrying about having secure housing is one of the great stressors that we can experience. Our Housing Navigator will be able to help clients to utilize resources such as housing subsidies like SAFER, which can be daunting for some people to complete on their own.

If you are presently housed but are having difficulty with a "quiet loss of enjoyment" due to other tenants, or if your landlord is not providing adequate repair and/or maintenance, we can advise you on the processes to follow in accordance with provincial housing policies.

We also can provide support and direction should you receive an eviction notice and help with the necessary steps to follow.

Finally, finding housing within the West End, Coal Harbour and Yaletown catchments is what we do best.

To make an appointment, please contact Susan at [susan@wesn.ca](mailto:susan@wesn.ca) or call 604-669-7339.



## **Information and Referrals: How We Can Help You**

Kay's Place, located in the Denman Place Mall, is the home of WESN's Information and Referrals hub. We are a group of empathetic, friendly staff and volunteers who are trained to assess and answer a wide range of questions and concerns. Think of us as an in-person Google or search engine! Even if you're not quite sure what you're looking for, you can come in and chat with our team of staff and volunteers and we can help you find a community resource that fits your needs. Kay's Place volunteers can also provide information on the 60+ programs offered by Barclay Manor.

Some of the services offered by Kay's Place Information and Referrals are as follows:

- Look up the location of local businesses and services around Vancouver and provide you with their contact information
- Answer questions about local community resources and connect you with the appropriate resource
- Make appointments with Susan Paré, who can assist you in finding affordable West End housing
- Connect you with Alan Stamp, who can assist with questions regarding the Peer Support service
- Answer questions about WESN services and our various programs
- Process WESN membership applications and fees

We also have a large array of brochures, forms and booklets for you to browse and take home for free! Pop in and our team can help you find the resources that best suit your needs. Our information library contains take-home material on topics such as:

- Subsidised Translink bus pass applications
- Fair PharmaCare applications
- Ministry of Health BC Seniors' Guide: a comprehensive resource for provincial and federal programs available for seniors in BC
- People's Law School When I'm 64: an in depth explanation of the financial support you can receive from the government as you age. Includes information on OAS, CPP, and EI
- Seniors Abuse Information packets from Seniors First BC
- Referrals to legal services that can help with wills, power of attorney, estate planning, and small legal issues
- Mental health and physical wellness education brochures

## **WESN Income Tax Clinic**

Tax season is just around the corner. Did you know that WESN provides a free tax clinic for seniors who have simple tax filing needs? Kay's Place can help answer your questions about the tax clinic. See P.11 of this newsletter or visit <http://wesn.ca/income-tax-clinics/> for more information.

## **COVID-19**

Do you need assistance with your Provincial or Federal Vaccine Passport? Kay's Place can help you print out a copy of both of these documents. Note: We do not provide laminated copies. Please bring the following:

- Your Provincial Health Number (located on the back of your Health Care Card)
- One or both of your vaccination dates

We can also help you put your vaccine passport on your mobile phone for easy and convenient access.

We have a comfortable seating area at Kay's Place where you can stop for a quick rest. Feel free to grab one of WESN's monthly newsletters while you sit or take one home!

# Volunteers

Are you interested in volunteering with the West End Seniors' Network? Learn more about volunteering with us and our current opportunities at: <http://wesn.ca/volunteer>

Contact Evelyn, Manager of Volunteer Resources at 604-669-5051 or [volunteers@wesn.ca](mailto:volunteers@wesn.ca) with a completed application form or if you have questions. The application form can be found on our website.

**Reception at Barclay Manor:** Volunteers greet members and visitors, check vaccine passports, register participants for programs, and operate a multi line phone. Administrative experience preferred and a keen eye for detail. Volunteers hold a once a week shift from either 9am-1pm or 1pm-5pm from Monday to Friday.

**Kay's Place Information and Referral:** Located in the Denman Place Mall. Volunteers meet with clients in person or over the phone, discuss their needs with them, and inform them about the services that are available to them at the local, municipal, provincial, and federal levels. One 3+ hour shift a week, Monday-Friday between 10am-4pm.

**Clothes and Collectibles:** Located in Denman Place Mall. Volunteers work at the cash register, accept donations, put priced items out to sell, and manage the flow of customers at the front door. Shifts are once a week for 2-3 hours Wednesday-Saturday.

## VOLUNTEER SPOTLIGHT



### MEET KAY'S PLACE AND CLOTHES AND COLLECTIBLES VOLUNTEER DAVID!

I moved to Vancouver from the UK in 1991. After over 40 yrs in the health service, working in mainly Emergency and critical care, I retired in 2017. I was used to a very busy professional career and found I needed something else in retirement.

I didn't want the responsibility anymore but wanted to continue to help people in any way I could. Volunteering seemed the perfect answer, it gives me purpose and feels good to give back to the community I have lived in for the past 25 yrs. Also as I get older I really appreciate how essential WESN is to the community.

I have volunteered at Kays place and Clothes and Collectables for over a year. People who come in to Kay's Place really value the service we provide, its very gratifying when you are able to help sort out their problems, or advise them on what services are available in the community. I also enjoy my time at the Clothes and Collectables store. You get to recognize the customers who come by regularly and what they might be looking for. Working on the door gives me the opportunity to talk to the customers as everyone has a story.

"David is one of our volunteers who has put in the most hours this past year, as he always eager to help. He is truly a lifelong helper of people and we are incredibly thankful to have his high spirited and personable charm on our team. He is the perfect neighbor in all regards." - Evelyn



## **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)
- Support with landlord and property manager concerns
- Vancouver Rent Bank
- Shelters
- City of Vancouver Home Owner Grants and Property Tax Deferment
- Home Adaptations For Independence (HAFI)
- Independent Living
- Assisted Living
- Residential Care

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**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 [info@wesn.ca](mailto:info@wesn.ca) or **604-669-5051**.

For information on our services, to apply to become a volunteer or to donate, visit our website at: [www.wesn.ca](http://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](http://wesn.ca) or contact us for more information about eligibility, geographic boundaries, registration, and fees.


## Better at Home

Joe Humphries 604-669-5051 ext 2 [servicescoordinator@wesn.ca](mailto:servicescoordinator@wesn.ca)  
<http://wesn.ca/services/better-at-home/>

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

## Life Unlimited

<http://wesn.ca/services/life-unlimited/>

<b>Friendly Visiting</b>	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.	Suma Sudhir 604-669-5051 ext 3 <a href="mailto:servicesmanager@wesn.ca">servicesmanager@wesn.ca</a>
<b>Grocery Shopping and Delivery</b> 	Volunteers take grocery orders by phone or email, shop, and arrange for delivery.	
<b>Check-In Phone Calls and Emails</b>	Connect by phone or email with a volunteer for reassurance and friendly conversation.	Emily Lonsdale 604-669-5051 ext 7 <a href="mailto:health@wesn.ca">health@wesn.ca</a>

## Kay's Place

<http://wesn.ca/kays-place/>

<b>Housing Navigation</b>	Information on housing options and support with finding and maintaining appropriate housing.	Susan Paré 604-669-7339 <a href="mailto:susan@wesn.ca">susan@wesn.ca</a> <a href="http://wesn.ca/housing-navigation/">http://wesn.ca/housing-navigation/</a>
<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 <a href="mailto:kaysplaceinfo@wesn.ca">kaysplaceinfo@wesn.ca</a> <a href="http://wesn.ca/info-and-referral/">http://wesn.ca/info-and-referral/</a>
<b>Peer Support</b>	Trained volunteers provide confidential emotional support for life stressors such as retirement, health changes, isolation, or loss.	Alan Stamp 604-669-7339 <a href="mailto:alan@wesn.ca">alan@wesn.ca</a> <a href="http://wesn.ca/services/peer-support/">http://wesn.ca/services/peer-support/</a>

## Clothes and Collectibles Thrift Boutique

604-682-0327 [clothes@wesn.ca](mailto:clothes@wesn.ca)  
<http://wesn.ca/clothes-and-collectibles/>

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

# Services Continued

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

## LinkAGE Social Prescribing

Emily Lonsdale 604-669-5051 ext 7 [health@wesn.ca](mailto:health@wesn.ca)  
<http://wesn.ca/linkage/>

Health care professionals refer you to the LinkAGE Social Prescribing Navigator to access community-based programs and services to support your health and wellness.

## Safe Seniors, Strong Communities

[responsehub@wesn.ca](mailto:responsehub@wesn.ca)  
<http://wesn.ca/safe-seniors/>

<b>Prepared Meal Delivery</b>	In partnership with Gordon Neighbourhood House and Shift Delivery Co-op, frozen meals are delivered weekly to older adults experiencing financial hardship and/or challenges accessing nutritious food. Clients are asked to pay what they can. All donations help ensure we can offer sustainable services to as many clients as possible.
<b>Prescription Medication Pick-Up and Drop-Off</b>	Volunteers assist with picking up and bringing prescription medication to you.

Thank you to our service funders:



McGrane-Pearson  
Endowment Fund

**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, visit [wesn.ca/seniors-in-need-fund](http://wesn.ca/seniors-in-need-fund)

Or speak to a staff member at Kay's Place:  
604-669-7339

[kaysplaceinfo@wesn.ca](mailto:kaysplaceinfo@wesn.ca)  
Unit 118 in the Denman Place Mall (1030 Denman Street)



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)

# 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.

Programs take place at Barclay Manor, outdoors (weather permitting), virtually on Zoom, or elsewhere where stated. Please follow posted signage for the most up to date safety protocols in place. A summary of current protocols are on P.2. **Masks are mandatory.**

**Our programs and events are for current WESN membership holders.** Fees apply for non-members who would like to participate in a program.

## Fees

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

In addition to membership fees, **programs and events are by donation if a cost is not specified.** Fees and donations can be dropped off at Barclay Manor or Kay's Place (cash or cheque), sent via e-transfer to [info@wesn.ca](mailto:info@wesn.ca) or made online at <http://wesn.ca/>. See P. 30 for information about membership and donations.

## Registration for Programs, Technology Assistance, Presentations, and Events

**Registration is required** for all programs including appointments, presentations and events, unless specified. Register at 604-669-5051 or [programs@wesn.ca](mailto:programs@wesn.ca). Registration is monthly for programs and per session for appointments, presentations and events, unless specified.

**Registration for February 1-28 participation opens on January 27 at 10:00AM.**

Register early as space may be limited. If you are on a waitlist, please do not attend the program until a spot opens up and you are contacted by WESN. Waitlists are kept for the current month only. If you can no longer attend, please let us know by calling 604-669-5051 or emailing [programs@wesn.ca](mailto:programs@wesn.ca).

## Registration for Virtual Programs

**Registration is required and is always open for virtual programs**, unless specified. You do not need to re-register for virtual programs each month or session, unless specified.

**Register through the appropriate link** provided with the program description or by following specific registration instructions. If you have trouble registering via the link or you wish to call into the program, contact [programs@wesn.ca](mailto:programs@wesn.ca) or 604-669-5051.

Virtual programs can be accessed through web browser, Zoom app or by calling in with a telephone.

## Cancellations

Programs may be cancelled from time to time - register early so that we know people want to attend. We apologize for any inconvenience from cancellations. Ensure you are registered so that we can contact you, if needed.

## Waivers

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.

# Computer Lab Information

There are five Windows PC computers with Internet access and a printer-copier-scanner (fees apply) for members to use. First-come, first-served, but time limits apply if people are waiting (30 minutes more for the person who has been present longest if nobody volunteers to leave). Write your name and arrival time on the Computer Lab whiteboard. Masks are mandatory.

**Printing/copying fees (8.5x11"):** \$0.10/page for black and white or \$0.25/page for colour.

Please place printing payment into the box beside the Computer Lab printer. Different fees apply for other paper sizes.

WESN has the right to turn down service requests for large printing jobs.

## Events and Presentations

**Registration is required. Registration opens on January 27 at 10:00AM.** For in-person activities, masks are mandatory and proof of vaccination may be required. Event fees may apply - see descriptions for details.

### Chinese New Year Celebration

2022 is the year of the tiger! Learn about the history of Chinese New Year and enjoy traditional dance demonstrations performed by Jessica. Admission is \$5 for members and \$7 for non-members (cash). Please pay on the day of at the door, but pre-registration is still required.

Wednesday, February 9, 10:00AM - 11:00AM, Basement



### Happy Hookers Valentine's Day Sale

Get the perfect handmade gift for loved ones at our sale! Prices vary, cash only. Share with your friends!

Wednesday, February 9, 10:00AM - 12:00PM, Main Floor Kitchen



### Death Wish on Valentine's Day

Murder mystery returns. Play sleuth and detective in an Agatha Christie fashioned English drawing room murder. Includes desserts and boxes of prizes. Catch the killer before they kill again. Tickets are \$15/each (cash) from Kaitlin.

Friday, February 11, 3:00PM - 4:00PM (Doors: 2:30PM), Piano Room



### Pacific Museum of Earth (PMoE) Educational Series (Virtual)

The PMoE's programs combine participatory learning experiences with the most up-to-date scientific knowledge. Join Daniel to explore the wonders of the earth. Continued education keeps the mind sharp and fuels curiosity!

Register by emailing [programs@wesn.ca](mailto:programs@wesn.ca).

Wednesdays, 2:00PM - 3:00PM, On Zoom



**February 2: Earth's Story** - Take a journey back in time and explore the events that shaped Earth into a habitable planet. Understand the concept of Deep Time and be introduced to the Geological Timescale. Recognize the diversity of ancient life. Examine the causes and effects of historic climate events.

### February 9: Volcano Workshop -

Examine what makes volcanoes work. Explore why and when they erupt explosively. Learn how volcanologists use volcanic rocks to understand the subsurface magma factories that cause volcanoes to erupt.



**February 16: Fossil Workshop** - Recognize fossils and characterize their preservation type. Describe the process of fossilization from "death to discovery." Illustrate the principles of relative dating using sketches of rock layers. Identify geologic time periods based on fossil evidence.

# Technology Assistance

Do you have a technology-related question? Technology Coach volunteers are available for 30 minute, 1-to-1 appointments. If needed, members may book 2 sessions back-to-back for a 60 minute appointment. Masks are mandatory and proof of vaccination is required.

**Registration for February 1-28 participation opens on January 27 at 10:00AM.** Book an appointment at 604-669-5051 or [programs@wesn.ca](mailto:programs@wesn.ca). **Members may hold one session at a time due to high demand.** Waitlists are kept for filling cancellations within the current month.

Our Technology Coaches are volunteers who will do their best to assist you, but they may not have the answers to all questions and issues. Thank you for your understanding.

Day and Time	Type	Coach	Book for Help with
Mondays & Thursdays 2:00PM - 4:00PM	In-Person	Simon	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media
Tuesdays 3:00PM - 4:00PM	In-Person	Nitish	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media, blogs, websites, coding
Wednesdays 10:00AM - 12:00PM	In-Person	Chryster	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media, blogs, websites, Adobe Suite
Wednesdays 12:00PM - 1:00PM	In-Person	Ella	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media, blogs, websites
Wednesdays 4:00PM - 5:00PM	By Phone*	Vincent	Android computers, cell phones and tablets (no Apple devices), email, apps
Select Wednesdays 2:30PM - 4:30PM	In-Person	Sarah	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media, blogs, websites
Thursdays 3:00PM - 5:00PM	In-Person	April	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media, blogs, websites, Adobe Suite
Fridays 12:00PM - 1:00PM	In-Person	Nitish	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media, blogs, websites, coding
Fridays 1:30PM - 3:30PM	In-Person	Terry	Android computers, cell phones and tablets, email, apps, Zoom, social media
Fridays 3:45PM - 4:45PM	In-Person	Owen	Apple/Android computers, cell phones, tablets, email, apps, Zoom
Select Saturdays 9:30AM - 10:30AM	By Phone or Zoom*	Gloria	Apple computers, cell phones and iPads (no PC/Android devices), email, apps, Zoom
Saturdays** 11:00AM - 12:30PM	In-Person	Christina	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media, blogs, websites, coding

\* Volunteers may have their caller ID off. Please answer a call from a private or unlisted number around your appointment time.

\*\* These appointments take place at the West End Community Centre (870 Denman St) because Barclay Manor is closed on weekends. Meet in the lounge area by the front desk.

Proof of vaccination may be required to see certain Technology Coach volunteers.



# In-Person Programs

**Registration for February 1-28 participation opens on January 27 at 10:00AM.** Register at 604-669-5051 or [programs@wesn.ca](mailto:programs@wesn.ca). Masks are mandatory.

## Arts and Crafts

### Happy Hookers

Work on your knitting and crocheting projects and socialize.

Wednesdays, 10:00AM - 12:00PM, Main Floor Kitchen, Volunteer: Nicole

**February 16:** Learn how to crochet a dishcloth or slouchy hat. Suitable for beginners. Recommended donation of \$2.



### Painting Studio

Bring in your project and supplies and paint alongside your comrades in a studio atmosphere. No instruction or supplies provided.

Wednesdays, 2:00PM - 4:45PM, Basement Multipurpose Room

## Educational and Intellectual

### TED Talks and Discussion

View a selection of TED Talks and discuss them.

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

**February 3:** Susan David - The gift and power of emotional courage

Stuart Brown - Play is more than just fun

**February 10:** Zeynep Tufekci - We're building a dystopia just to make people click on ads

Susan Graham - A new way to restore Earth's biodiversity from the air

Helen Fisher - Why we love, why we cheat

**February 17:** Nick Bostrom - What happens when computers get smarter than we are

Dylan Marron - Empathy is not endorsement

Dan Pallotta - The way we think about charity is dead wrong

**February 24:** Dan Ariely - What makes us feel good about our work

Rory Sutherland - Perspective is everything

Justin Baldoni - Why I'm done trying to be man enough

## Food-based Socials

For programs in restaurants, register with WESN at least 3 days in advance. Do not call the restaurant. Meet at the restaurant. Diner pays own way.

### Dinner Club

Join a group of friendly faces for a meal. Max 6.

**With Volunteer Alex:** Wednesday, February 2, 5:30PM, Khaghan Restaurant Downtown (851 Denman St)

**With Volunteer Susan:** Wednesday, February 16, 5:30PM, The Red Accordion (1616 Alberni St)

### Happy Hour Hoppers

Quench your thirst and enjoy snacks at local happy hour spots. Max 6.

Wednesday, February 23, 4:00PM, Craft English Bay (1795 Beach Ave), Volunteer: Jackie

### Men's Group: Breakfast

Join a group of men for breakfast at Denny's.

Monday, February 21, 9:00AM, Denny's (1098 Davie St), Volunteer: Patrick

### Sunday Brunch

Mingle with others for a leisurely brunch. Max 6.

Sundays, February 6 and 20, 11:00AM, Sylvia Hotel Restaurant (1154 Gilford St), Volunteer: Sarah

## Games

### Bridge - Room change for February 11

Play friendly rounds of bridge with your peers.

Fridays, 1:00PM - 4:00PM, Main Floor Kitchen (Basement Multipurpose Room on February 11), Volunteer: John

### Cribbage

A game of playing and grouping cards for points.

Fridays, 10:00AM - 12:00PM, Main Floor Kitchen

### Mahjong

Learn and play this Chinese tile-based game.

Wednesdays, 11:00AM - 3:00PM, Basement Kitchen, Volunteer: Rich

# In-Person Programs

**Registration for February 1-28 participation opens on January 27 at 10:00AM.** Register at 604-669-5051 or [programs@wesn.ca](mailto:programs@wesn.ca). Masks are mandatory.

## Games Continued

### **Scrabble**

Keep your mind active with triple word scores.

Wednesdays, 1:00PM - 3:00PM, Main Floor Kitchen

### **Texas Hold'em Poker**

Play with chips in a low-stakes game of poker while socializing and sharing a good laugh. Beginners welcome - come learn how to play!

Tuesdays, 1:00PM - 3:00PM, Piano Room, Volunteer: Jeanette

## Languages

### **ESL Class (Beginners/Intermediate)**

Learn and practice basic conversational English.

Mondays, 11:15AM - 12:15PM, Piano Room, Volunteer: Chris

### **ESL Class (Intermediate) - Full**

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

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.

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



### **German Conversation Circle - Volunteer returns on February 17**

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

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



## Music

### **Heritage Harmonies**

Sing well-known songs accompanied by a pianist. Songbooks are provided for the session.

Tuesdays, 10:30AM - 11:30AM, Outside - Veranda or Piano Room, Volunteer: Frank or Mavis

### **Musical Morning**

Unwind and partake in the vocal and guitar stylings of our musician. Country and folk music will be featured on the 2nd Friday of the month and Latin music will be featured on the 4th Friday of the month.

Fridays, February 11 and 25, 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 instruction provided.

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

## Physical Activity and Wellness

### **Choose to Move - Full, intake is open for the next group; Room change for February 4 and 11**

Introduce more physical activity into your daily life in ways that make sense for you. Contact Jennifer at [choosetomove@wesn.ca](mailto:choosetomove@wesn.ca) or 604-669-5051 for information and to go through eligibility screening. Screening must be done prior to acceptance into the program.

Fridays, January 21 - April 22, 2:30PM - 3:30PM, Piano Room (Basement Kitchen on February 4 and 11)

**Choose  
to Move**

**active  
aging  
society**

 **BRITISH  
COLUMBIA**  
Supported by the Province of British Columbia

### **Nordic Pole Walking: Beginners**

Learn how to use or practice using Nordic poles with a short session around the neighbourhood. WESN has poles to lend, or bring your own poles. See the next page for other walking programs.

Thursdays, 10:00AM - 10:30AM, Meet at Barclay Manor front entrance, Volunteer: Mary

# In-Person Programs

**Registration for February 1-28 participation opens on January 27 at 10:00AM.** Register at 604-669-5051 or [programs@wesn.ca](mailto:programs@wesn.ca). Masks are mandatory.

## Physical Activity and Wellness Continued

### **Nordic Pole Walking**

Enjoy a walk while using nordic poles, which are great for strength and muscle activation. WESN has poles to lend, or bring your own poles.

Thursdays, 10:30AM - 11:30AM, Meet at Barclay Manor front entrance, Volunteer: Mary

### **Outdoor Walking Groups**

Enjoy our city's wonders with a leisurely walk. Rain or shine.

**With Volunteer Diane:** Tuesdays and Thursdays, 11:30AM - 12:30PM, Meet at seawall benches across from Sylvia Hotel (1154 Gilford St), Drop-in

**With Volunteer Owen or Amadea:** Saturdays, 9:00AM - 10:00AM, Meet at Barclay Manor front entrance (1447 Barclay St), Registration preferred so the volunteer knows if people are expected to attend

### **Restorative Seated Yoga**

Seated yoga is a gentle and restorative way to stretch sore muscles, while increasing strength, balance, flexibility and mobility with the support of a chair. Breathing and meditation techniques will be incorporated. No experience required.

Wednesdays, 1:00PM - 1:45PM, Basement Multipurpose Room, Volunteer: Heather

## Social 🗨️

### **Chat with Martin**

Chat with Martin, Executive Director, and your peers in a safe, welcoming and informal space. Bring your discussion topics. No tea or snacks are provided at this time due to COVID-19.

Monday, February 14, 1:00PM - 2:00PM, Piano Room

### **Members Chatter with the Board - No Session in February**

Connect and converse with each other and elevate issues of importance. The Board-hosted program aims to capture your suggestions and interests.

## Spa and Wellness ❤️

Pay technicians with cash. Methods of booking appointments differ per technician.

### **Manicures and Pedicures**

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

Book through WESN at: 604-669-5051 or [programs@wesn.ca](mailto:programs@wesn.ca)

Monday, February 7 and 28, 10:00AM - 2:30PM, Main Floor Kitchen, Technician: Heather

### **Reflexology, Facials, Reiki, and Chair Massage**

Professional spa services at a familiar location. Prices range from \$25-\$50+GST and service times range from 30-60 minutes. WESN membership is required.

Call 604-376-0106 or email [shirleyreikireflex@hotmail.com](mailto:shirleyreikireflex@hotmail.com) for more information and to book.

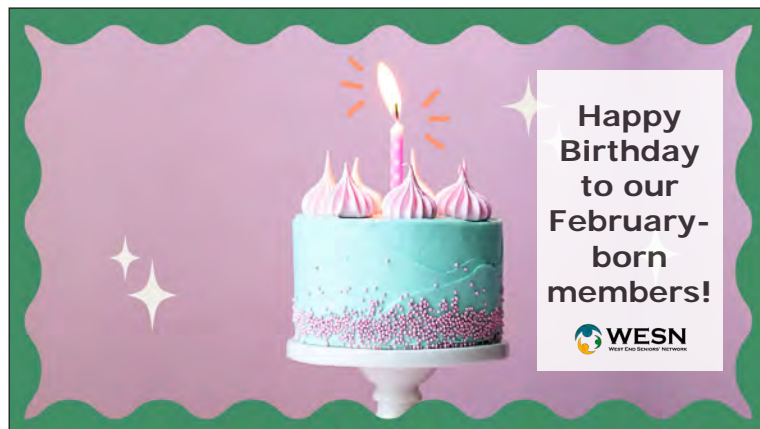
Tuesdays, 9:30AM - 3:30PM, and Thursdays, 9:30AM - 2:30PM, Main Floor Kitchen, Technician: Shirley

### **At Home Physiotherapy and Rehabilitation Appointments**



Customized treatment programs done in the comfort of your home. Book a physiotherapy or rehabilitation session with professionals from Physio for Seniors for pain management, posture, alignment, balance and falls prevention, strength and conditioning, movement, and mobility. Prices range from \$45-\$150.

Inquire and book with Trina at: 778-378-9179 or [trina@physioforseniors.com](mailto:trina@physioforseniors.com).



As part of its Satellite Elder Law Clinic program, Seniors First BC is partnering with WESN to offer pro bono legal consultations to eligible older adults. The clinic will be held at Kay's Place.

Eligible seniors can speak to a lawyer in person to receive legal assistance for:

- Preparing wills, powers of attorney, representation agreements
- Understanding your legal proceedings and what to expect in court
- Reviewing court documents
- Preparing your own case and submissions
- Representation at certain court hearings in the Supreme Court of British Columbia and the Provincial Court (Small Claims Division) of British Columbia
- Assistance in matters of adult guardianship
- General legal advice

While Seniors First BC does not offer legal services in either family or criminal law, it can direct persons to organizations who may be able to assist.

To schedule an appointment, call Seniors First BC's legal program at **604-336-5653** and mention your interest in the Satellite Clinic at Kay's Place with the West End Seniors' Network. Masks are required.

1st Friday of the Month, 10:00AM - 12:00PM, Kay's Place (118-1030 Denman St)

## Connect at a Distance Programs

### Creative Quest - **NEW**

Here is an opportunity to participate in a weekly e-newsletter to overcome Omicron blues. This Creative Quest will feature your creative works. All you have to do is email in a photo of your art or text of your writing/poetry to Graham at [creativequest2022@gmail.com](mailto:creativequest2022@gmail.com) for inclusion.

Volunteer: Graham

### Garden Club - **Full**

Tend to a raised garden bed. In partnership with Robson St Community Garden and Friends for Life.

Volunteer: Doug

### Language Exchange

Are you fluent in multiple languages and want to help someone learn or become stronger in a language? Are you looking to improve your skills?

Sign-up to be matched at:

<https://forms.gle/SFmHd4ZK7rEiS6wH7>

Or, contact Jennifer at [closetohome@wesn.ca](mailto:closetohome@wesn.ca) or 604-669-5051 to register.

### Pen Pal

Connect with another individual with letters sent by mail. An initial start-up package of 12 stamps, 12 envelopes, pen, and paper will be provided.

Complete this online intake form:

<https://forms.gle/puERc9FyuujffkW3A>

Or, contact Jennifer at [closetohome@wesn.ca](mailto:closetohome@wesn.ca) or 604-669-5051 to register.

the  
**TUESDAY  
SANDWICH  
CLUB**  
join us!



**Can we treat you to lunch?  
Will you tell a neighbour?**

#### HERE'S HOW IT WORKS

1. Gather a few neighbours
2. Choose a day of the month
3. Sign up and choose a sandwich.

On the morning of the event, we'll deliver right to your door, right in time to meet – online or in person – for lunch and a relaxed catch up.



SIGN UP WITH JENNIFER  
**604-669-5051, EXT 8**  
[CLOSETOHOME@WESN.CA](mailto:CLOSETOHOME@WESN.CA)

learn more

**WESN.CA/CLOSE-TO-HOME**

Check out our Activity Book for exercises,  
colouring pages, recipes, and more!

<http://wesn.ca/newsletter/>

Volunteer: Laura



# Virtual Programs

**Registration is required and is always open for virtual programs.** You do not need to re-register for virtual programs each month or session, unless specified. Please register through the link provided with the program description or by following specific registration instructions.

**If you do not have a computer or smartphone, you can still participate in virtual programs** hosted on Zoom. **To join, call 778-907-2071** no more than 10 minutes before the program starts and **enter the program's Meeting ID and Passcode** when prompted.

**If you have trouble registering via the link or you wish to call into the program,** contact [programs@wesn.ca](mailto:programs@wesn.ca) or 604-669-5051. We will provide members who intend to call into programs with the Zoom Meeting ID and Passcode.

## Languages

### **Beginners Italian Class**

Learn how to speak conversational Italian.

Fridays, 10:30AM - 11:30AM, Volunteer: Ariane

Register at: <http://ow.ly/ino050DuYG3>

### **Spanish Conversation Class A (Intermediate)**

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

Wednesdays, 3:00PM - 4:30PM, Volunteer: Carlos

Register at: <http://ow.ly/SXgR50CRrFY>

## Physical Activity and Wellness

### **Aquafit at Home: Seniors Flow**

A fun and inclusive gentle movement class. Focus on balance, breath and dancing! Wear comfortable exercise clothing and give yourself enough space to move around.

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

Register at: <http://ow.ly/EhQJ50GeIb9>



### **Creative Movement**

A series of gentle, energizing movements. All levels welcome, no dance experience required.

Thursdays, January 6 - March 24,  
3:00PM - 4:00PM, Instructor: Linda

Register by emailing [programs@wesn.ca](mailto:programs@wesn.ca).



## Physical Activity and Wellness Continued

### **Lucid Dreaming and the Journey of the Wise Person - NEW**

Lucid dreaming is an ancient metaphysical practice of becoming aware of the bridge between the unconscious and the conscious self. The practice allows us to become awakened in the dream of life. In this time of chaos and disintegration of the old world, we find ourselves asking questions and wondering who we are becoming. As we reach a certain age of wisdom, the archetype of the wise person arises in us, asking deeper questions and flourishing as the guide on the sacred journey of life.

In this 6 week period we will explore the process of lucid dreaming and becoming the wise person in today's world, as we step into a great global change of collective reality. The sessions are on Zoom and you will need to do a personal dream journal.

Saturdays, February 12 - March 19, 2:00PM - 3:00PM, Volunteer: Katarina

Register at: <http://ow.ly/8SYF50Hv2f7>



## Technology

### **Tech Talk: Internet Scams**

Learn about Internet scams and how to protect yourself against phishing emails and websites. Bring your questions to this group session on Zoom.

Saturday, February 5, 9:30AM - 10:30AM,  
Volunteer: Gloria

Register at: <http://ow.ly/c3sh50Gfxz4>

Have a program idea or want to volunteer to lead a program? Connect with Kaitlin, Manager of Programs, at [programs@wesn.ca](mailto:programs@wesn.ca) or 604-669-5051.

# WESN-Gordon Neighbourhood House

## Joint Virtual Programs



WESN and Gordon Neighbourhood House have joint programming for older adults. The following programs are hosted virtually by Gordon Neighbourhood House. Participants should be a WESN or Gordon Neighbourhood House member. Registration is required. Register weekly with Jenn at 604-683-2554 or [jenn@gordonhouse.org](mailto:jenn@gordonhouse.org).

### **Beginners' Spanish Class**

Tuesdays at 9:30AM

Virtual Spanish classes via Zoom. To register, email [welcome@gordonhouse.org](mailto:welcome@gordonhouse.org).

### **Chair Yoga**

Wednesdays at 10:00AM

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

### **Crafty Neighbours**

Wednesdays at 1:00PM

Join for a weekly social gathering that connects our knitting community members and other creative folks to share their talents.

### **Fitness with Lauren**

Tuesdays at 10:00AM

Join us for our weekly fitness class with Lauren that incorporates resistance band exercises to improve muscle tone and strength.

### **Out-Trips**

As scheduled. Check the monthly Seniors Brochure (pick up at Gordon Neighbourhood House). Take part in diverse outdoor and cultural programming and to get to know each other.

### **Photo Club**

Wednesdays at 1:00PM

Connect with your creative side and other photography enthusiasts! Alternates weekly between in-person and virtual sessions. In-person: meet at GNH for a walk around the neighbourhood to take pictures following the given theme. Virtual: share your photos and stories from the previous week's walk on Zoom with the group.

### **Qigong with Christine**

Wednesdays & Fridays at 10:30AM

Qigong combines gentle flowing movement, sitting meditation, breathwork, intention, and imagination. Relax, activate, heal, and align your body, heart, mind, and spirit.

### **Seniors' Lounge with Grace Hann**

Tuesdays at 1:30PM

Connect with your community and meet your neighbours.

### **Tech Tips & Tricks**

Mondays & Wednesdays 10:00AM - 12:00PM (by appointment)

Want to learn how to increase your technology skills? If you're brand new or tech savvy, together we will go through how to use Zoom, social media, mobile apps and any other topics or questions you have regarding technology.

## DAVID WATTS NOTARY PUBLIC



Advertisement

## 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

COVID-19 - Protocols in Place

# Monthly Engagement Question

Every month we ask a question that everyone is welcome to answer, whether that be in response to the relevant social media post, to yourself or in discussion with your family, friends or neighbours. These questions are meant to stimulate conversations, ignite ideas and bring the community together.

This month's question is: **What was cool when you were young that isn't considered cool now?**

If you wish to submit your answer anonymously, submit it at:

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

We will share the answers in a blog post on our website at the start of the next month. Blog posts are listed on the front page of our website at: <http://wesn.ca/>

## Seniors Needed for Online Research Participation

The School of Audiology and Speech Sciences at the University of British Columbia seeks individuals aged 65-80 years to participate in a research study on perceptions of aging and hearing. The research will take place online; no in person contact is required. Participants will be reimbursed \$20 for 2 hours of their time. For more information or to participate please contact Julie Beadle at [julie.beadle@audiospeech.ubc.ca](mailto:julie.beadle@audiospeech.ubc.ca) or (604) 212 1571.

### Eligibility Criteria:

65-80 years old, fluent English speaker, access to a personal laptop or desktop computer (Not an iPad, tablet, or phone), do not currently wear a hearing aid or cochlear implant, have not been diagnosed with a hearing impairment or neurological impairment (e.g., Alzheimer's).

Project title: Perceptions of aging and hearing  
Ethics ID#: H21-01064

Investigators: Dr. Julie Beadle, Dr. Lorraine Jenstad, Diana Cochrane, and Dr. Jeff Small.  
[Advertisement]

### Advertisement

**Are you a woman 50-75 years of age? Are you interested in discussing gendered safety?**

**Take part in current research being conducted at the University of Toronto!**

This project explores how older adult women manage gendered risks in public spaces.

We are seeking women who:

- ❖ Are between 50 and 75 years of age
- ❖ Identify as queer, lesbian, or bisexual
- ❖ Live in Canada
- ❖ Are willing to share their thoughts on personal safety

I am a PhD student at the University of Toronto. As part of my PhD research, I am hoping to learn about how older adult women in Canada manage gendered risks in public spaces. My goal is to generate recommendations aimed at ensuring that Canadian women feel safe in their communities.

Participation will involve a **one-time, online interview** lasting **60-90 minutes**. Interviews will occur on a **virtual platform** or **by telephone** (whichever you prefer), and will be **scheduled at your convenience**. You will receive **\$25.00** in recognition of your time participating.

If you are a woman aged 50-75 who identifies as queer, lesbian, or bisexual, please contact me at [rebecca.lennox@mail.utoronto.ca](mailto:rebecca.lennox@mail.utoronto.ca) or click here <https://forms.gle/TSHHeeSnxzUasYb87> to participate (for more details on participating, see the information panel to the left). It would be an honour to speak with you.

Thank you for your interest! I look forward to speaking with you!

**Email [rebecca.lennox@mail.utoronto.ca](mailto:rebecca.lennox@mail.utoronto.ca) to set up your interview today!**



**We cannot do what we do without your support.**

**DONATE NOW**  
**at [www.wesn.ca](http://www.wesn.ca) or**  
**by cash/cheque at Kay's Place or Barclay Manor.**

**Thank you!**

# Community Information

**JOIN US!**  
EVERY TUESDAY FROM 7-9 P.M.

# BINGO FOR LIFE

in support of  
**The Vancouver Friends for Life Society**

HOSTED BY

**WIN MANY PRIZES!**

**\$10 FOR BINGO**

**THE JUNCTION**  1138 Davie St.  
www.junctionpub.com

**CARLOTTA GURL**



## WEST END COMMUNITY CENTRE CELEBRATORY MURAL SPECIAL PROJECT

Four murals will provide life and colour to large areas of grey concrete at the West End Community Centre. One mural will be guided by the ideas of seniors and will reflect on which aspects of their community are important to them and make positive impacts on their lives.

If you are interested in a visioning session held at Barclay Manor in mid/late-February (date and time to be shared with those who sign up) which includes painting a 4x4" tile that will be incorporated into the mural, leave your name and phone number with WESN at 604-669-5051. Light refreshments will be provided.

For more information, visit: <https://westendcc.ca/wecca-celebratory-mural-special-project/>



## POWERED BY AGE PODCAST

A podcast by seniors,  
for seniors.

Listen, get involved, and  
share your perspective!

[www.poweredbyage.com](http://www.poweredbyage.com)



What have you been  
missing lately?  
People? Places?



Borrow a tablet from South Granville Seniors  
Centre

For more information and to register call: 604-732-0812 or  
email: [programs@southgranvilleseniors.ca](mailto:programs@southgranvilleseniors.ca)

Supported by



**WESN**  
WEST END SENIORS' NETWORK

# Community Information

## 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



**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)



## Feel Good Findings



Above: Karen attended Happy Hookers as a guest speaker to showcase a circular knitting machine.



Above: Members of Painting Studio discuss their artwork at Barclay Manor.



# Companion Housing

Save money, help your community, feel good.

## WHAT IS COMPANION HOUSING?

Companion housing is a shared housing program intended to help address high housing costs while increasing social connections and opportunities for new friendships. WESN has partnered with Happipad, Canada's leading companion housing service provider, to bring this new housing solution to our community through the WESN Housing Navigation service ([wesn.ca/housing-navigation](https://wesn.ca/housing-navigation)).

## HOW DOES IT WORK?

Participants are connected with other mature adults who have compatible lifestyles and interests to share a home, eat meals together, play cards, and develop meaningful connections.

Participation is available as a home provider (landlord/host) where you will rent spare rooms in your home.

Or, you can participate as a renter where you will pay a fair monthly rent to share a home with others.

## REACH OUT TO LEARN MORE!

To learn more, please contact Susan Paré (Manager of Support and Information Services) at [susan@wesn.ca](mailto:susan@wesn.ca) or 604-669-7339 to book an appointment at our Kay's Place location.

Program funding provided by CMHC National Housing Strategy.

# Clothes and Collectibles Donation Policy

Thank you for your generous donations to Clothes and Collectibles. We are overwhelmed with donations and can only accept **one grocery or shopping bag per person per day**.





We gratefully accept small amounts of men's and women's clothing, shoes and accessories (belts, handbags, wallets, ties, scarves, and jewelry) in clean and wearable condition. We also accept small home décor items, books, CDs, DVDs, and artwork.

## Items We Cannot Accept:

We cannot, for space and/or for safety reasons, accept the following items:

- Electric Appliances – toasters, coffee makers, hair dryers, microwaves, etc
- Computers/Printers
- TVs and related electronics – stereos, turntables, VCRs, DVD players, cassettes, VHS tapes
- Children's clothing, shoes, books, or toys
- Encyclopedias, magazines, dated travel guides, photo albums
- Computer or academic textbooks
- Food
- Plastic kitchenware
- Knives
- Household linens – bedding, towels
- Furniture
- Medical equipment – walkers, canes, monitors, etc
- Sports equipment – helmets, roller blades, golf clubs, skates, etc
- Underwear and socks (unless new in an unopened package)
- Clothes hangers, suitcases or paper grocery bags

Thank you for your support! Please contact us at 604-682-0327 or [clothes@wesn.ca](mailto:clothes@wesn.ca) for further information. We are located at 110-1030 Denman St in the Denman Place Mall.

   	The West End Seniors' Network is proud to be a member of the Alliance of Seniors' Centres.  Consider getting involved with other local member organizations.	<b>411 Seniors Centre Society</b> (604) 684-8171 <a href="http://411seniors.bc.ca">411seniors.bc.ca</a>  <b>South Granville Seniors Centre</b> (604) 732-0812 <a href="http://southgranvilleseniors.ca">southgranvilleseniors.ca</a>
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*Your Community, Your News, Your  
Stories Online At ....*

**thewestendjournal.ca**

**New features and photos every month**

***West End Events - Small Space Gardening - King George High  
School News - Community History - Business, Community, and  
Restaurant Spotlights ... and More!***

# 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 2021 through September 2022).

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](mailto:info@wesn.ca)

Some of the benefits of being a member include:

- Access to programs, events, workshops, and presentations (ages 55 and over)
- 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.

## 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 <http://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](mailto:info@wesn.ca)

Thank you very much in advance for your generous donation.



Today's date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
 MMM DD YYYY

Payment	
<input type="checkbox"/> Annual membership fee	\$ 10.00
<input type="checkbox"/> Donation to WESN	\$
<input type="checkbox"/> I want my donation to be anonymous	
<input type="checkbox"/> Newsletter postage fee (\$25)	\$
<b>Total</b>	<b>\$</b>
<input type="checkbox"/> Cash <input type="checkbox"/> Cheque <input type="checkbox"/> E-transfer <input type="checkbox"/> Credit Card	
Please Note: Tax receipts are issued for donations of \$10.00 and over.	

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@wesn.ca**

How did you hear about us?

- ☐ Social Media   ☐ Friend/Family  
☐ Other \_\_\_\_\_

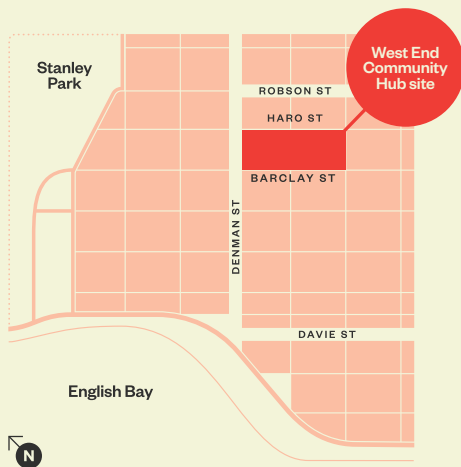
First Name:		Last Name:	
Address:		Buzzer:	
City:	Province:	Postal Code:	
Date of Birth (MMM/DD/YYYY):		Gender: <input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> Non-Binary <input type="checkbox"/> Transgender <input type="checkbox"/> Other: _____ <input type="checkbox"/> Prefer not to answer	
Preferred 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 e-newsletter	
<b>Photo Consent:</b> 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.			<input type="checkbox"/> Yes <input type="checkbox"/> No

<b>Emergency Contact:</b>	
First Name:	Last Name:
Emergency Contact Relationship:	
Phone Number:	<input type="checkbox"/> Home <input type="checkbox"/> Cell <input type="checkbox"/> Work
Email:	

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			
Mbrshp Card Issued:	<input type="checkbox"/> Cheque #:	Receipt #:	Location: <input type="checkbox"/> BM <input type="checkbox"/> KP <input type="checkbox"/> C&C
Staff/Volunteer (int.):	<input type="checkbox"/>	Rev Control (int.):	<input type="checkbox"/> Rev Control Sheet #: <input type="checkbox"/> Data Entered by (int.): <input type="checkbox"/>



## What would you like to do at the future West End Community Hub?

In fall 2021 the community helped create a vision for the West End Community Hub. Now, share which activities and spaces you would most like to see at the site that currently includes the West End Community Centre, King George Secondary School, and Joe Fortes Library.

The result will be a plan to celebrate and strengthen Vancouver's connection to the xʷməθkʷəyəm (Musqueam), Skwxwú7mesh (Squamish), and səliłwətał (Tsleil-Waututh) Nations, and support play, learning, creativity, and wellness for all people.

**Have your say.  
Get involved.**

- **Fill out the survey**  
Survey available online and at the community centre front desk.  
**Complete it now to win a cash prize.**

- **Explore the online open house**  
Visit the website to watch a video, learn more, and share your feedback.  
**You can also call us on (604)-257-8333.**



For survey, online open house, and full details, scan the QR code or visit the URL below.

Translations available in Korean (한국어), Farsi (فارسی) and Spanish (Español).

**[shapeyourcity.ca/weconnect](https://shapeyourcity.ca/weconnect)**

Survey and community input closes March 1st.

