

2022 AGM
Volunteer Luncheon
Mid-Autumn Moon Cake
Green Party Town Hall
Truth and Reconciliation
and
Fix-it Fridays
with Don & Marty

west end seniors' network



SEPTEMBER 2022

ACTIVITIES, EVENTS & SERVICES FOR ADULTS 55+



2022 ANNUAL GENERAL MEETING

DATE: FRIDAY, SEPT 23RD **TIME:** 1 PM TO 4 PM

PLACE: 1447 BARCLAY ST, BARCLAY MANOR

IN-PERSON EVENT

LIGHT REFRESHMENTS WILL BE SERVED

FEATURING A SPECIAL MUSICAL PRESENTATION BY THE

BACKSPIN BLUEGRASS BAND

DOOR PRIZE GIVEAWAYS AND MORE!

Register today



(604) 669-5051



AGM@wesn.ca



www.wesn.ca/agm/



#WESNAGM2022

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HOW MANY BALLS OF YARN?

Count each ball of yarn in the newsletter and enter to win a prize! Put your name, phone, and count in the box near the front door. Winners drawn **Wednesday September 28 at the Barclay Yarn Artisans Fall Sale.**

Vision A Vancouver community supporting and empowering 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 activities 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 Sel̓ilwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.

MEMBERSHIP BENEFITS

- Invitations to celebrations and community gatherings
- Activities, events, day trips, presentations, adventures
- Monthly newsletters, e-newsletters, and updates
- Contests, prizes, games, music, walking groups
- Volunteer opportunities
- Access to services that help older adults live well
 - Transport to/from medical appointments
 - Grocery shopping/delivery (fees may apply)
 - Check-in phone calls and emails
 - Information and referral support
 - Housing navigation



MASKS WELCOME

WESN welcomes masks in all locations. Bring a mask for tech help sessions and while visiting Clothes and Collectibles. If you have symptoms that might be infectious, take care to minimize risk of transmission. Rest up and socialize outdoors or in well-ventilated areas. As always, be mindful of others' personal space, wash your hands often, and practice patience.

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 Wednesday 10 am–4 pm

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


Alliance
of
Seniors' Centres

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

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

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604-669-5051 ext 5 | volunteers@wesn.ca

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Better at Home Coordinator and Activity Coach
Miel Nicholson | 604-669-5051 ext 11
betterathome@wesn.ca | choosetomove@wesn.ca

Receptionist
Liz Robson
604-669-5051 ext 1 | info@wesn.ca

Welcome

LIZ ROBSON RECEPTION
INDIRA RIADI COMMUNITY SERVICES

Liz: I moved to the West End in July 2020 and knew right away that it would be my forever home.

I have travelled extensively in 20 years serving in the Canadian Forces. I love experiencing new cultures and making long time friendships with such diverse communities. I became a WESN member in 2021, began volunteering at Barclay Manor in June this year, and now work Monday to Friday at reception. This is a dream come true: walk to work, beautiful office and amazing people surrounding me everyday. If you are in the neighbourhood, pop in and say hi. See you soon!

Hi! My name is Indira Riadi, but you can call me Indi. I am the new Community Services Coordinator and I will be working Tuesdays-Fridays at Barclay Manor. Prior to this, I was a volunteer at Kay's Place for 2 years and a technology coach for about 6 months. I have always enjoyed interactions with seniors in my community during my volunteer shifts, so I am very excited to continue to be part of WESN!



In my spare time, you can find me hanging out at the beach or taking a class at the YMCA. I'm a fan of running, hiking, skiing, and surfing (something outdoorsy for every season in Vancouver!). I am also an animal lover and own 3 beautiful cats. If you see me out and about or at Barclay Manor, please don't hesitate to say hi. I look forward to further serving this wonderful community!

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 BC court hearings: Supreme Court & Provincial Court (Small Claims)
- Understanding your legal proceedings and what to expect in court
- Reviewing court documents

Seniors First does not offer legal services, but can direct to organizations who may be able to help. Call **604-336-5653** to ask for Kay's Place Satellite Clinic.

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



DAVID WATTS NOTARY PUBLIC

Wills, Power of Attorney & Representation Agreements

Real Estate Transfers & Mortgages

In-Home Visits Available

604-685-7786 | david@davidnotary.com
1412 - 675 West Hastings Street, Vancouver, BC V6B 1N2

Come to Kay's Place

HOUSING NAVIGATION, INFORMATION & REFERRAL

SUSAN@WESN.CA | 604-669-7339



HOUSING: WHAT IS S.A.F.E.R?

Shelter Aid for Elderly Renters (SAFER) helps make rents affordable for BC seniors with low to moderate incomes. SAFER provides monthly cash payments to BC seniors who meet these requirements:

Am I eligible?

- You are aged 60 or older
- You tax returns are up to date
- You lived in BC for 12 months before applying
- You, or you and your spouse (must share a home) meet Canadian citizenship requirements
- You pay more than 30% of your gross before tax monthly income towards rent for your home

What might my SAFER subsidy be?

<http://www.bchousing.org/housing-assistance/rental-assistance-programs/SAFER>

INFORMATION & REFERRAL

Volunteers offer information and help match people with federal, municipal, provincial, community programs and services, depending on the need.

- Subsidized rental housing
- BC Housing, Shelters
- Landlord/property manager concerns
- Vancouver Rent Bank
- Home Owner Grants
- Property Tax Deferral
- BC Rebate for Accessible Home Adaptations
- Independent and Assisted Living
- Residential Care

How do I find out more?

Call 604-669-7339 to make an appointment at Kay's Place or email susan@wesn.ca.

Help for Sudden Costs



***The WESN Seniors in Need Fund
is sustained entirely
by local contributions.***

This fund helps vulnerable West End seniors with sudden health costs, such as dental work, medical devices, glasses, and hearing aids.

When a person cannot afford a needed health cost, their physical and mental wellbeing can decline.

Together, we can help people through difficult times and back to healthy and independent lives.

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

GIFTS ARE GRACIOUSLY ACCEPTED AT KAY'S PLACE, BARCLAY MANOR, OR BY SECURE E-TRANSFER TO INFO@WESN.CA

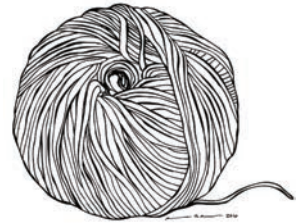
**CONTACT MARTIN TO LEARN MORE
EXECUTIVE DIRECTOR@WESN.CA**



Our Adventures

WOULD YOU LIKE TO LEAD A TRANSIT DAY TRIP?

INFO@WESN.CA | 604-669-5051



transit day trips

DEEP COVE JULY 25

Members visited Deep Cove waterfront park and Honey's Donuts



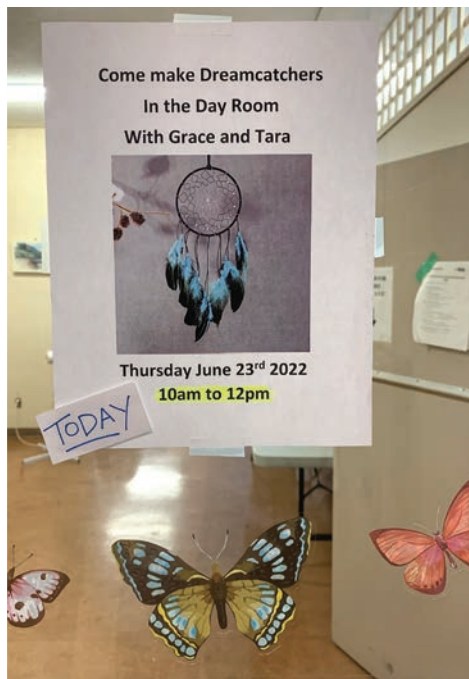
PORT MOODY AUGUST 5

Station Museum Tour and Tea



Close to Home

BRING LIFE TO YOUR LOBBY
CLOSETOHOME@WESN.CA



nicholson towers

JUNE 23 DREAMCATCHERS IN THE DAYROOM

With resident social planner Tara and Indigenous Elder Grace



It is time to say thank you!

VOLUNTEER APPRECIATION LUNCHEON

FRIDAY SEPTEMBER 9TH

1PM-4PM

AT BARCLAY MANOR

LUNCH
MUSIC
PRIZES

RSVP
REQUIRED



RSVP WITH EVELYN AT
604-669-5051
OR
VOLUNTEERS@WESN.CA

Community Services

ASK US ABOUT GEOGRAPHIC BOUNDARIES,
ELIGIBILITY, REGISTRATION, AND FEES

We are now shopping at Save-On-Foods!

Volunteers call clients to take orders and submit them to Save-On-Foods, where Professional Shoppers compile and deliver the groceries. Groceries can be delivered any day of the week!

Our deepest thanks to the volunteers who supported the Safeway shop over the years. Your involvement in the service has made an immeasurable impact on the lives of homebound seniors in our community. Throughout the pandemic, your dedication ensured that seniors in the West End could continue to access the food and goods they need to live healthy, involved lives. To our volunteer callers, in-person shoppers, and data entry and prep volunteers, we cannot thank you enough.

We are accepting new referrals in most areas:

Active

Transportation to/from Medical Appointments
Groceries

Active but with a waitlist

Housekeeping
Minor Home Repair
Check-in Calls and Emails

Paused

Friendly Visiting — coming back soon!
Social Prescribing
Peer Support

Joe Humphries, Manager of Community Services
604-669-5051 ext 4 | servicesmanager@wesn.ca



We are incredibly thankful for all that our Grocery Shopping Volunteers at Safeway have done and look forward to engaging them in new roles as the program comes to a close. Help us to thank them at the Volunteer Appreciation Picnic!

Over the past three years our volunteers have adapted to the constant changes of the pandemic. They have ensured older adults received their groceries, prescriptions, and frozen meals. They have done friendly calls helping to soothe isolation and offered their programs over zoom. Our tech volunteers have helped schedule vaccinations and download and print vaccination passports.

At Clothes and Collectibles our volunteers were on the front lines providing the community with affordable goods. Kay's Place volunteer have been active listeners, helping older adults navigate unprecedented challenges. Barclay Manor receptionists endured many closures and provided excellent customer service. Despite it all, WESN volunteers rose to the challenge.

To talk about the right volunteer opportunity for you, apply online at wesn.ca/volunteer or call Evelyn, Volunteer Manager: 604-669-5051 ext 5.



McGrane-Pearson
Endowment Fund

MONDAY

9 am–5 pm
Computer Lab Drop-in

9 am–5 pm
Wellness with Shirley

September 12 9 am
Mens Breakfast at Denny's

10–11 am
French Conversation

10 am–12 pm
Barclay Yarn Artisans

September 12 11 am–12 pm
Mid-Autumn Moon Cakes

11:15–12:45 pm
ESL Beginner with Chris

11:30 am–12:30 pm
Spanish Beginner with Alicia

1–4 pm
Bridge

1–2 pm
Choose to Move

1:30–4:30 pm
Mahjong

2–4 pm
Tech Help with Simon

3–4 pm
Creative Movement

4:30 pm
Immunizations for Seniors

TUESDAY

9 am–5 pm
Computer Lab Drop-in

10:30–11:30 am
Heritage Harmonies

11:15–12:45 pm
ESL Mid-Beginner with Iraj

11:30 am–12:30 pm
Walking Group

12–12:30 pm
Mid-Day Movement

1–3 pm
Poker and Tea Time

1:30–3:30 pm
ESL Intermediate



3–4 pm
Tech Help with Nitish

3–5 pm
Tech Help with April

7–9 pm
Bingo for Life

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

WEDNESDAY

9 am–5 pm
Computer Lab Drop-in

September 7 10 am–12 pm
Law Clinic: Kay's Place

September 14 10 am–12:30 pm
Acoustic Blues Jam

10 am–12 pm
Barclay Yarn Artisans

September 28 10 am–12 pm
Yarn Artisans Fall Sale

September 28 10 am–12 pm
Counting Contest Prize Draw

12–1 pm
Tech Help with Ella

September 7 1–3 pm
Green Candidates Town Hall

1–3 pm
Scrabble

3–4:30 pm
Spanish Conversation

September 28 4 pm
Happy Hour at the Bayside

September 7 5:30 pm
Dinner Club at Forage



Activities & Events

SIGN UP **WEDNESDAY AUGUST 31**

THURSDAY

9 am–5 pm
Computer Lab Drop-in

September 29 9–5 pm
How Are You? Exhibit Opens

10–11:30 am
TED Talks and Discussion

10–10:30 am
Nordic Walking Beginners

10:30–11:30 am
Nordic Walking

11:30 am–12:30 pm
Walking Group

12–2 pm
Karaoke with Lan

12:30–4:30 pm
Painting Studio

2–4 pm
Tech Help with Simon

2:30–4:30 pm
German Conversation

3–4:30 pm
Ukulele

FRIDAY

9 am–5 pm
Computer Lab Drop-in

September 30 9 am–5 pm
Truth and Reconciliation

10 am–12 pm
Cribbage

September 16 10–11 am
Plan and Prepare

12–1 pm
Tech Help with Nitish

September 9 1–4 pm
Volunteer Luncheon

September 16 1–4 pm
Fix It Friday with Don & Marty

September 23 1–4 pm
2022 Annual General Meeting

12:30–1:45 pm
Tai Chi Group 1

1:45–3 pm
Tai Chi Group 2

1:30–3:30 pm
Tech Help with Terry

September 30 2–3:30 pm
How are You? Curator's Tour

3:45–4:45 pm
Tech Help with Owen

4–5 pm
Tech Help with Vincent by phone

SATURDAY

9–10 am
Walking Group



SUNDAY

September 25 11 am
Brunch at the Sylvia Hotel

September 25 12–7 pm
WESN at Car Free Day

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

Tech Help

BOOK FOR THIS MONTH

SIGN UP STARTS WEDNESDAY AUGUST 31

Our tech help volunteers will do their best to help but may not be able to answer all questions. Tech help is available for 30-minute, 1-to-1 sessions, or two sessions back-to-back for an hour. **Bookings are only made for the current month.** Waitlists are kept in the event of a cancellation in the current month. **Is your session on Zoom?** Before it starts, make sure you can access the registration link, and

are familiar with the basics. If you need help, book a tech session in advance. Sessions are started by an offsite volunteer; staff are not able to troubleshoot.

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. Large jobs must be done offsite.

DAY AND TIME	TYPE	COACH	BOOK FOR HELP WITH
Monday, Thursday 2–4 pm	In-Person	Simon	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media
Tuesday 3–4 pm	In-Person	Nitish	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media, blogs, websites, coding
Tuesday 3–5 pm	In-Person	April	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media, blogs, websites, Adobe Suite
Wednesday 12–1 pm	In-Person	Ella	Apple/Android computers, cell phones/tablets, email, apps, Zoom, social media, blogs, websites
Friday 12–1 pm	In-Person	Nitish	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media, blogs, websites, coding
Friday 1:30–3:30 pm	In-Person	Terry	Android computers, cell phones and tablets, email, apps, Zoom, social media
Friday 3:45–4:45 pm	In-Person	Owen	Apple/Android computers, cell phones, tablets, email, apps, Zoom
Friday 4–5 pm	Phone*	Vincent	Android computers, cell phones and tablets (no Apple devices), email, apps

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

Activities & Events

INFO@WESN.CA | 604-669-5051

OPEN TO ALL WESN MEMBERS

WESN members enjoy activities, events, day trips, presentations, and learning opportunities. Each month we invite you to celebrations, community gatherings, games, music, and walking groups. We send you new ideas, monthly newsletters, giveaways, contests, prizes, and adventures with community partners. Join us.



new

FIX-IT FRIDAYS WITH DON & MARTY

Could you repair a table? Find a wall-stud? How about anchoring a 7-foot antique armoire that isn't settling right? Come on down to Barclay Manor on **Friday September 16, 1-4 pm**. Boost your fix-it skills with retired contractor Don and long-time building superintendent Marty. And if you have an idea for the giant furniture predicament in our Main Floor Kitchen, swing by on the 16th and ask for Don.

also new

ACOUSTIC BLUES JAM WITH ROS

Have you always wanted to be in a band? Do you practice an instrument at home, daydream of performing, or miss your music nights from years ago? You're in luck. Musician and new member Ros is looking for instrumentalists to come together for informal acoustic sessions in the Piano Room. First meeting is on **Wednesday September 14, 10 am**. Bring your instruments, ideas, and communication.

Special Events

DON'T MISS THIS

SIGN UP STARTS WEDNESDAY AUGUST 31



Green Party Candidates Town Hall

Meet Adriane Carr, Pete Fry, Stephanie Smith, Lois Chan-Pedley, Nick Poppell, and Liam Menard

Sign up now for our second Meet the Candidates Town Hall; last month's event was standing room only. Take advantage of this time to discuss issues with local candidates before the October election.

Wednesday September 7

1–3 pm | Multipurpose Room

Volunteer Appreciation Picnic First since 2019!

Catering by Gordon Neighborhood House

Over the past three years our volunteers have adapted to the constant changes of the pandemic. From shopping for groceries, making friendly calls, and learning zoom to scheduling vaccinations, active listening, and providing affordable purchases, WESN volunteers have risen to the challenge. Help us thank them! See page 10 for more details.

Friday September 9

1–4 pm | Barclay Manor Back Garden



Mid-Autumn Dance & Moon Cake Preparation With Jessica Yue

Learn the history, customs, and tradition behind the celebration of the Mid-Autumn Moon Festival. Jessica will prepare Moon Cakes for you to sample.

Monday September 12

11 am–12 pm | Multipurpose Room

NEW Acoustic Blues Jam with Ros

Are you a musician or instrumentalist? Join musician and new member Ros for an acoustic blues jam. Bring your instruments and ideas — blues, jazz and classic melodies — and make music together.

Wednesday September 14

10 am–12:30 pm | Piano Room

Plan and Prepare: Know Before You Go

Some basic life questions need attention, such as unanticipated expenses. Kent Chauvin has 48 years' experience in financial services. He will discuss necessary checklists and offer follow up assistance. Build assurance that your priorities are followed.

Friday September 16

10–11 am | Piano Room



WESN 2022 Annual General Meeting

Join us for the first in-person AGM in two years! RSVP now for refreshments, membership renewals, and the return of the Backspin Bluegrass Band.

Friday September 23
1–4 pm | Multipurpose Room

WESN at Car Free Day no sign up needed

Sunday September 25
12–7 pm | Denman Street, near Denman Mall

Immunizations for Seniors

Presented by the Pharmacy West End

Pneumonia, Shingles and Tetanus. Interested in learning more about other important vaccines for seniors? Find out which ones are publicly-funded! Lots of time for questions and discussion.

Monday September 26
4:30 pm | Kay's Place

Barclay Yarn Artisans Fall Sale

Wednesday September 28
10 am–12 pm | Main Floor Kitchen



NEW Fix It Fridays with Don and Marty

Boost your fix-it skills with like-minded people. Small repairs, light assembly, and one giant armoire-settling problem. Let's figure it out!

Friday September 16
1–4 pm | Main Floor Kitchen

Truth and Reconciliation Learning Day

Drop-in movie day featuring Indigenous stories.

Friday September 30
9 am–5 pm | Piano Room

How Are You? Moments of Connection and Isolation From Pandemic Lockdown

Please visit this special interactive photo exhibit, part of an ongoing research partnership between WESN and UBC Active Aging. Explore at your own pace or meet the curator for a guided tour.

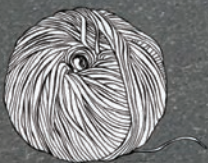
September 29–October 12
Barclay Manor Halls

Guided tours (15-20 minutes) with the curator, UBC PhD Candidate Callista Ottoni.

Friday September 30 | 2–3:30 pm
Wednesday October 12 | 2–3:30 pm



how are you?



MOMENTS OF CONNECTION AND ISOLATION FROM PANDEMIC LOCKDOWN

INTERACTIVE PHOTO EXHIBIT & GUIDED TOURS

GUIDED TOURS WITH THE CURATOR
PHD CANDIDATE CALLISTA OTTONI

Friday September 30 | 2–3:30 pm

Wednesday October 12 | 2–3:30 pm

UBC and SFU researchers have partnered with WESN to learn about older adults' experiences during the pandemic and beyond. In 2020, UBC PhD Candidate Callista Ottoni asked participants to photograph moments where they felt connected or isolated in their homes and neighbourhoods.

EXPLORE AT YOUR OWN PACE

September 29–October 12

You are invited to explore the resulting work.
The exhibit offers ways to record your responses.

- Which images resonate with your experiences; which ones differ?
- What in your life right now helps you feel more socially connected?
- What do you need more of to combat isolation or loneliness in your community?

Arts & Culture

INFO@WESN.CA | 604-669-5051

SIGN UP STARTS WEDNESDAY AUGUST 31

ARTS & CRAFTS

Barclay Yarn Artisans Sale September 28!

Work on your knitting/crocheting in a social setting.

Mondays and Wednesdays 10 am–12 pm
Main Floor Kitchen



Snowy Owl By Taylore Co —Medium: Acrylic on Canvas



Rocky NL—By Rachelle Amiot—Medium: Acrylic 20 x 16

Creative Quest e-Newsletter

Publish with a creative community. Send your art or writing to creativequest2022@gmail.com.

Painting Studio with Graham

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

Thursdays 12:30–4 pm | Multipurpose Room

LEARN & DISCUSS

Have you had a Pen Pal?

Delight in handwriting on paper and a personal exchange. Find your PenPal and a starter set of stamps, envelopes, pen, and paper.

TED Talks and Discussion with John

Thursdays 10–11:30 am | Piano Room

September 1

1. Rick Smolan: The story of a girl
2. Kio Stark: How to let go of being a “good” person and become a better person
3. Julia Dhar: How to disagree productively and find common ground

September 8

1. Susan David: The power of emotional courage
2. Emily Smith: There’s more to life than being happy
3. David Brooks: The lies our culture tells us about what matters—and a better way to live

September 15

1. Rachel Botsman: We’ve stopped trusting institutions and started trusting strangers
2. How the West can adapt to a rising Asia
3. Sophal Ear: Escaping the Khmer Rouge

September 22

1. Courtney E Martin: The new American Dream
2. JD Vance: America’s forgotten working class
3. Heather Lanier: ‘Good’ and ‘bad’ are incomplete stories we tell ourselves

September 29

1. Marwa Al-Sabouni: How Syria’s architecture laid the foundation for brutal war
2. Ameera Harouda: Why I put myself in danger to tell the stories of Gaza
3. The refugee crisis is a test of our character



Eating & Playing

INFO@WESN.CA | 604-669-5051

SIGN UP STARTS WEDNESDAY AUGUST 31

EAT DRINK SOCIALIZE

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

Dinner Club

Wednesday September 7 | 5:30 pm

Forage, 1300 Robson

Men's Group Breakfast with John

Monday September 19 | 9 am

Denny's, 1098 Davie Street

Sunday Brunch with Danielle

Sunday September 25 | 11 am

The Sylvia Hotel, 1154 Gilford Street

Happy Hour Hoppers with Jackie

Wednesday September 28 | 4 pm

Bayside Lounge, 1755 Davie



GAMES

Cribbage no session Sept 9 or 23

A game of playing and grouping cards for points.

Friday 10 am–12 pm | Main Floor Kitchen

Mahjong

Learn and play this Chinese tile-based game.

Monday 1:30–4:30 pm | Main Floor Kitchen

Scrabble

Wednesday 1–3 pm | Main Floor Kitchen

Texas Hold'em Poker and Tea Time

A low-stakes game with friends.

Beginners welcome!

Tuesday 1–3 pm | Piano Room

MUSIC

Heritage Harmonies with Frank, Mavis, George

Sing well-known songs accompanied on piano.

Tuesday 10:30–11:30 am | Veranda

Karaoke with Lan

Thursday 12–2 pm | Piano Room

Ukulele Players Song Circle

Thursday 3–4:30 pm | Main Floor Kitchen

LANGUAGE EXCHANGE

Do you speak another language? Would you like to share it with someone? Contact info@wesn.ca to find your language exchange match.

ESL Beginners with Chris (no session Sept 12)

Monday 11:15–12:45 pm | Multipurpose Room

ESL Mid-Beginners with Iraj

Tuesday 11:15–12:45 pm | Multipurpose Room

ESL Intermediate with Cynthia

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

Spanish Beginners with Alicia

Monday 11:30–12:30 pm | Piano Room

Spanish Conversation with Alicia

Wednesday 3–4:30 pm | Piano Room

French Conversation

Monday 10–11 am | Piano Room

German Conversation with Brigitte

Thursday 2:30–4:30 pm | Piano Room

Movement & Exercise

INFO@WESN.CA | 604-669-5051

SIGN UP STARTS WEDNESDAY AUGUST 31



September Cycling Trips with Ameen

Take advantage of Vancouver's late summer days with 2 new trips by bike. **Spanish Banks East:** from Sylvia, take the Seawall to Burrard Bridge, through Kits Point, Point Grey Road to Jericho, West 4th and NW Marine. There are shaded areas for a snack break and chat. About 9.5 km, 35 minutes one way.

Trout Lake: From the Sylvia, take the Seawall to Science World, Central Valley Parkway to Lakewood which takes us into the Park. There are several spots for coffee or a meal and chat. About 10.5 km and 45 minutes one way. **Sign up:** amkanji@telus.net

Tai Chi Practice with Wilson

A series of gentle exercises and stretches flowing from one posture to the next. Meditative, benefits balance and control. No class September 9.

Friday 12:30–1:45 pm and 1:45–3 pm
Back Garden

Mid-Day Movement with Meaghan (ZOOM)

Gentle movement to recharge you mid day!

Tuesday 12–12:30 pm
<http://ow.ly/EhQJ50Gelb9>

Nordic Pole Walking with Mary

Skills practice around Barclay Heritage Square.

Thursday 10–10:30 am | Barclay Manor porch

A leisurely neighbourhood walk. Good for posture, strength, and rehabilitation. Borrow/bring poles.

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

Outdoor Walking with Diane and Owen

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

Seawall benches near Sylvia Hotel | 1154 Gilford

Saturday | 9–10 am | Barclay Manor porch

Please register or let leaders know you are coming

Creative Movement with Claire

Gentle, energizing movements. All levels welcome.

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

At Home Physiotherapy and Rehabilitation

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

778-378-9179 | trina@physioforseniors.com



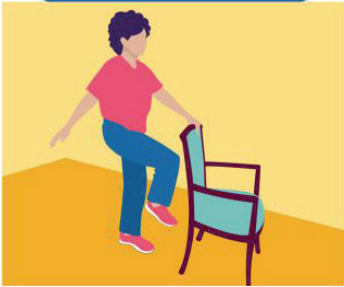
The Pharmacy West End is independent, locally owned and operated. We proudly provide seniors with 20% off non-prescription purchases every day. We provide free prescription deliveries, compounding services and consultations tailored to your individual needs. Our friendly staff can accommodate special orders, so you have more control over your health. Stop by 1747 Robson to meet our team and see what we offer!

Move it Mondays

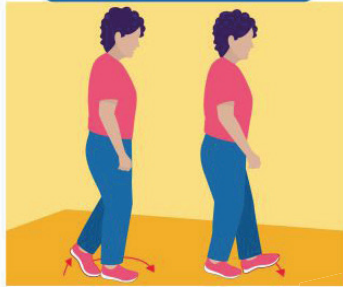
CHOOSETOMOVE@WESN.CA | 604-669-5051 EXT 11
MONDAYS 1-2 PM WITH MIEL | PIANO ROOM

Leg Strength & Balance

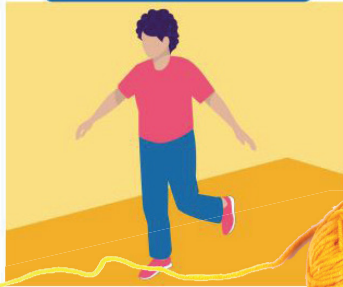
Single Limb Stance



Walking Heel to Toe



Rock the Boat



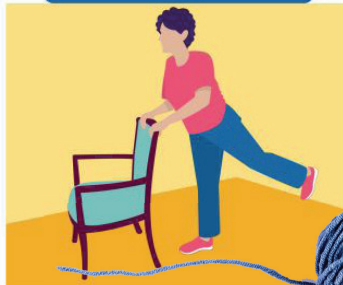
Marching in Place



Clock Reach



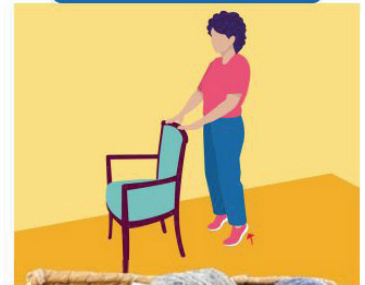
Back Leg Raises



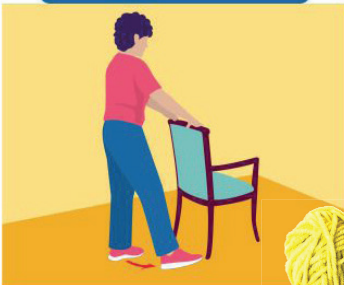
Single Limb Stance with Arm



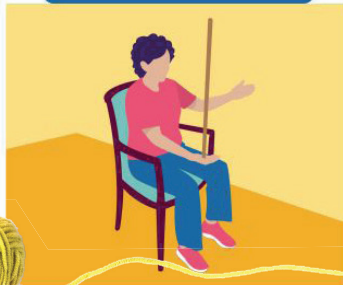
Toe Lifts



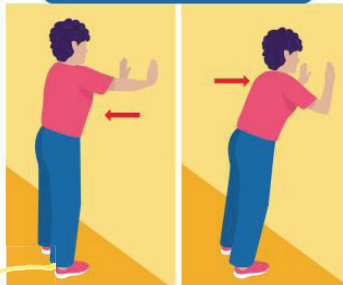
Side Leg Raise



Balancing Wand



Wall Pushups



Choose
to Move

active
aging
society



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COLUMBIA

Supported by the Province of British Columbia



DATE DAY / MONTH / YEAR

FIRST NAME

LAST NAME

ADDRESS SUITE, STREET, CITY, POSTAL CODE & BUZZER CODE

EMAIL ADDRESS

PHONE NUMBER HOME OR MOBILE?

EMERGENCY CONTACT FULL NAME

PHONE NUMBER

DATE OF BIRTH DAY, MONTH, YEAR

PRONOUNS EG. HE/SHE/THEM

HOW WOULD YOU LIKE TO BE IDENTIFIED? GENDER, SEXUAL ORIENTATION, ETHNICITY

HOW DID YOU FIND US? FRIEND/FAMILY, WEBSITE/SOCIAL MEDIA, NEWSLETTER, CALL/WALK IN

CASH CHEQUE E-TRANSFER: INFO@WESN.CA
CONSENT & ACTIVITY WAIVER


First, I consent to WESN taking photos of me for print, online, video with/without my name, for any lawful purpose. Second, I release and forever discharge all legal rights and claims for injury/damages I may sustain participating in WESN activities with volunteers or staff. I discharge WESN employees from all injury/damages sustained by me arising from said participation. Finally, 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 #119292845RR0001

BASIC MEMBERSHIP

\$10

YES, I WILL SUPPORT WESN
 RECEIPTS ISSUED FOR \$10+

\$

NEWSLETTER POSTAGE

\$25

CASH CHEQUE E-TRANSFER

TOTAL
OFFICE USE ONLY

Card Issued _____ Cheque # _____
 Location _____ Staff/Volunteer _____
 Rev Control _____
 Data Entered by _____

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