

MAY
2022

+ month-at-a-glance calendar



WESN

WEST END SENIORS' NETWORK



NEW
2022
program

TAI CHI
FRIDAY
1pm

PROGRAMS, SERVICES
& EVENTS FOR ADULTS 55+



wesn.ca



info@wesn.ca



westendseniors



westendseniornetwork
clothesandcollectibles



westendseniors
clothesandcollectibles



West End Seniors'
Network Society



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How many cherries can you count?

Count the cherries in the newsletter — start with this mask — and enter to win a special seasonal prize. Enter your name, telephone and count, in the box near the fireplace.

Send to info@wesn.ca or 604-669-5051.
Winners drawn Wednesday May 25 at 1:45 pm, before the Volunteer Meet and Greet.

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.

Land Acknowledgement

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

COVID-19 PROTOCOLS

Stay home if you or someone in your household is ill, or if you were in direct contact with someone who tested positive for COVID-19. Physical distancing measures are in effect. Clean your hands often. Please follow posted signage.

All doors at Barclay Manor are now unlocked. For accessible entry, use the lower door near the parking lot. Ring the bell and wait for help. Food/drinks not provided except at special events. Do not eat or drink while visiting our sites.



MASKS REQUIRED

WESN is committed to the highest levels of safety and comfort of our members. We will continue to require masks to be worn for indoor programming at Barclay Manor. Masks are required to visit Kay's Place and Clothes and Collectibles.

If you need a mask, supplies will continue to be freely available inside the front door. Thank you for your patience, support, and understanding. We look forward to visiting, learning and celebrating together in a safe and welcoming environment.

Contact Information

Barclay Manor, Kay's Place, Clothes and Collectibles

CLOSED VICTORIA DAY

All locations will be closed Monday May 23.

Barclay Manor

604-669-5051 | info@wesn.ca
1447 Barclay St, Vancouver BC V6G 1J6

Monday to Friday 9 am–5 pm

Clothes and Collectibles

604-682-0327 | Denman Place Mall
110-1030 Denman St, Vancouver BC V6G 2M6

Wednesday to Friday 11 am–5 pm

Saturday 12 pm–4 pm

Manager Laura Fee | clothes@wesn.ca
Asst. Managers Gordana Smocilac & Will Tessier
Supervisor Brenda Wong

Kay's Place

604-669-7339 | Denman Place Mall
118-1030 Denman St, Vancouver BC V6G 2M6

Monday to Friday 10 am–4 pm

Manager of Support and Information Services
Susan Paré | susan@wesn.ca

Board of Directors

President Jane Goodridge | board@wesn.ca
Vice President Karsten Kaemling
Treasurer Ross McKinnon
Directors Bonnie Quam, David Harvey, Omid Toub,
Dawid Cielosczyk, Marta Filipski, Sara Johnson

Executive Director

Martin Addison
604-669-5051 ext 4 | executivedirector@wesn.ca

Manager of Programs

Jennifer Conroy
604-669-5051 ext 1 | programs@wesn.ca

Administrative and Program Coordinator

Christopher Earl
604-669-5051 | info@wesn.ca

Manager of Volunteer Resources

Evelyn Boe
604-669-5051 ext 6 | volunteers@wesn.ca

Manager of Community Services

Suma Sudhir
604-669-5051 ext 3 | servicesmanager@wesn.ca

Community Services Coordinator

Joe Humphries
604-669-5051 ext 2 | servicescoordinator@wesn.ca

LinkAGE Social Prescribing Navigator

Emily Lonsdale
604-669-5051 ext 7 | health@wesn.ca

Close to Home & Choose to Move Coordinator

Jennifer Conroy
604-669-5051 ext 8 | choosetomove@wesn.ca

Programs and Events Assistant

Miel Nicholson
604-669-5051 | events@wesn.ca

Bookkeeper Ashley Lyder



The West End Seniors' Network
is proud to be a member of the
Alliance of Seniors' Centres.

411 Seniors Centre Society
(604) 684-8171
411seniors.bc.ca

South Granville Seniors Centre
(604) 732-0812
southgranvilleseniors.ca



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It is with bittersweet feelings that I have written this to let you know I have resigned from my role as Manager of Programs. My last day was April 14th. I am glad many of you have enjoyed the initiatives I was able to start these past 3.5 years. My hope is for you to continue to live well and seek out opportunities to be fully engaged in the community. Thank you to my WESN colleagues, members, Board Directors, volunteers, and community partners for being a part of this chapter of my career. Best wishes to you all for the future.



It has been a joy to work alongside the team at WESN in the last two years. I am so proud of the work of staff and volunteers in Safe Seniors, Strong Communities, allowing older adults to access what they needed while isolating or minimizing contact, staying safe during the pandemic. After supporting WESN through transition to new leadership, I have opted to explore new opportunities. I am glad to be part of the WESN community. I will see you at the Strawberry Festival!



BC Seniors Week Ice Cream Day
Friday June 10 | 1-3 pm

You are invited to celebrate with a delicious single scoop of Rain or Shine ice cream! Bring your WESN membership card or \$10 to buy/renew membership.

Rain OR Shine
ICE CREAM

5 Ways to Protect Your Family

Martin Addison Executive Director

Many seniors are unprepared for what could happen if they become incapacitated by accident or illness, or when they die. Polls suggest that wills, representation agreements, or powers of attorney can be ignored. Documents need to be updated to remain legally binding.

1. Talking to your family about your wishes is one of the most important steps in protecting your loved ones. Difficult as these conversations can be they can help reduce stress at a time when grief and other emotions can be intense.

2. Write or update a will if you do not have one or if it is more than three or four years old. Wills let you express how you want your estate to be divided and help keep an inventory of what you own. This saves your family the burden of decisions.

3. Writing a Power of Attorney Document authorizes someone else to sign financial or legal documents and act on your behalf. This can be used to buy and sell assets, and sign tax returns if you are unavailable. A specific power of attorney is limited to a single transaction, and an enduring general power of attorney allows you to choose someone who will take control of all your legal and financial matters if something were to happen to you.

4. Get a Representation Agreement

that allows a person (or a group of people) to make personal care and health decisions on your behalf. This allows someone you trust to manage your affairs if you are incapacitated or unable to make your own decisions due to illness, injury, or disability. Most people choose a spouse, partner, friend or family member in their representation agreement.

5. Write / Update A Marriage Agreement

that summarize each person's legal obligations to the other. They can be between spouses who are already married including de facto partners, or people who are planning to marry. They sometimes also determine what will happen during the relationship or how things will be divided when one of them dies. As you grow older, this document will give clarity to everyone in the family, including children and stepchildren, of what will happen to them if something were to happen to you.

If you have not created or reviewed your legal documents lately, now is the perfect time to drop by Kay's Place in the Denman Mall to get some guidance on choosing a lawyer or a notary.



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1412 - 675 West Hastings Street, Vancouver BC V6B 1N2
COVID-19 - Protocols in Place

Community Services

Ask us about eligibility, geographic boundaries, registration, and fees

Intakes for Better at Home services restart!

We are once again restarting home assessments for light housekeeping, volunteers are ready to take you to medical appointments, and minor home repair services will be starting in the near future. Please be aware there is still a waiting list for light housekeeping services as we work through applications that were paused due to COVID.

BETTER AT HOME

Joe Humphries | 604-669-5051 ext 2
servicescoordinator@wesn.ca
<http://wesn.ca/services/better-at-home>

Light Housekeeping

Professionals provide light housekeeping such as vacuuming, dusting and laundry. Referrals are accepted but there is a waitlist for this service.

Minor Home Repairs

Volunteers help with basic home repairs such as replacing lightbulbs. This service is restarting.

Transportation to/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

Suma Sudhir | 604-669-5051 ext 3
servicesmanager@wesn.ca
<http://wesn.ca/services/life-unlimited/>

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.

LINKAGE SOCIAL PRESCRIBING

Emily Lonsdale | 604-669-5051 ext 7
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.

Check-In Phone Calls and Emails

Connect by phone or email with a volunteer for reassurance and friendly conversation.

“These may seem like small repairs but each brings me lasting joy each time I turn to it... A little can truly mean a lot.”

WESN Better At Home Client

“Thank you once again for everything! I hope I’m not being repetitive in my appreciation. But it is SO wonderful what you do for us.”

WESN Grocery Client



McGrane-Pearson
Endowment Fund



G&F INVESTS IN THE COMMUNITY

Last month, the Seniors in Need Fund received a gift of \$5,000 from our neighbours at G&F Financial Group, West End Branch, across from Denman Mall. Above are Branch Manager Simran Dhaliwal and staff, with Executive Director Martin Addison (right) and Vice President Karsten Kaemling (centre).



G&F Financial Group is a member-owned credit union that invests in the social, economic and environmental well-being of its communities. Its Community Fund supports local partners, charity groups, cultural and sports organizations, including meals for the elderly; kitchen renovations at a community hub; and skills development and housing for persons with mental health issues.

Many older adults live on limited incomes, facing challenges when unanticipated expenses occur. The Seniors In Need Fund helps adults 55 years or older, living in the West End, Coal Harbour or Yaletown.

The G&F Financial Group Foundation invests in organizations they see making a significant impact on community health and well-being. WESN is proud to be counted among these organizations. We truly appreciate the support of community partners in our work to help seniors in need.

Are you on a limited income? Is there an unanticipated expense you cannot afford?
Apply to the Seniors In Need Fund.

Call Kay's Place 604-669-7339
kaysplaceinfo@wesn.ca
wesn.ca/seniors-in-need-fund

Are you an older person in the West End, Coal Harbour or Yaletown? Are you facing housing challenges? **Visit Kay's Place.**

West End Seniors' Network
at Denman Mall
604-669-7339
wesn.ca/housing-navigation

Kay's Place

604-682-0327 | susan@wesn.ca

HOUSING NAVIGATION

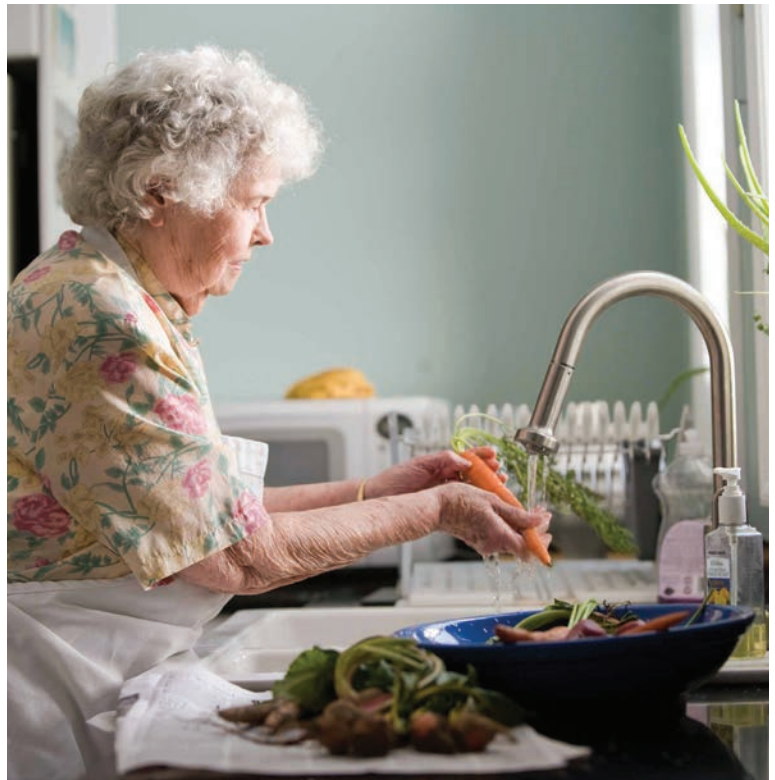
Information on housing options and support finding and maintaining appropriate housing.

- Subsidized rental housing
- BC Housing, Shelters
- Shelter Aid for Elderly Renters (SAFER)
- Support with landlord and property manager concerns
- Vancouver Rent Bank
- Home Owner Grants
- Property Tax Deferral
- BC Rebate for Accessible Home Adaptations
- Independent and Assisted Living
- Residential Care

INFORMATION AND REFERRAL

Volunteers offer information on federal, municipal, provincial, community programs and services.

604-669-7339 | kaysplaceinfo@wesn.ca
<http://wesn.ca/info-and-referral/>



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.

SENIORS FIRST LAW CLINIC

Speak to a lawyer to receive general legal advice:

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

Seniors First does not offer legal services, but can direct persons to organizations who may be able to assist. Call **604-336-5653** and mention the Satellite Clinic at Kay's Place. Masks required.

1st Friday of the month | 10 am–12 pm
Kay's Place, 118-1030 Denman St

VOLUNTEER SPOTLIGHT



MEET CHECK IN CALLER ELLEN!

"I started volunteering with the West End Seniors Network in November 2020. I've always had a fondness for seniors, stemming from strong relationships with my grandparents. I have volunteered with senior citizen organizations in other cities and wanted to continue that in Vancouver.

I discovered WESN during the outbreak of the COVID-19 pandemic. I knew that many seniors in our community were feeling particularly isolated at that time and I wanted to do my part to help.

In my role as Check-In Caller, I reach out to three seniors weekly to ensure that they feel connected to their community and valued. I ask thoughtful questions, listen, direct them to community resources and provide optimism for the tough days.

My calls have developed into true intergenerational friendships. Meeting one of my seniors face-to-face for a coffee after nearly a year of phone calls was so special and something I won't soon forget.

I'm grateful for WESN for all the work they do for our seniors and for providing me this opportunity to make an impact in my community."

Ellen



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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!

Volunteer



We appreciate each of our 200+ volunteers, who gave over 12,000 hours last year in programs and services for older people in the West End.

Join our team! Send application forms — <http://wesn.ca/volunteer/> — to volunteers@wesn.ca or call Evelyn, Volunteer Manager, at 604-669-5051, ext 6.

Reception at Barclay Manor

Greet members and visitors, register participants for programs, and operate a multi-line phone. Assets: administrative experience and a keen eye for detail. Shifts are once a week from 9 am–1 pm or 1–5 pm Monday to Friday.

Kay's Place Information and Referral

One 3-4 hour shift/week, Monday to Friday 10 am–4 pm, in Denman Place Mall. Volunteers meet clients in person or on the phone, discuss their needs, and let them know about local, municipal, provincial, and federal services open to them.

Clothes and Collectibles

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



Monthly Volunteer Meet & Greet

Come to Barclay Manor for snacks and social time. Call 604-669-5051 to let us know you're coming.

Wednesday May 25 | 2–3:30 pm
Veranda, weather permitting

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.

May 2022 at a Glance

See pages 14-21 for complete descriptions and details

MONDAY

9 am–5 pm
Computer Lab Drop-in

May 16 9 am
Mens' Breakfast at Denny's

10–11 am
French Conversation

May 9 10 am–12 pm
Fraud Trends and Scams

May 16 10 am–2:30 pm
Manicures and Pedicures

10 am–12 pm
Happy Hookers

11:15 am–12:15 pm
ESL Beginner/Intermediate

1–4 pm
Bridge

2–4 pm
Tech Help with Simon

3–4 pm
Creative Movement

TUESDAY

9 am–5 pm
Computer Lab Drop-in

9:30 am–3:30 pm
Spa Appointments

10 am
Yoga in Stanley Park

10:30–11:30 am
Heritage Harmonies

11:30 am–12:30 pm
Walking Group

12–12:30 pm
Aquafit at Home

1–3 pm
Texas Hold'em Poker

1:30 pm
Seniors' Lounge

3–4 pm
Tech Help with Nitish

WEDNESDAY

9 am–5 pm
Computer Lab Drop-in

10 am–12 pm
Happy Hookers

10 am–12 pm
Tech Help with Chrys

10 am
Chair Yoga

May 6
10–11 am Empathy & Compassion

11–3 pm
Mahjong

12–1 pm
Tech Help with Ella

1 pm **Photo Club**
1–3 pm Scrabble

April 25 1:45 pm
Cherry Contest Prize Draw

April 25 2–3:30 pm
Volunteer Social

2–4:45 pm
Painting Studio

May 4 & 25 2:30–4:30 pm
Tech Help with Sarah

Starts May 18 3–4:30 pm
Spanish Conversation

4–5 pm
Tech Help with Vincent **by phone**

May 25 4 pm
Happy Hour at Bayside Lounge

May 4 5:30 pm
Dinner Club at Pacifico Pizzeria

 **Onsite: Barclay Manor**

 **Offsite: Food/Drink**

 **Virtual: Zoom/Phone**

 **Offsite: Gordon House**

 **Offsite: Walking Group**

Programs and Events

Onsite, offsite & virtual **Registration opens Monday April 25**

THURSDAY

9 am–5 pm
Computer Lab Drop-in

9:30 am–2:30 pm
Spa Appointments

10–11:30 am
TED Talks and Discussion

10 am–3 pm
Income Tax Clinics

10–10:30 am
Nordic Walking Beginners

10:30–11:30 am
Nordic Walking

11 am
Everyone Can Draw

11 am
Crafty Neighbours

11:30 am–12:30 pm
Walking Group

May 19 1–1:45 am
Nikkei Exhibit Tour

1:30 pm
Seniors' Lounge

2–4 pm
Tech Help with Simon

2:30–4:30 pm
German Conversation

3–4:30 pm
Ukulele

3–5 pm
Tech Help with April

FRIDAY

9 am–5 pm
Computer Lab Drop-in

10 am–12 pm
Cribbage

May 6 10–10:30 am
Know Before You Go

10:30–11:30 am
Beginners Italian

10:30 am
Qigong with Christine

12–1 pm
Tech Help with Nitish

1–2:30 pm **NEW PROGRAM**
Tai Chi with Rodolfo & Wilson

1:30–3:30 pm
Tech Help with Terry

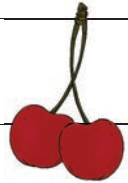
May 6 3:30 pm
Mural Unveiling

3:45–4:45 pm
Tech Help with Owen

SATURDAY

9–10 am
Walking Group

9:30–10:30 am
Tech Talks



SUNDAY

May 29 11 am
Brunch at the Sylvia Hotel

- Onsite: Barclay Manor**
- Offsite: Food/Drink**
- Virtual: Zoom/Phone**
- Offsite: Gordon/WECCA**
- Offsite: Walking Group**

Do you have a Tech Question?

Book a coaching session Registration opens Monday April 25

Register | 604-669-5051 | info@wesn.ca

Our technology volunteers will do their best to help but may not be able to answer all questions/issues. Volunteers are available for 30 minute, 1-to-1 appointments. Members may book 2 sessions back-to-back for a 60 minute session. **Members may**

hold one session at a time due to high demand.

Waitlists are kept for filling cancellations during the current month. **The computer lab at Barclay Manor has 5 Windows PCs with Internet and printing for members use: \$.25/pg colour, \$.10/pg black/white.** Deposit payment in box beside printer. We may turn down requests for large print jobs.

DAY AND TIME	TYPE	COACH	BOOK FOR HELP WITH
Mondays, Thursdays 2–4 pm	In-Person	Simon	Apple/Android computers, cell phones/tablets, email, apps, Zoom, social media
Tuesdays 3–4 pm	In-Person	Nitish	Apple/Android computers, cell phones/tablets, email, apps, Zoom, social media, blogs, websites, coding
Wednesdays 10–12 pm	In-Person	Chrys	Windows, Android/Apple computers, cell phones/tablets, email, apps, Zoom, social media, websites, Adobe
Wednesdays 12–1 pm	In-Person	Ella	Apple/Android computers, cell phones/tablets, email, apps, Zoom, social media, blogs, websites
Wednesdays 4–5 pm	Phone*	Vincent	Android computers, cell phones/tablets (no Apple devices), email, apps
Some Wednesdays 2:30–4:30 pm	In-Person	Sarah	Apple/Android computers, cell phones/tablets, email, apps, Zoom, social media, blogs, websites
Thursdays 3–5 pm	In-Person	April	Apple/Android computers, cell phones/tablets, email, apps, Zoom, social media, blogs, websites, Adobe Suite
Fridays 12–1 pm	In-Person	Nitish	Apple/Android computers, cell phones/tablets, email, apps, Zoom, social media, blogs, websites, coding
Fridays 1:30–3:30 pm	In-Person	Terry	Android computers, cell phones/tablets, email, apps, Zoom, social media
Fridays 3:45–4:45 pm	In-Person	Owen	Apple/Android computers, cell phones, tablets, email, apps, Zoom
Some Saturdays 9:30–10:30 am	Phone or Zoom*	Gloria	Apple computers, cell phones/iPads (no PC/Android devices), email, apps, Zoom

*Volunteers may have caller ID off. Please answer a call from a private/unlisted number near appointment time.

Program Information

Annual Membership **\$10** 1-Week Pass **\$5** Day Pass **\$2**

A variety of social, recreational and educational programs are offered by the West End Seniors' Network for adults 55 years of age and older. Please 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 current safety protocols in place. A summary of current protocols are on page 3.

Masks are mandatory.

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

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** or made online at <http://wesn.ca/>. See page 26 to learn more about membership and donations.

REGISTRATION

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

Registration for May participation opens Monday April 25 at 10 am.

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 **info@wesn.ca**.

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 **info@wesn.ca** or 604-669-5051.

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

Cancellations

If you see something you are interested in, please register for it. Programs and events may be cancelled if registrations are low. 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.

Events and Presentations

Registration opens **Monday April 25** at 10 am

Register | 604-669-5051 | info@wesn.ca

ARTS AND CULTURE

Mental Health 2022: Empathy & Compassion

Amidst the busyness, tension, and confusion, we can spread love and compassion. We can move from fear, anger, and loneliness to a natural state of joy. Join us to discuss empathy, love, and compassion. May 2–8: www.mentalhealthweek.ca

Wednesday May 4

10–11 am | Piano Room

Speaker: Bob Molavi

West End Community Centre: Mural Unveiling

Join neighbours at the West End Community Centre to see this beautiful artwork guided by community responses of all ages. <https://westendcc.ca/wecca-celebratory-mural-special-project/>

Friday May 6

3:30 pm | 870 Denman Street



Asian Heritage 2022: Nikkei Exhibit on Zoom

Nikkei people have Japanese ancestry but live in other countries. Explore experiences of Nikkei Canadians, from the first immigrants from Japan in the 19th century, to their descendants and newer immigrants. Examine historical objects showing community life both Japanese and Canadian, see uniquely Japanese Canadian works of art.

Thursday May 19

1–1:45 pm | On Zoom

<http://ow.ly/8Elq50IyJ3H>



PLAN AND PREPARE

Financial Planning: Know Before You Go

There are basic life questions we avoid, which need attention, such as unanticipated expenses. Join Kent Chauvin, who has 48 years' experience in financial services, to discuss necessary checklists. He offers follow up assistance and contacts to build assurance that your priorities are being followed.

Friday May 6

10–10:30 | Piano Room

Speaker: Kent Chauvin

Fraud Trends and Money Scams

Join Corporal Vinh (RCMP) to learn how to recognize signs of fraud, who to call and what to do if you/a friend becomes a victim. Examine Canadian and US currency with Farid (Bank of Canada), and learn to distinguish genuine from counterfeit notes.

Monday May 9

10 am–12 pm | Basement Multipurpose Room

Speakers: Vinh and Farid

PURELY FUN

Cherry Counting Contest Prize Draw

Count all the cherries in the newsletter and enter to win a special seasonal gift basket. Put your name, telephone, and count, in the box near the fireplace. Or send them to info@wesn.ca or 604-669-5051.

Wednesday May 25

1:45 pm | Fireside Room

Monthly Volunteer Meet & Greet

If you're an active WESN volunteer, you're invited! Meet at Barclay Manor for snacks and socializing. Call 604-669-5051 to join the guest list.

Wednesday May 25

2–3:30 pm | Veranda, weather permitting

In Person Programs

Masks Required Registration opens Monday April 25 **Page 1 of 3**

Register | 604-669-5051 | info@wesn.ca

ARTS AND CRAFTS

Happy Hookers

Work on your knitting/crocheting in a social setting.

Mondays and Wednesdays 10 am–12 pm

(No session Monday May 23 or 16)

Main Floor Kitchen | Volunteer: Nicole

Painting Studio

Bring your project and supplies to paint with others in a studio atmosphere. No teaching/supplies given.

Wednesdays 2 pm–4:45 pm

Basement Multipurpose Room

Volunteer: Graham

Creative Quest e-Newsletter

Have your creations published weekly. Email a photo of your art or text of your writing/poetry to Graham at creativequest2022@gmail.com.

LANGUAGES

Language Exchange

Do you speak another language? Would you like to share it with someone? If you are fluent or want to better your skills, we can match you with someone.

ESL Beginner/Intermediate Class

Mondays 11:15 am–12:15 pm | Piano Room

Volunteer: Chris

Spanish Conversation: Intermediate

Wednesdays (starts May 18) 3–4:30 pm

Piano Room | Volunteer: Alicia

French Conversation: Intermediate

Mondays 10 am–11 am | Piano Room

German Conversation: All Levels

Thursdays 2:30–4:30 pm | Piano Room

Volunteer: Brigitte

EDUCATIONAL & INTELLECTUAL

Have you had a Pen Pal?

Write letters by hand, on paper, and share in the delight of a personal exchange. We will match you with a Pen Pal, and provide a start-up package of 12 stamps, 12 envelopes, pen, and paper.

TED Talks and Discussion

Thursdays 10–11:30 am | Piano Room

Volunteer: John

May 5

1. Tshering Tobgay: This country isn't just carbon neutral, it's carbon negative
2. Noeline Kirabo: 2 questions to uncover your passion and turn it into a career
3. Carla Harris: How to find the person who can help you get ahead at work

May 12

1. Casey Brown: Know your worth & ask for it
2. Tim Ferriss: Why you should define your fears instead of your goals
3. Tina Seelig: The little risks you can take to increase your luck

May 19

1. John Doerr: Why the secret to success is setting the right goals
2. Anne Lamott: 12 truths learned in life & writing
3. Elif Shafak: The revolutionary power of diverse thought

May 26

1. Melissa Fleming: Lets help refugees thrive not just survive
2. Janine di Giovanni: What I saw in the war
3. Sebastian Junger: Why veterans miss war

In Person Programs

Masks Required Registration opens Monday April 25 **Page 2 of 3**

Register | 604-669-5051 | info@wesn.ca

FOOD-BASED SOCIALS

Register at least 3 days in advance. Do not call the restaurant, meet there, each diner pays own way.

Dinner Club

Wednesday May 4 | 5:30 pm
Pacifico Pizzeria & Ristorante, 970 Smithe Street
Volunteer: Alex | Max 10

Happy Hour Hoppers

Wednesday May 25 | 4 pm
Bayside Lounge, 1755 Davie Street
Volunteer: Jackie | Max 8

Men's Group Breakfast

Monday May 16 | 9 am
Denny's, 1098 Davie Street

Sunday Brunch

Sunday May 29 | 11 am
The Sylvia Hotel, 1154 Gilford Street
Volunteer: Sarah | Max 6

MUSIC

Heritage Harmonies

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

Tuesdays 10:30–11:30 am | Piano Room
Volunteer: Frank or Mavis

Ukulele Practice Group

Song circle. Must be able to play; no teaching done.
Thursdays 3–4:30 pm | Main Floor Kitchen

GAMES

Bridge (WECCA)

Call 604-257-8333 to register.
Mondays 1-4 pm | Basement Kitchen

Cribbage

A game of playing and grouping cards for points.
Fridays 10 am–12 pm | Main Floor Kitchen

Mahjong

Learn and play this Chinese tile-based game.
Wednesdays 11 am–3 pm | Basement Kitchen

Scrabble

Keep your mind active with triple word scores.
Wednesdays 1 pm–3 pm | Main Floor Kitchen

Texas Hold'em Poker

A low-stakes game with friends. Beginners welcome!
Tuesdays 1 pm–3 pm | Piano Room



In Person Programs

Masks Required Registration opens Monday April 25 **Page 3 of 3**

Register | 604-669-5051 | info@wesn.ca

EXERCISE AND MOVEMENT

NEW: Tai Chi, all Levels

Tai Chi is a series of gentle exercises and stretches that flow from one posture into the next. Meditative and good for balance and control. In partnership with Marina Ma (<https://youtu.be/A-DqXMnmhck>).

Fridays Starting May 6 | 1–2:30 pm

Basement Multipurpose Room

Instructors: Rodolfo and Wilson

Choose to Move (Register for June intake)

Introduce more physical activity into your daily life in ways that make sense for you. Contact Jennifer (choosetomove@wesn.ca/604-669-5051 ext 8) for information and eligibility screening.



Nordic Pole Walking – Beginner, Leisurely

Learn to use Nordic poles with a short practice at Barclay Heritage Square. Mary is away this month.

Thursday 10–10:30 am | Barclay Manor porch

Enjoy a leisurely walk using Nordic poles. Posture strength, and rehabilitation. Borrow/bring own poles.

Thursday 10:30–11:30 am | Barclay Manor porch

Volunteer: Mary (away but group continues)

Outdoor Walking – Energetic, Rain or Shine

Tuesday & Thursday | 11:30 am–12:30 pm

Seawall benches near Sylvia Hotel | 1154 Gilford

Volunteer: Diane

Saturday | 9–10 am | Barclay Manor porch

Please register or let leaders know you are coming

Volunteer: Owen or Amadea

SPA AND WELLNESS

Professional wellness services with a healing touch.

Every Tuesday and Thursday at Barclay Manor.

Facial, Chair Massage, Reiki, Reflexology

30 mins \$26.25 / 60 mins \$52.50



Give a giftcard of relaxation.

604-376-0106 | shirleyreikireflex@hotmail.com

Tuesdays 9:30 am–3:30 pm

Thursdays 9:30 am–2:30 pm | Main Floor Kitchen

Practitioner: Shirley

Manicures and Pedicures

Professional hand and foot care. Manicures \$15, pedicures \$18, polish \$5. Membership required. Please bring cash payment. Book: 604-669-5051

Monday May 16 | 10 am–2:30 pm

Main Floor Kitchen | Practitioner: Heather

At Home Physiotherapy and Rehabilitation

Customized treatment in the comfort of your home. Book a session with professionals from Physio for Seniors for pain management, posture, alignment, balance and falls prevention, strength and conditioning, movement, and mobility. \$45–150.

778-378-9179 | trina@physioforseniors.com



WESN & Gordon Neighbourhood House

Sign up at welcome@gordonhouse.org or 604-683-2554

Participants should be a member at WESN or Gordon Neighbourhood House. Register weekly at 604-683-2554 or welcome@gordonhouse.org.

Out-Trips

Diverse outdoor and cultural programming.

Yoga in Stanley Park

A weekly restorative stretch in nature. Bring your own mat.

Tuesdays | 10 am

Seniors' Lounge with Grace Hann

Connect with community and meet your neighbours.

Tuesdays and Thursdays | 1:30 pm

Chair Yoga

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

Wednesdays | 10 am

Photo Club

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. Virtual: share photos and stories from the previous week on Zoom with the group.

Wednesdays | 1 pm

Everyone Can Draw

Discover your artistic talent with local artist Moneca Loring. Anyone from a beginner to a seasoned artist can learn different techniques to create their own personal masterpiece. Blank sketch paper, a pencil, and some inspiring images will be provided to participants.

Thursdays | 11 AM

Crafty Neighbours

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

Thursdays | 11 am

Qigong with Christine

Join Christine Allen for Relax with Qi to unwind and re-centre with breath, movement and imagination.

Fridays | 10:30 am

Tech Tips & Tricks

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 topics or questions you have.

By appointment | 10 am–12 pm



PHYSIOTHERAPY POINT

www.physiotherapypoint.com

236-412-2881

In- Home Physiotherapy & Tele- Rehabilitation

Virtual Programs

Register at any time info@wesn.ca or 604-669-5051

Register using the link in the program description. You do not need to sign up each month or session. If you do not have a computer or smartphone, you can still participate: call 778-907-2071 no more than 10 minutes before the program starts and enter the Meeting ID and Passcode when prompted.

ZOOM, PHONE, EMAIL

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 12–12:30 pm

Volunteer: Meaghan | <http://ow.ly/EhQJ50Gelb9>

Creative Movement: with the Dance Centre

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

Mondays (No class May 23) | 3–4 pm

Instructor: Claire French

Beginners Italian Class

Fridays 10:30–11:30 am

Volunteer: Ariane | <http://ow.ly/ino050DuYG3>



Creative Quest e-Newsletter

Have your creations published weekly. Email a photo of your art or text of your writing/poetry to Graham at creativequest2022@gmail.com.

Tech Talk: The Art of Googling

Learn to spot ads, search addresses, reviews, images, as well as use different filters and tools.

Saturday May 7 | 9:30–10:30 am

Volunteer: Gloria | <http://ow.ly/c3sh50Gfxz4>

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.

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



For more information:

elderdog.ca

info@elderdog.ca

1-855-336-4226



Memberships & Donations

Martin Addison Executive Director

If you are not already a member of the West End Seniors' Network, please consider joining!

You can join at any age, and your membership helps support our organization. The cost is \$10/year (October 2021-September 2022). To begin or renew your membership, complete the form (next page) and mail or deliver with payment to:

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

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

Member Benefits (not all accessible during COVID)

- Access to programs, events, workshops, and presentations (ages 55 and over)
- Monthly newsletters, e-newsletters, and 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/delivery (fees may apply)
 - Prepared meal delivery (fees may apply)
 - Transportation to and from medical appointments (fees may apply)
- Volunteer opportunities

The West End Seniors Network imagines a future where all seniors are thriving, achieving their full potential and having their needs met every single day. You can help to make our vision a reality by making a gift to WESN. You can bring a brighter future to seniors who need it most.

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 over \$10 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. Please include an email address if you would like the tax receipt to be emailed 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

If you have any questions or would like to discuss a gifting option, please contact:

Martin Addison, Executive Director
604-669-5051
executivedirector@wesn.ca



We cannot do what we do without your support.

DONATE NOW
at www.wesn.ca or
by cash/cheque at Kay's Place or Barclay Manor.

Thank you!

Today's date: ____/____/____
 MMM DD YYYY

Payment

☐ Annual membership fee \$ 10.00

☐ Donation to WESN \$

☐ I want my donation to be anonymous

☐ Newsletter postage fee (\$25) \$

Total \$

☐ Cash ☐ Cheque ☐ E-transfer ☐ 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:

☐ Female ☐ Male ☐ Non-Binary ☐ Transgender

☐ Other: _____ ☐ Prefer not to answer

Preferred Phone Number:

☐ Home ☐ Cell ☐ Work

Alternate Phone Number:

☐ Home ☐ Cell ☐ Work

Email:

☐ Do not send e-newsletter

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

Emergency Contact:

First Name:

Last Name:

Emergency Contact Relationship:

Phone Number:

☐ Home ☐ Cell ☐ 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: ☐ Cheque #: _____ Receipt #: _____ Location: ☐ BM ☐ KP ☐ C&C

Staff/Volunteer (int.): ☐ Rev Control (int.): ☐ Rev Control Sheet #: ☐ Data Entered by (int.): ☐



EXPERIENCE THE ULTIMATE FLYING RIDE!

FLYOVER CANADA PRESENTS THE REAL WILD WEST

Back by popular demand. Soar above Nevada, Oregon, Washington, Montana, Utah and beyond. From April 21 to June 26.

FLY ACROSS CANADA

FlyOver Canada, our signature show, continues to impress. Experience the sights, sounds, scents and magic of Canada from coast to coast to coast.

FlyOver Canada welcomes senior groups, their families and friends!

Vancouver's most popular attraction takes you on a gently thrilling virtual flight ride. Discounts for 15 guests and more. Enjoy senior specials in our Flying Whale Waterfront Café and the unobstructed mountain and ocean views.



FOR TICKETS CONTACT: sales@flyovercanada.com