

WESN

WEST END SENIORS' NETWORK

PROGRAMS, EVENTS & SERVICES FOR ADULTS 55+



JULY 2022



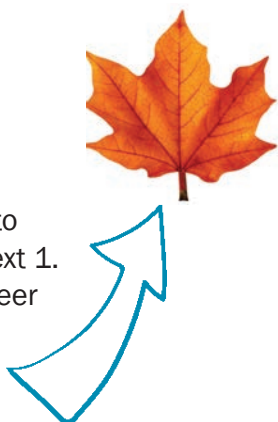
in this issue

JULY 2022

Ice Cream Day	2
Coffee is Back	3
Plan Your Visit	4
Board Social	5
Open Office with Martin	5
Heat Planning	6
1930s Glassware	7
Community Services	8-9
Strawberry Party	10-11
Month at a Glance	12-13
Tech Help	14
Programs and Events	15-21
Special Presentations	16
Gordon Neighbourhood House	20
You Sustain Our Work	22

Count the maple leaves!

Count all of the maple leaves in the newsletter and enter to win a prize! Put your name, phone, and count, in the box near the fireplace. Send to intern@wesn.ca or 604-669-5051 ext 1. Winners will be drawn at the Volunteer Meet and Greet on Friday July 29 (see page 16).



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.

Territorial 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 ARE WELCOME

Following the City of Vancouver and the Vancouver Parks Board, WESN welcomes the use of masks in Barclay Manor and Kay's Place, along with respect for the personal space of others. Masks are no longer mandatory, but individual programs may require them. Masks remain mandatory for tech help sessions and to visit 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.



PUBLIC HEALTH, PUBLIC SPACES

The coffee machine is back on in the fireside livingroom, and many special events may include drinks and snacks. All doors at Barclay Manor are now unlocked, with accessible entry and an elevator to all floors.

As with any infectious illness, please monitor your health and take precautions if you think you might pass along a virus to others. Stay home if you or someone in your household is ill, or if you were in direct contact with someone confirmed with COVID or other easily transmitted illness. Please be respectful of others' personal space, wash your hands often, and follow posted signage.

Plan Your Visit

BARCLAY MANOR, KAY'S PLACE, CLOTHES AND COLLECTIBLES

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 12–4 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,
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

Program 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.

Listen, get involved, and
share your perspective!

www.poweredbyage.com

Board Social

BECOME A DIRECTOR
BOARD@WESN.CA

Join Jane, Karsten, Ross, Bonnie, David, Dawid, Marta and Sara on Tuesday July 12 for snacks and social time, from 1 to 2 pm in our Garden Room.

Would you like to learn more about the WESN board? Have you ever wanted to be a board member but unsure of what it might entail? If you have considered governance or committee work, read on.

With the Annual General Meeting just around the corner, the WESN Board is looking for new people to support and contribute to ongoing governance. Being on the WESN board is a rich and rewarding experience. This is a chance to make an impact on the direction of the West End Seniors' Network, and the opportunity to delve into topic of greater interest to you, including fundraising, membership, and events. It requires some homework and time commitment to support board work.

To learn more about what we do, and how you might fit in, join members and board directors for a presentation and conversation on July 12.



Open Office

WITH MARTIN ADDISON
EXECUTIVEDIRECTOR@WESN.CA

With COVID moving from pandemic to endemic, we are slowly emerging and carefully testing the waters, creating our new normal. There have been regrets and frustrating moments; misgivings and loss. On top of it all, we have had hope. We are moving forward thanks to your resilience and joy.

Nowhere has this become more evident to me than at the festivities in June: Ice Cream Day and the return of our Strawberry Summer Party. This year's was intimate and relaxed; with community partners and guests all through the house and spilling out into the yard, making full use of our wrap-around terrace and the gardens we're lucky to call home.



Finally, I'm pleased to announce Open Office, starting Tuesday July 19, 3-4 pm. This is time I'm setting aside to sit and talk about what matters to you. Join me for refreshment and conversation. I look forward to seeing you. RSVP: info@wesn.ca



TIP: Outdoor temperatures usually peak around 5 p.m. in BC, but indoor temperatures usually peak around 9 or 10 p.m. Sleeping in an air-conditioned space or outside is a good option for staying cool if you can safely do so.



8. ACTIVATE YOUR PLAN TO STAY COOL

An Extreme Heat Emergency will typically be identified three to four days before the hottest temperatures occur. Check the weather daily when it is hot outside. If an Extreme Heat Emergency alert has been issued, it's time to put your plan into action:

- Relocate to a cooler location if you have planned to do so
- Reconfigure the coolest location in your home so you can sleep there at night
- Check in with your pre-identified heat buddy. If you don't have one, try to reach out to someone you trust as soon as possible
- Put up external window covers to block the sun if you can safely do so
- Close your curtains and blinds
- Ensure digital thermometers have batteries
- Make ice and prepare jugs of cool water
- Keep doors and windows closed between 10 a.m. and 8 p.m. to trap cooler air inside. Open them at 8 p.m. to allow cooler air in, and use fans (including kitchen and bathroom exhaust fans) to move cooler air through the house

Estate Gifts

CLOTHES AND COLLECTIBLES

CLOTHES@WESN.CA | 604-682-0327

We have exciting updates to share! Please drop by the store soon to discover what's new.

We've been given a large collection of depression era glassware from an estate. Manufactured between 1929 and 1939, with some made it into the 1950s, this inexpensive glass was ideal for lower income people who couldn't afford hand-made glassware. To encourage buying, individual pieces were given away with a movie ticket, or a tank of gas, or tucked inside a cereal box. This created a rush of buying so people could complete their sets. Most were pink, green and blue, with some amber and yellow. Most were plain while some were etched. We are cleaning and researching these pieces and will be introducing them in store soon.

We've fortunate to have generous donors who give us high-end artwork, dishes, and books, in addition to designer clothing. We've been taking the clothing to consignment stores but instead, we've cleared a rack in the store and filled it with some beautiful women's clothing. Don't worry, there are racks and racks of regular-priced items for men and women.

We are a friendly volunteer-driven thrift store. Join our team! Send application forms — wesn.ca/volunteer — to volunteers@wesn.ca or call Evelyn, Volunteer Manager at 604-669-5051 ext 6.



Shifts are once a week for 2–3 hours Wed–Sat at 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.



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!

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 GEOGRAPHIC BOUNDARIES,
ELIGIBILITY, REGISTRATION, AND FEES

New sliding scale income thresholds and fees for light housekeeping services:

Better at Home light housekeeping clients must provide proof of Line 15000 (Total Income) from your 2021 Canada Revenue Agency income tax Notice of Assessment to confirm the rate for which you are eligible. Proof of income required by July 1. Proof of income can be emailed, mailed, dropped off at a WESN location, or provided in-person during a home appointment. If you need to arrange in-person pick up of your proof of income, or if you have questions, contact **Joe Humphries, Manager of Community Services** at servicesmanager@wesn.ca or 604-669-5051 ext 3.

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.

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.

Social Prescribing and Peer Support

We are not accepting referrals for Social Prescribing and Peer Support services at this time. We look forward to serving you again in the coming months.



McGrane-Pearson
Endowment Fund



Your votes are in: this year's Strawberry Summer Party was a big hit! The rain held off, the sun shone, and the musicians and performers did a terrific job. From the brave Tai Chi beginners to Alicia's Spanish students starting off the dancing, it was a delight to watch.



We'd like to bring back the Backspin Bluegrass band, to jam with the ukulele group. Our resident superstars, the Heritage Harmonies, were ably led by Frank Levin, for two superb sets.

To our community partners, staff, volunteers, & members: you came together in the best sense of community. Thank you and see you all again soon. —Martin





Well, what a great day you all put together! It is a lot of work to put something like the Strawberry Party together, but the sheer happiness of the members must make it worthwhile. One woman I spoke to said it was the first time she had been out of her apartment in two years.



I wish I could also thank every volunteer for everything they did to help make the day great. The volunteers are the heart and soul of our organization. So, thank you, thank you, thank you. You brought so much joy to so many people. —Jane



ADRIANE CARR & PAUL GEORGE
STANLEY PARK HORSE-DRAWN TOURS
BARCLAY MANOR YARN ARTISANS
CLOTHES & COLLECTIBLES



friends
for life



QMUNITY



MONDAY

9 am–5 pm
Computer Lab Drop-in

July 18 9 am
Mens Breakfast at Denny's

10–11 am
French Conversation

10 am
Neighbourhood News

10 am–12 pm
Barclay Yarn Artisans

July 18 10 am–2:30 pm
Manicures and Pedicures

July 18 11 am
Mindful Monday (Zoom)

1–4 pm 
Bridge

1 pm
Photo Club

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

July 26 10:30–11:30 am
Maximize Your Benefits

11:15 am
Chair Yoga (Zoom)

11:30 am–12:30 pm
Walking Group

12–12:30 pm
Mid-Day Movement

1:15 pm
Seniors Lounge

1–3 pm
Texas Hold'em Poker

July 12 1–2 pm
Board Social

1:30–3:30 pm
ESL Intermediate

July 19 3–4 pm
Open Office with Martin


3–5 pm
Tech Help with April

July 26 3 pm
Karen's Kitchen (Zoom)

7–9 pm
Bingo for Life

WEDNESDAY

9 am–5 pm
Computer Lab Drop-in

10 am–12 pm 
Barclay Yarn Artisans

10:30 am
Qi Gong (Zoom)

1 pm
Crafty Neighbours

1 pm
Garden Group

12–1 pm
Tech Help with Ella

12:30–4:30 pm
Painting Studio

1–3 pm
Scrabble

1–4 pm
Mahjong

July 6 & 20 2:30–4:30 pm
Tech Help with Sarah

3–4:30 pm (away July 20–Aug 3)
Spanish Conversation

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

July 27 4 pm
Happy Hour at the Bayside

July 6 5:30 pm
Dinner Club at Kesari Kitchen

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

Programs & Events

REGISTER **THURSDAY JUNE 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

2–4 pm
Tech Help with Simon

2:30–4:30 pm
German Conversation

3–4:30 pm
Ukulele

July 28 7–9 pm
Roedde House Jazz Concert

FRIDAY

9 am–5 pm
Computer Lab Drop-in

10 am–12 pm
Cribbage

July 8 10 am–12 pm
Law Clinic: Kay's Place

10:30 am
Qi Gong (Zoom)

10:30–11:30 am
Beginners Italian

12:30–3 pm
Tai Chi with Wilson

1 pm
Gordon N'hood Music

1:30–3:30 pm
Tech Help with Terry

July 29 2–3 pm
Volunteer Meet and Greet

3:45–4:45 pm
Tech Help with Owen

SATURDAY

9–10 am
Walking Group


July 2 9:30–10:30 am
Tech Talks

9:30–10:30 am (not July 2)
Tech Help with Gloria

11 am
West End Singers

SUNDAY

July 31 11 am
Brunch at the Sylvia Hotel

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

Tech Help

BOOK A SESSION

REGISTRATION OPENS THURSDAY JUNE 30

Our tech help volunteers will do their best to help but may not be able to answer all questions/issues. Tech help sessions are available for 30-minute, 1-to-1 appointments. You may book two sessions back-to-back for a 60-minute session. **Tech help sessions are limited and popular, so please book early.**

Waitlists are kept, in the event of a cancellation in the current month. **The computer lab at Barclay Manor has five Windows PCs with Internet and printing: \$.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
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.

Programs & Events

INFO@WESN.CA | 604-669-5051

MASKS ARE WELCOME

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 welcome, and 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 July starting Thursday June 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.

Special Events

THIS MONTH ONLY!

REGISTRATION OPENS THURSDAY JUNE 30

WESN Board Social

Join Jane, Karsten, Ross, Bonnie, David, Dawid, Marta and Sara on Tuesday July 12 for snacks and social time, from 1 to 2 pm in our Garden Room.

Have you ever wanted to be a board member but unsure of what it might entail? If you have considered governance or committee work, To learn more about what we do, and how you might fit in, join members and board directors for a presentation and conversation on July 12.

Tuesday July 12

1–2 pm | Garden/Multipurpose Room

Open Office with Martin

Book now to sit and talk with WESN Executive Director Martin Addison, about the issues that matter to you. Tea, coffee, and snacks provided.

Tuesday July 19

3–4 pm | Piano Room

Maximize your benefits:

Financial planning for government care

With Assante Financial Management

Most people learn about government care costs when it's too late. Proper planning can maximize benefits and reduce costs. This workshop will help seniors and their families negotiate the government programs, benefits and financial planning required to ease the transition into the next phase of care. For more information, contact: eyau@assante.com

Tuesday July 26

10:30–11:30 am | Piano Room

Volunteer Meet & Greet (& Maple Leaf Draw!)

Join us at Barclay Manor to meet other volunteers. Call 604-669-5051 to join the guest list.

Friday July 29 | 2–3 pm | Veranda



WESN SENIORS CYCLING GROUP

Would you like to join a group bicycle ride?

If you cycle everywhere or would like motivation to start riding again, contact us to express interest. Join a group of senior cyclists for rides to beautiful places at a leisurely pace. Rides would be short to start with—about an hour—and using safe bike paths.

Led by experienced cyclist and new volunteer Ameen, the group will stop for cafés and scenic views. Destination ideas: Stanley Park, the seawall, Jericho Beach, Trout Lake, the Arbutus Greenway (south end), and could venture to Dundarave (West Vancouver) or Central Park (Burnaby).

Dates TBD, pending interest.

Arts & Culture

INFO@WESN.CA | 604-669-5051

REGISTRATION OPENS THURSDAY JUNE 30

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 12:30–4 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 Intermediate

Tuesdays 1:30–3:30 pm | Multipurpose Room

Volunteer: Cynthia

Spanish Conversation: Intermediate

Wednesdays 3–4:30 pm (no class July 20–Aug 3)

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

July 7

1. Tabettha Boyajian: The most mysterious star in the universe
2. Neal Katyal: How to win an argument (at the US Supreme Court, or anywhere)

July 14

1. Stacey Baker: This is what enduring love looks like
2. Esther Perel: The secret to desire in a long-term relationship
3. Yann Dall’Aglio: Love – you’re doing it wrong

July 21

1. Latif Nasser: The amazing story of the man who gave us modern pain relief
2. Atul Gawande: How do we heal medicine?
3. Abraham Verghese: A doctor’s touch

July 28

1. Niro Sivanathan: The counterintuitive way to be more persuasive
2. Adam Galinsky: How to speak up for yourself
3. Isaac Lidsky: What reality are you creating for yourself?
4. Chris Hadfield: What I learned from going blind in space

Eating & Playing

INFO@WESN.CA | 604-669-5051

REGISTRATION OPENS THURSDAY JUNE 30

EAT DRINK SOCIALIZE

Register at least 3 days in advance. Do not call the restaurant, meet there, diners pay their own way.

Dinner Club

Wednesday July 6 | 5:30 pm

Kesari Kitchen, 1708 Davie

Volunteer: Mauro

Men's Group Breakfast

Monday July 18 | 9 am

Denny's, 1098 Davie Street

Volunteer: John Boer | Max 8

Sunday Brunch

Sunday July 31 | 11 am

The Sylvia Hotel, 1154 Gilford Street

Volunteer: Sarah | Max 6

Happy Hour Hoppers

Wednesday July 27 | 4 pm

Bayside Lounge, 1755 Davie

Volunteer: Jackie | Max 8

MUSIC

Heritage Harmonies

Sing well-known songs accompanied on piano.

Songbooks provided for the session.

Tuesdays 10:30–11:30 am | Veranda

Volunteer: Frank, Mavis, or George

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



Movement & Wellness

INFO@WESN.CA | 604-669-5051

REGISTRATION OPENS THURSDAY JUNE 30

Tai Chi, all Levels (Full, waitlist)

A series of gentle exercises and stretches flowing from one posture to the next. Meditative, benefits balance and control. In partnership with Marina Ma.

Fridays | 12:30–1:45 pm | New Students
1:45–3 pm | Beginners

Multipurpose Room/Back Garden

Instructor: Wilson/Marina (youtu.be/A-DqXMnmhck)

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.



Nordic Pole Walking

Learn to use Nordic poles with a short practice at Barclay Heritage Square.

Thursday 10–10:30 am | Barclay Manor porch

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

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

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

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 July 18 | 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



Gordon Neighbourhood House

TO REGISTER OR LEARN MORE

REUBEN@GORDONHOUSE.ORG | 604-683-2554

Neighbourhood News

Join us to catch up on local events in the West End.

Mondays | 10 am

The Photo Club

Join us for picture taking around the West End and sharing stories about your photos.

Mondays | 1 pm

Mindful Mondays with Bob Molavi

Be inspired to look at life in a positive, fulfilling way.

Monday July 18 | 11 am on ZOOM

Chair Yoga on Zoom

Our trained instructors guide you 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 | 1:15 pm

Karen's Kitchen

Join chef Karen Dar Woon for delicious and nutritious recipes from around the world. You must buy ingredients. Specialty items will be provided and can be picked up Friday before class 10 am–4 pm.

Tuesday July 26 | 3 pm on ZOOM

Crafty Neighbours

A weekly gathering with our knitting community members and other creative folks to share talents.

Wednesdays | 1pm

Seniors Garden Group

We provide materials to grow your own vegetables, herbs, and flowers. Nurture and care for them at Gordon House until they are ready to be transplanted. Weekly workshops and growing tips.

Wednesdays | 1 pm

Qi Gong

Relax, energize and heal your body, mind and spirit with breath and simple flowing movement.

Wednesdays and Fridays | 10:30 am on ZOOM

Travel Tales

Visit places around the world through slide show presentations with stories from travellers. If you want to share your travels, we can help curate your story, or simply come and enjoy 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

Tech Tips & Tricks

Want to improve your tech skills? Together we go through Zoom Video, social media, and other topics.

Seniors' Out-Trips

Get out and explore! We provide transportation to a variety of fun locations around Metro Vancouver for daytrips twice a month. Ask about dates and prices.

Zoom, Phone & Email

REGISTER ANYTIME WITH LINKS BELOW
FAMILIARITY WITH ZOOM IS REQUIRED

If you do not have a computer or smartphone, call 778-907-2071 10 minutes before the class starts and enter Meeting ID and Passcode when prompted.

Mid-Day Movement with Meaghan

Gentle movement to recharge you mid day!

Tuesdays | 12–12:30 pm

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

Beginners Italian Class

Fridays | 10:30–11:30 am

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

Tech Talk: The Art of Googling

Go into the back end with Gloria and see what you're sharing with Google when you use Android, Google Search, and Google products! Same with iCloud Settings, see what you're sharing with Apple when using their product and how to restrict access.

Saturday July 2 | 9:30–10:30 am

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



Yellow Fields
By Rosa Afshar—Medium: Watercolour

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.

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

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

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

COVID-19 - Protocols in Place

You Sustain Our Work

QUESTIONS OR CONVERSATIONS?

EXECUTIVE DIRECTOR@WESN.CA | 604-683-2554

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

- Access to programs, events, workshops, and presentations (ages 55 and over)
- Monthly newsletters, e-newsletters, and updates
- Access to services that help older adults live well
 - Check-in phone calls and emails
 - Information and referral 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



When you give a little, you make a big difference for seniors in need. Thank you for everything.

Gifts can be made in person at Kay's Place and Barclay Manor, or by e-transfer to info@wesn.ca.

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="text"/>	Rev Control (int.):	<input type="text"/> Rev Control Sheet #: <input type="text"/> Data Entered by (int.): <input type="text"/>

SPENCER

CHANDRA HERBERT

MLA WEST END
COAL HARBOUR



Better
Together



SPENCER CHANDRA HERBERT, MLA WEST END & COAL HARBOUR

S.CHANDRAHERBERT.MLA@LEG.BC.CA | 923 DENMAN ST. | 604 660 7307