

**JUNE
2022**

strawberry summer party!
ON FRIDAY JUNE 17 (BACK COVER!)



WESN

THE WEST END SENIORS' NETWORK
PROGRAMS, EVENTS & SERVICES FOR ADULTS 55+

and
BC SENIORS WEEK
ICE CREAM DAY

FRIDAY JUNE 10

Ice Cream Day!

CELEBRATE BC SENIORS WEEK

Friday June 10 | 1-3 pm
Barclay Manor Back Garden

You are invited to join us for a delicious
single scoop of Rain or Shine ice cream!

Bring your WESN membership card
or \$10 to buy/renew membership.



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Count the strawberries!

Count each strawberry in the newsletter — start with the front cover — and enter to win prizes! Put your name, phone, and count, in the box near the fireplace.

Send to intern@wesn.ca or 604-669-5051. Winners will be drawn at the Strawberry Summer Party on Friday June 17.

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.

MASKS RECOMMENDED

Following guidelines from the Vancouver Parks Board, WESN recommends the use of masks in Barclay Manor. Masks are not mandatory, but individual programs may require them.

Masks are mandatory for tech help sessions and 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.



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. Please be respectful of others' personal space, wash your hands often, and follow posted signage.

All doors at Barclay Manor are now unlocked. For accessible entry, use the lower door near the parking lot. There is an elevator for access to all three floors. Food and drinks may now be provided including at special events.

Contact Information

Barclay Manor, Kay's Place, Clothes and Collectibles

STRAWBERRY SUMMER PARTY FRIDAY JUNE 17 | 1–4 PM

All morning programs are cancelled so that staff and volunteers can prepare for the afternoon.

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 and Events

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

Administrative 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

Joe Humphries
604-669-5051 ext 3 | servicesmanager@wesn.ca

Events and Communications Coordinator

Yathu Radhakrishnan
604-669-5051 ext 9 | events@wesn.ca

Programs Assistant, Choose to Move Activity Coach

Miel Nicholson
604-669-5051 ext 1 | intern@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



A podcast by seniors, for seniors.

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www.poweredbyage.com

Sending warmest wishes to the whole community who shaped my two and a half years at WESN. I will always look back on our pandemic accomplishments with pride and gratitude. Special thanks to the staff and volunteers who helped me along my way, you have made all the difference! All the best, Emily.



Dear all: By the time you read this, I will be moving to Florida to be with my partner, and we plan to marry in 2023. I am excited about this new chapter, but also sad to say goodbye. I started during the pandemic and was lucky to get to know many of you. I've grown attached and I mean it when I say will miss you very much. This community is special and I will think back to my time here. Joe Humphries will be the new Manager of Community Services, and will do an exceptional job. Wishing you a safe and healthy year! Warmest regards, Suma

CHOOSE TO MOVE Miel Nicholson

Hi! My name is Miel Nicholson, and I am the new Programs Assistant and Activity Coach. I am so excited to be a part of the team at the West End Seniors Network. Coming to Barclay Manor has been a special part of my life since I began as a volunteer receptionist in September 2021. Meeting the members of WESN and welcoming new folks has been a highlight of my experience. The warm sense of welcoming and community at Barclay Manor brings me joy.

Exploring the world and movement are some of my passions – you'll find me hiking, dancing and doing yoga. My canoe is my most treasured possession, and I am a lover of music, textile arts and cooking. Please come say hi or introduce yourself! I would love to meet you or share a conversation!



STAY SAFE

in the SUMMER HEAT

MAKE A PLAN TO BEAT THE HEAT



IF YOU NEED HELP

Medical emergencies:

Phone 9-1-1

Health questions on heat-related symptoms:

Phone 8-1-1

Public locations to help you keep cool:

Phone 3-1-1

Interpretation services are
available for the phone numbers above

- 1 Stay out of the sun as much as possible.
- 2 Spend time in a cool or air-conditioned place, and seek shade when outside. Stay 2 metres apart from others.
- 3 Wear a hat, lightweight, loose-fitting clothing, and sunscreen.
- 4 Drink plenty of cool fluids such as water **before** you feel thirsty. Eat more cold foods which contain water, such as salads and fruit.
- 5 Splash cool water on your face and neck, or use a wet towel to cool down. Take a cool shower or bath.
- 6 Walk slowly and cut down on activities that overheat you.
- 7 Get medical attention if you are pale, sweating heavily, faint, dizzy, or nauseous.
- 8 Check in by phone, video chat, or in-person from a safe distance with anyone you know who is more vulnerable to the heat, or who is less able to leave home due to COVID-19. Remember to check on pets, too.
- 9 Close blinds or drapes during the day and only open your windows at night when it is cooler. Use a fan near an open window to bring cooler air inside.
- 10 Avoid using heat generating appliances like dryers and dishwashers.

FOR MORE UPDATES AND INFORMATION:

vancouver.ca/hot-weather



Board of Directors

Members Matter Send your ideas to board@wesn.ca

Summer is just around the corner (on the calendar at least) and hopefully we can all go out without winter coats, umbrellas, toques, rain boots, mitts, raincoats (all of these some days).

In the coming months, the Board of Directors would like to hear from you. The topics are yours to suggest. What are your concerns? Do you want to discuss housing in the West End? What changes would you like in our neighbourhood? Do you feel safe? What are the best things about living where

we live? Are you concerned with financial security for yourself or neighbours? What do you want WESN to do for you? What do you want to do for WESN? Send ideas for discussion to board@wesn.ca

Once suggestions are received, we will send out a notice of the time, date, and topics to be addressed. We will meet at Barclay Manor for discussion, questions, answers and actions we can take as an organization. We're your Board, and we're here to listen and to act.

DAVID WATTS NOTARY PUBLIC



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



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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!

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

604-669-7339 | susan@wesn.ca

HOUSING NAVIGATION

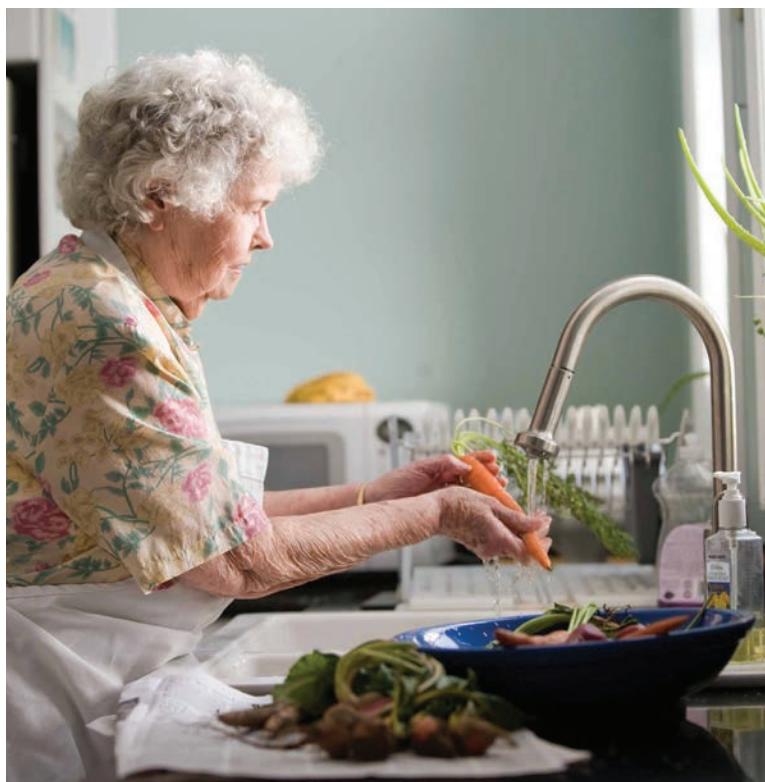
Information on housing options and support finding and maintaining appropriate housing.

- 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

Community Services

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

New sliding scale income thresholds and fees for light housekeeping services are now in effect.

Better at Home light housekeeping clients are required to provide proof of Line 15000 (Total Income) from your 2021 Canada Revenue Agency income tax Notice of Assessment to confirm the rate you are eligible for. Proof of income will be required by July 1, 2022 at the latest.

Proof of income (copy of your 2021 Notice of Assessment) can be emailed, mailed, dropped off at a WESN location, or provided in-person during a home appointment. If you need to arrange an in-person pick up of your proof of income, or if you have questions, please contact **Joe Humphries, Manager of Community Services | 604-669-5051 extension 3 | servicesmanager@wesn.ca**

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

BETTER AT HOME

<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

<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.

Check-In Phone Calls and Emails

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



McGrane-Pearson
Endowment Fund



spring concerts

Thursday June 30 | 7-9pm

Jazz on the porch. info@roeddehouse.org

Lunchtime Concerts | Thursdays 12:30 pm

By donation, SW corner of Burrard and Nelson

West End Singers | Saturdays 11 am

Join the West End's newest all-levels choir. Sing tunes from musicals. wes@standrewswesley.com

Gordon Neighbourhood Music | Fridays at 1 pm

Musician Micael Loring hosts a weekly jam session. Bring your instruments and play music with us!

Strawberry Summer Party | Friday June 17

Sing along to popular songs with WESN's resident choral group Heritage Harmonies. Sheets available.

LUNCHTIME CONCERTS

ST. ANDREW'S-WESLEY UNITED CHURCH

Bring your lunch and enjoy some of Vancouver's best musical offerings!

THURSDAYS
May 5 to July 28
12:30 to 1:15pm
by donation

featuring artists:
Dawn Pemberton
Corey Hamm
Katherine Evans
Tim Woodford
Universal Gospel Choir
and more...

St. Andrew's-Wesley Church
SW corner of Burrard & Nelson St.

WEST END SINGERS

ST. ANDREW'S-WESLEY UNITED CHURCH

Come and join Vancouver's newest choir and sing tunes from musicals such as Hamilton, LaLa Land, Les Miserables and more...

SATURDAYS
May 14, 21, 28
Jun 4, 18, 25
11am to 1pm





Hi! My name is Terry and I'm a tech coach.

A what? Basically, a technology coach is someone willing to share gadget know-how, experience and useful tips. I don't consider myself an expert or fixer of all things but I know a bit about tablets, cell phones, laptops, computers, and some of the fancy programs intended to make our lives easier and efficient. Sometimes I wonder about the easier and efficient part but my life would be different without emails, video calls, YouTube, texting and Instagram.

Why did I choose to volunteer? After more than three decades of senior management in not-for-profit and post-secondary education, I decided to retire and do some fun things. I planned to travel, return to university, study metalworking and volunteer, but a global pandemic got in the way. Nonetheless, I enrolled in online university classes, set up a home art studio and learned on my own.

I knew my volunteer role had to be fun, social and educational. **I love teaching because it realizes a person's potential and empowers them to be more confident.** I was delighted to see the wonderful opportunities at WESN. As a tech coach, I've met wonderful people willing to learn, try, and make mistakes. Sometimes we make mistakes together and fix them with teamwork and patience.

If you struggle with technology, you're not alone. Book a session with a tech coach and see what we can do to make your life a little easier, more efficient and yes, maybe a little more fun.

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 — 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, sign people up for programs, and operate a multi-line phone. Assets: administrative experience and a keen eye for detail. Shifts: once a week 9 am–1 pm/1–5 pm Mon–Fri.

Kay's Place Information and Referral

One 3-4 hour shift/week, Mon–Fri 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 Thrift Boutique

Shifts are once a week for 2-3 hours Wed–Sat, 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 and Greet

Come to Barclay Manor to meet and chat with other WESN Volunteers. Call 604-669-5051 to sign up.

Thursday June 30 | 2–2:30 pm | Veranda

DO YOU HAVE A TECH QUESTION?

Book a session 604-669-5051 info@wesn.ca

Did you know — WESN has 10 volunteer technology coaches! Along with Terry, there is Simon, Nitish, Chrys, Ella, Vincent, Sarah, April, Owen, and Gloria. Help is available person, on the phone, or on Zoom.

June 2022 at a Glance

See pages 10-21 for complete descriptions and details

MONDAY

9 am–5 pm
Computer Lab Drop-in

June 20 9 am
Mens' Breakfast at Denny's

June 13 9:15–10 am
Physio Assessments

10–11 am
French Conversation

10 am
Neighbourhood News

10 am–12 pm
Barclay Yarn Artisans

June 13 10 am–2:30 pm
Manicures and Pedicures

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

11:30 am
Community Lunch

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

10:30 am
Fitness with Lauren

10:30–11:30 am
Heritage Harmonies

11:30 am–12:30 pm
Walking Group

12–12:30 pm
Mid-Day Movement

1–3 pm
Texas Hold'em Poker

1:30 pm
Seniors' Lounge

3–5 pm
Tech Help with April

June 28 3 pm
Karen's Kitchen

7–9 pm
Bingo for Life

WEDNESDAY

9 am–5 pm
Computer Lab Drop-in

10 am–12 pm
Barclay Yarn Artisans

June 8 10 am–4 pm
VPD Seniors Safety Fair

11:15 am **Chair Yoga on Zoom**
11:30 am **Community Lunch**

June 15 12–1 pm
Personal Safety Workshop

1 pm
Garden Group

June 15 1:30–3:30 pm
Elder Abuse Workshop

12–1 pm
Tech Help with Ella

1–3 pm Scrabble
1–4 pm Mahjong

2–4:45 pm
Painting Studio

June 1 & 15 2:30–4:30 pm
Tech Help with Sarah

3–4:30 pm
Spanish Conversation

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

June 29 4 pm
Happy Hour at Cardero's

June 1 5 pm
Myositis Support Group

June 1 5:30 pm
Dinner Club at Tom Sushi

- Onsite: Barclay Manor**
- Offsite: Food/Drink**
- Virtual: Zoom/Phone**
- Offsite: Partner Event**
- Offsite: Walking Group**



Programs and Events

Onsite, offsite & virtual **Registration opens Monday May 30**

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
Travel Tales

10–10:30 am
Nordic Walking Beginners

10:30–11:30 am
Nordic Walking

11:30 am–12:30 pm
Walking Group

12:30 pm
Lunchtime Concerts

June 30 2–2:30 pm
Volunteer Meet and Greet

2–4 pm
Tech Help with Simon

2:30–4:30 pm
German Conversation

3–4:30 pm
Ukulele

June 30 7–9 pm
Roedde House Jazz Concert



FRIDAY

9 am–5 pm
Computer Lab Drop-in

10 am–12 pm
Cribbage

10 am–12 pm
Tech Help with Chrys

June 3 10 am–12 pm
Law Clinic: Kay's Place

10:30–11:30 am
Beginners Italian

June 10 11–11:30 am
Second Life: Online Reselling

11:30 am
Community Lunch

June 10 1–3 pm
Ice Cream Day

June 17 1–4 pm
Strawberry Summer Party

1 pm
Gordon N'hood Music

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

June 17 1–4 pm
Spa Appointments

1:30–3:30 pm
Tech Help with Terry

3:45–4:45 pm
Tech Help with Owen

SATURDAY

9–10 am
Walking Group



June 4 9:30–10:30 am
Tech Help & Talks

11 am
West End Singers



SUNDAY

June 26 11 am
Brunch at the Sylvia Hotel

-  **Onsite: Barclay Manor**
-  **Offsite: Food/Drink**
-  **Virtual: Zoom/Phone**
-  **Offsite: Partner Event**
-  **Offsite: Walking Group**

Do you have a Tech Question?

Book a coaching session Registration opens Monday May 30

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 3–5 pm	In-Person	April	Apple/Android computers, cell phones/tablets, email, apps, Zoom, social media, blogs, websites, Adobe Suite
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
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
Fridays 10–12 pm	In-Person	Chrys	Windows, Android/Apple computers, cell phones/tablets, email, apps, Zoom, social media, websites, Adobe
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

604-669-5051 | info@wesn.ca Registration opens Monday May 30

Are you 55 years of age or older? The West End Seniors' Network offers a variety of social, recreational, and educational programs and events. Please join us!

We have long-running favourites, and each month there is something new and fun. New people are always welcome!

Programs take place at Barclay Manor, outdoors, on Zoom, or with community partners. Masks are recommended, but may be required for certain programs.

Programs and events are for current WESN members, at \$10 for the year. Fees apply for non-members who would like to participate: \$5 for a week and \$2 for a day.

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 wesn.ca. See page 22 for membership and donations.

REGISTRATION

Registration is required for programs, events, appointments, and presentations unless specified. Registration is monthly for programs and per session for appointments, presentations and events, unless specified.

Register for June starting Monday May 30, 10 am. info@wesn.ca or 604-669-5051

We Hate to Cancel Things

If you see something you are interested in, sign up for it. Programs and events may be cancelled if numbers are low. When you register, please include a phone number so we can contact you, if needed.



VIRTUAL PROGRAMS

Registration is required and is always open. You do not need to re-register each month or session, unless specified. Virtual programs can be accessed via web browser, Zoom, or by calling in by telephone.

ZOOM

It is your responsibility to familiarize yourself with Zoom in the days before the program or event begins. Make sure you can access the registration link, and are comfortable with basic Zoom functions. If you need help, book a tech help session in advance. Zoom meetings are started by an offsite volunteer, so onsite staff will not be able to troubleshoot once the meeting has started.

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 May 30** at 10 am

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

JUNE 5–11 IS BC SENIORS WEEK

Vancouver Police Department

Seniors Safety Fair

Snacks, lunch, gift bags, prizes, presentations on financial crime, elder abuse, loneliness and isolation, public transit safety. Guests include SAIL BC and Pacific Autism Society

Wednesday June 8

10 am–4 pm | Creekside Community Centre

Second Life: Online Reselling

Second Life helps people sell unwanted household items through online resale, which can earn more than consignment stores or auctioneers. Join Patrick and Emma for donuts, coffee, and questions.

Friday June 10

11–11:30 am | Piano Room

Ice Cream Day

Friday June 10 | 1–3 pm (see p 2)

Physiotherapy Assessments

Meet Marilou Lacerona, PT, for physiotherapy assessments for members. She will prescribe and demonstrate Home Exercise Programs and assess assistive devices (wheelchairs, walkers, braces).

Monday June 13

9:15–10 am | Piano Room



PHYSIOTHERAPY POINT

www.physiotherapypoint.com

JUNE 15 IS WORLD ELDER ABUSE AWARENESS DAY

Situational Awareness Workshop

Join Aleya Trott Akey, Executive Director of the West End-Coal Harbour Community Policing Centre, with Vancouver Police Officers Cst Jason Doucette and A/Sgt Chris Chin for a talk about personal safety. They will discuss what constitutes physical cruelty and mistreatment of seniors. They will offer safety tips for use in physical elder abuse situations, and ways to convert those safety actions into daily community life, including situational awareness and how to avoid conflict situations in public. Attendees will receive a free personal safety alarm.

Wednesday June 15

12–1 pm | Piano Room

It's Not Right! A Workshop for Neighbours, Friends and Family of Older Adults

A special presentation and workshop by Joanna Li, Regional Mentor for the BC Association of Community Response Networks. Come learn in a group of your peers to recognize warning signs of abuse of older adults and to respond safely and supportively. True to life scenarios are explored to facilitate discussion and build skills, including: warning signs/risk factors of adult abuse and learning how to recognize them; and ageism.

Wednesday June 15

1:30–3 pm | Piano Room

Strawberry Summer Party

Friday June 17 | 1–4 pm (see back cover)

Monthly Volunteer Meet and Greet

If you're an active WESN volunteer, you're invited! Join us at Barclay Manor to meet other volunteers. Call 604-669-5051 to join the guest list.

Thursday June 30 | 2–2:30 pm | Veranda

In Person Programs

Masks Recommended Registration opens Monday May 30

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

ARTS AND CRAFTS

Barclay Yarn Artisans

Work on your knitting/crocheting in a social setting.

Mondays and Wednesdays 10 am–12 pm
Main Floor Kitchen

Painting Studio

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

Wednesdays 2–4:45 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 3–4:30 pm
Piano Room | Volunteer: Alicia

French Conversation: Intermediate

Mondays 10–11 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

June 2

1. Brian Greene: Making sense of string theory
2. Dave Brain: What a planet needs to sustain life
3. Liz Hajek: What rivers can tell us about the earth's history

June 9

1. Barbara J. King: Grief and love in the animal kingdom
2. Beverly and Dereck Joubert: Life lessons from big cats
3. Helen Pearson: Lessons from the longest study on human development

June 16

1. Maajid Nawaz: A global culture to fight extremism
2. Angel Hsu: How China is (and isn't) fighting pollution and climate change
3. Al Gore: The case for optimism on climate change

June 23

1. Mary Robinson: Why climate change is a threat to human rights
2. Topher White: What can save the rainforest? Your used cell phone
3. T. Boone Pickens: Let's transform energy—with natural gas

June 30

1. Clay Shirky: How the Internet will (one day) transform government
2. Tshering Tobgay: This country isn't just carbon neutral, it's carbon negative
3. Noeline Kirabo: 2 questions to uncover your passion and turn it into a career

In Person Programs

Masks Recommended Registration opens Monday May 30

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

EAT DRINK SOCIALIZE

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

Dinner Club

Wednesday June 1 | 5:30 pm

Tom Sushi (and more), 1175 Davie Street
Volunteer: Mauro | Max 10

Happy Hour Hoppers

Wednesday June 29 | 4 pm

Cardero's Restaurant, 1583 Coal Harbour Quay
Volunteer: Jackie | Max 8

Men's Group Breakfast

Monday June 20 | 9 am

Denny's, 1098 Davie Street
Volunteer: Scott | Max 8

Sunday Brunch

Sunday June 26 | 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 | Veranda

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 1–4 pm | Basement Kitchen

Scrabble

Keep your mind active with triple word scores.

Wednesdays 1–3 pm | Main Floor Kitchen

Texas Hold'em Poker

A low-stakes game with friends. Beginners welcome!

Tuesdays 1–3 pm | Piano Room



In Person Programs

Masks Recommended Registration opens Monday May 30

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 | 1–2:30 pm

Basement Multipurpose Room or outside

Instructors: Rodolfo and Wilson

Choose to Move with Miel

Introduce more physical activity into your daily life in ways that make sense for you. Contact Miel at choosetomove@wesn.ca or 604-669-5051 ext 1 for information and eligibility screening.

**Choose
to Move**

**active
aging
society**

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

Nordic Pole Walking

Learn to use Nordic poles with a short practice at Barclay Heritage Square. Mary is back on June 9.

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 (Back June 9)

Outdoor Walking

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

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

and Friday June 17 | 1–4 pm

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 June 13 | 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 the West End Seniors' Network or Gordon Neighbourhood House.

Neighbourhood News

Start your week on a positive note and join us Monday mornings to catch up on news from the Neighbourhood! We'll be serving up coffee, tea, or water along with local information, programs and events happening in the West End and around town.

Mondays | 10 am

Community Lunches in the Dining Room

Reservations required. Please let us know if you have any dietary restrictions when making your reservation and we will do our best to accommodate. Mondays are meatless for \$3 and Wednesdays and Fridays are \$6. There are tables for 2-4 people, plexiglass shields upon request.

Mondays, Wednesdays, Fridays | 11:30 am

Mindful Mondays with Author Bob Molavi

Bob Molavi, Author of 'Pure Happiness - Awaken to Your Truth', will inspire you to look at life and the challenges it presents in a positive and fulfilling way.

Monthly | 11 am

Chair Yoga on Zoom

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

Tuesdays | 11:15 am

Fitness with Lauren

Uses resistance band exercises to improve muscle tone and strength. In-person and online.

Tuesdays | 10:30 am

Seniors' Lounge with Grace Hann

Connect with community and meet your neighbours.

Tuesdays | 1:30 pm

Karen's Kitchen

Follow along with professional chef Karen Dar Woon while she goes through delicious and nutritious recipes from around the world. Any hard-to-find specialty ingredients will be provided and can be picked up the Friday before class 10 am-4 pm.

Participants should purchase all other ingredients. Get ready to be your own chef and add some flavour to your day!

Fourth Tuesday of every month | 3 pm

Garden Group

Our Seniors Garden Group provides participants with all the materials needed to grow your own herbs, vegetables, and flowers that you can nurture and care for at Gordon House until they are ready to be transplanted outdoors. Our Group meets regularly for workshops and tips for growing.

Wednesdays | 1 pm

Travel Tales

Join us for Travel Tales, a weekly activity where we visit places around the world through slide show presentations with pictures and stories from those well-travelled. If you're interested in sharing your travel tale, we can help curate your story, or simply come and enjoy learning about places near and far.

Thursdays | 10 am

GNH Music

Come jam with us! Musician Micael Loring will be hosting a weekly jam session. Bring your own instruments and play music with us!

Fridays | 1 pm

Virtual Programs

Register anytime with links below. Familiarity with Zoom is required.

Register using the link in the program description. Familiarity with Zoom is required. 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

Mid-Day Movement with Meaghan

Gentle movement to recharge you mid day!

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 | 3–4 pm | <http://ow.ly/IJwt50JgbpJ>

Instructor: Claire French

Beginners Italian Class

Fridays | 10:30–11:30 am

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

Tech Talk: The Art of Googling

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

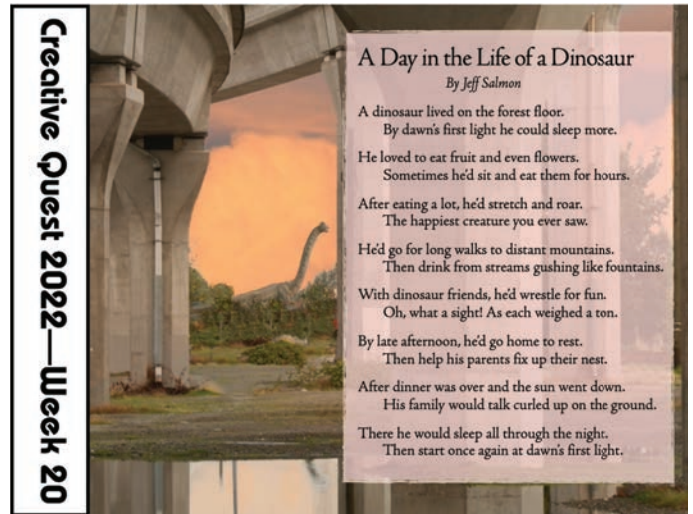
Saturday June 4 | 9:30–10:30 am

Volunteer: Gloria | <http://ow.ly/c3sh50Gfzx4>

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.



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.

Flying Solo Myositis Support group

Wednesday June 1 | 5 pm

Volunteer: Bobbi-Lee

If you are managing your myositis without the help of a care partner, please feel free to join this group to expand your support network. All are welcome! Register: Rachel@myositis.org

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



ELDERDOG
CANADA

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

Completed forms and e-transfer payments may also 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	
<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)	\$
Total	\$
<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	
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.			<input type="checkbox"/> Yes <input type="checkbox"/> No

Emergency Contact:	
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"/>



Strawberry Summer Party

Friday June 17, 1-4pm

Barclay Manor, 1447 Barclay St.

Live music • Games • Prizes • Bake Sale

Plant sale • Tai Chi demonstration

Spa treatments • Cake • Snacks and more!

Sponsored by

Adriane Carr
& Paul George



WEST END COMMUNITY
CENTRE ASSOCIATION



G&F
FINANCIAL GROUP



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