



YOTE BABY YOTE

VOTING
is
PEOPLE
POWER

west end seniors' network

OCTOBER 2022

Equity, Diversity, & Inclusion

FROM THE BOARD OF DIRECTORS

POLICY STATEMENT ACCEPTED AUGUST 23, 2022

INTRODUCTION AND DEFINITIONS

This EDI Policy outlines WESN's commitment to EDI and ensuring that all of its community members feel welcome in all aspects of WESN. However, this policy is simply a starting point. WESN intends to develop this policy over time by seeking input from our staff, volunteers, membership, clients, and overall community, to ensure this policy reflects the ongoing needs of those involved in or impacted by WESN. WESN is committed to infusing and developing the spirit of this policy throughout the organization.

Before explaining WESN's commitment to EDI, it is important to be clear about what EDI means. There are important differences between diversity, inclusion, and equity.

Diversity speaks to the many social identities like race, gender, age, ethnicity, and culture, etc. It refers to the facets that make people different from one another. It's not who people are—it's the perspectives they bring to the table.

Inclusion has to do with whether diverse people feel valued in their positions on a non-profit board, as a staff member, volunteer, or in some other setting. As an example, inclusion in a non-profit board meeting means asking diverse board members to actively engage in board discussions and to give credence to their opinions.

The term **Equity** means making sure that everyone has access to the same opportunities despite any barriers or advantages. It's the idea that everyone starts in the same place regardless of who they are or where they came from.

WESN'S COMMITMENT TO EDI

WESN is committed to and celebrates a diverse, inclusive, accessible, and equitable environment where all board members, staff, volunteers, members, and clients feel respected, welcomed and valued regardless of gender, age, race, ethnicity, ethnocultural identification, religion, immigration status, socio-economic status, life experience, housed or unhoused status, ability, heritage, national origin, sexual orientation or identity, disability, education, or any other bias.

We are committed to being non-discriminatory, adhering to the inclusive terms stated above and providing equal opportunities for employment, volunteering, and advancement in all areas of our work.

We are committed to the value that diverse life experiences bring to our board and leadership, and we strive to listen to their views and give them respect.

We are committed to modeling diversity, inclusion, and equity and maintaining fair and equal treatment for all, while continuing to work to remove barriers and create a welcoming environment to ensure that all our community members can safely and equitably access WESN spaces, programs, employment opportunities and services.

WESN is committed to pursuing truth and reconciliation. We do that by building relationships with local First Nations and exploring ways to make WESN a welcoming and safe place for Indigenous community members.



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Vancouver Votes 2022
 Day Trip to Horseshoe Bay
 Move-It Monday Dance Party
 Rebirth of the Birthday Tea
 Fluid Pour Paint Workshop
and
 Starting a Men's Shed:
 Small is Beautiful

CAN YOU COUNT THE PINE CONES?



Count every pine cone in the newsletter and enter to win a prize! Put your name, phone, and count in the box at the front door. Winners picked at the Events Committee Meeting: **Friday October 21, 2–4 pm.**

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



MASKS WELCOME

Masks are welcome in all locations. Bring one for tech help sessions and to visit Clothes and Collectibles. If you have symptoms that might be infectious, take care to prevent any spread. Rest up and socialize outdoors or in well-ventilated areas. 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

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

Staff

Executive Director

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

Manager of Activities and Events

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

Administrative Coordinator

Kit Buckham
604-669-5051 ext 5 | admin@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

Community Services Coordinator

Indira Riadi
604-669-5051 ext 2 | servicescoordinator@wesn.ca

Community Services Coordinator & Activity Coach

Miel Nicholson | 604-669-5051 ext 7
betterathome@wesn.ca | choosetomove@wesn.ca

Program Coordinator, Close to Home

Meeka Marsolais
604-669-5051 ext 106 | closetohome@wesn.ca

Receptionist

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

Welcome

MEEKA MARSOLAIS

CLOSE TO HOME COORDINATOR

Hello! My name is Meeka and I am the new Program Coordinator for Close To Home. I'm currently a Gerontology student in the PBD program at SFU. I have lived in the West End for over a year and I love it! I am passionate about supporting people to build connections and form communities and believe this is the #1 way to counter the next public health crisis—social isolation. I host a show on Vancouver Coop Radio called "Talking Aging" (1st Saturday of the month at 9 am; there's also a podcast version!) My other hobbies include skating and learning to play guitar, my favourite song to play right now is "Wagon Wheel". If you see me at Barclay Manor or around the neighbourhood, be sure to say hello!! And if you want to organize a gathering (of any size) at your apartment building, please reach out, I would love to learn more about your plans, help you brainstorm, or support you in any way I can!



surfcrest

SEPTEMBER 15 **SANDWICH CLUB**

WESN members Sylvie and Brenda have lunch with neighbours.



Come to Kay's Place

STOREFRONT RESOURCE CENTRE AT DENMAN MALL

SUSAN@WESN.CA | 604-669-7339



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 make an appointment.

Ask for Kay's Place Satellite Clinic.

1st Wednesday of the month | 10 am–12 pm

INFORMATION & REFERRAL

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

- Accessing community resources
- Finding contact information for local services
- Coping with life changes, loss, mental health
- Applying for CPP, OAS or GIS
- Financial stressors
- Accessing legal help
- 70+ brochures on community resources

All older adults are welcome.

Kay's Place offers a safe space and a warm welcome by trained staff and volunteers.

You can also stop by to pick up a copy of our monthly newsletter, make a donation, become a member of the West End Seniors' Network, or renew your membership (see page 23).

HOUSING NAVIGATION

This service provides older adults with information on housing options and supports to assist with finding and maintaining appropriate housing.

- 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.

Community Services

INDIRA RIADI | 604-669-5051 EXT 2 | SERVICESCOORDINATOR@WESN.CA
MIEL NICHOLSON | 604-669-5051 EXT 7 | BETTERATHOME@WESN.CA



On behalf of our former Safeway volunteers and clients, we offer a huge thank you to delivery driver Derek who always went the extra mile so that people had groceries on time, rain or shine. Thank you Derek for your time, patience, effort, and care!

Active Social Prescribing, Groceries
Transportation to/from Medical Appointments
Active with a waitlist Check-in Calls/Emails
Housekeeping, Minor Home Repair
Paused Friendly Visiting, Peer Support

Get in touch to ask us about eligibility, geographic boundaries, registration, and fees.



“This is really wonderful—thank you so much for your support of local seniors like me.”

“I am enjoying going to the market and spending my coupons on really good quality veggie, meat and fish that I wouldn’t be otherwise to afford.”

This summer, WESN partnered with Gordon Neighbourhood House on initiatives to ease food insecurity: the Farmers’ Market Nutrition Program and Grocery Gift Card Program. Of the 700 households applying, nearly half were seniors, who received the equivalent of \$3230 toward groceries. Read more at <http://www.gordonhouse.org/2022/09/01/bc-farmers-market-coupons/>.



McGrane-Pearson
Endowment Fund



FRIDAY SEPTEMBER 9 *volunteer appreciation party*









Autumn Hues

CLOTHES AND COLLECTIBLES

CLOTHES@WESN.CA | 604-682-0327

As you read this, autumn is arriving: misty mornings, crisp days, and cool nights. The trees ablaze in ambers, reds and purples, and leaves falling all around us, crunching under our feet. Fall is the season of layering. Fleece, wool pants, long skirts, and chunky sweaters. An outer layer puffer jacket, cozy vest, a heavy coat in camel or black. Finish with a toque or a jaunty beret. Then gloves or mittens. Feet? Loafers, ankle and knee-high boots in leather or suede. Wrap yourself in a big scarf, and off you go.

Colours this fall: traditional amber and mustard, rich purple and plum, olive green, rust and butterscotch. Animal prints are always in style. Cobalt blue is this year's unexpected bright. We've cleared away summer to make room for fall. We've collected coats, sweaters, boots, scarves and gloves all year and we're excited to share them with you. Come see what's in store for you.



PROTECT YOURSELF: GET A FLU SHOT

Getting a flu shot can protect the vulnerable people in our lives. Even if you are healthy, never get sick or recover quickly, you can carry or spread the virus. It's a win win to protect yourself and those around you from the flu or reduce its severity.

Flu season is long: from October to April.

How can you prevent getting or spreading the flu?

- Get a flu shot
- Hand hygiene: Wash for at least 20 seconds
- Avoid touching your nose, mouth, or eyes
- Wear a mask if you are experiencing cold symptoms (runny nose, congestion, cough)
- Maintain social distancing of 2 metres (6 feet)

Everything you do to protect yourself protects others! The goal is to prevent getting the flu in the first place. The earlier you get vaccinated, the sooner you are protected. Getting a flu shot is critical since the season may coincide with more COVID-19 cases.



A flu shot will lower the chance of a hospital visit when health resources are stretched. If you are older, have a chronic condition affecting the lungs, kidneys, or liver; or are immuno-compromised (including medications that weaken immunity), you are at higher risk of complications and should be more cautious to avoid people who have the flu.

The Pharmacy West End is providing vaccinations for flu and COVID-19 by appointment or drop-in. There will be a Flu Shot Clinic at Kay's Place on Wednesday October 26 at 4:30 pm.

Talking About Mental Health

RESULTS FROM INTERVIEWS WITH COMMUNITY MEMBERS
INDIRA RIADI | SERVICESCOORDINATOR@WESN.CA

For some time in 2021–22, I had the pleasure of speaking to 25 older adults in the West End about mental health. In older populations, late-life mental health concerns can be overshadowed by physical health and seen as less visible. But, mental illness is commonly experienced among older adults; estimates suggest depression is more common than dementia. The interviews explored factors contributing to their

mental health across the lifetime. I asked questions like: “What are the biggest contributors to your mental health?”, “What is your understanding of good mental health?”, and “What advice would you give other seniors about improving their mental health?” In every interview, I found older adults keen to speak about these difficult topics—maybe because they finally had the chance to do so.

SENSE OF STABILITY	THE ABILITY TO DO	HAVING CONTENTMENT WITHIN YOURSELF	POSITIVELY IMPACTING OTHERS	FEELING A SENSE OF BELONGING
Financial stability	Physically able	Accepting oneself	Volunteering in the community	Having chosen families
Relationship stability (ability to rely on others)	Feeling safe in one’s neighborhood	Accepting others	Performing acts of kindness	Having spiritual beliefs
Time stability (having a routine)	Using technology	Living in the present	Caregiving	Being in nature
	Pursuing hobbies or interests	Having a sense of purpose		

I gathered responses from the interviews and organised them into themes and sub-themes (above). Sub-themes in blue were considered important by many because they are more **achievable**, like **volunteering**. Others are mostly based on privilege, luck, and lifelong efforts, such as **financial stability**.

Ignoring mental health can affect your relationship with yourself, with others, and can disrupt your perception of time. What have community members done to support their mental health? Some have become involved in recreational activities to build routine, pursue hobbies, or have something to look forward to. Homebound seniors have used WESN’s friendly calling service to stay connected, or have volunteered from home (e.g., as a grocery shopping caller) to positively impact other peoples’ lives.

Many older people find joy when surrounded by nature—indoors or outdoors. Caring for plants and animals can offer a sense of purpose and closeness with the natural world. Learning technology can connect people to the outside world in new ways. Ted Talks, webinars, and video calling could ease social isolation in this digital world. There is no one-size-fits-all solution for wellbeing. It’s important to take time to understand your individual needs and then join activities or people who brighten your day.

I am grateful to the seniors who have taken the time to speak to me. Every time one person speaks openly about mental health, we are one step closer to obliterating the stigma around this topic. Do you have thoughts and ideas on this topic? You are welcome to contact me: indira_riadi@sfu.ca.

MONDAY

9 am–5 pm
Computer Lab Drop-in

9 am–5 pm
Wellness with Shirley

October 17 9 am
Mens Breakfast at Denny's

10–11 am
French Conversation

10 am–12 pm
Barclay Yarn Artisans

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

October 3 2–3 pm
Move-it Monday Dance Party

3–4 pm
Creative Movement

October 31 3–5 pm
Halloween Trick or Treat



TUESDAY

9 am–5 pm
Computer Lab Drop-in

October 18 9:30 am start
Day Trip to Horseshoe Bay

10:30–11:30 am
Heritage Harmonies

11:15–12:45 pm
ESL Intermediate 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 Advanced with Cynthia

3–4 pm
Tech Help with Nitish

3–5 pm
Tech Help with April

October 18 3:30–4:30 pm
Open Office with Martin

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

October 5 10 am–12 pm
Law Clinic: Kay's Place

10 am–12 pm
Acoustic Blues with Ros

10 am–12 pm
Barclay Yarn Artisans

October 5 10 am–12 pm
Town Hall: OneCity Vancouver

12–1 pm
Tech Help with Ella

October 5, 12 12:30 pm, 2 pm
How are You? Curator's Tours

October 5 1–3 pm
Town Hall: NPA Vancouver

1–3 pm
Scrabble

1–2:45 pm
German Conversation

2:30–4:30 pm
Tech Help with Chrys

3–4:30 pm
Spanish Conversation

October 26 2:30–4 pm
Fluid Pour Painting with Serena

October 26 4 pm
Happy Hour at the Bayside

October 12 5:30 pm
Dinner Club at Chef Ron

October 26 4:30 pm
Flu Shot Clinic

Activities & Events

SIGN UP **FRIDAY SEPTEMBER 30**

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 with Graham

3–4:30 pm
Ukulele



FRIDAY

9 am–5 pm
Computer Lab Drop-in

10 am–12 pm
Cribbage

October 7 10 am–12 pm
Town Hall: Progress Vancouver

12–1 pm
Tech Help with Nitish

12:30–1:45 pm
Tai Chi Group 1

October 14 1–3 pm
Story Jam Playshop with Deborah

October 14 1:30–3:30 pm
Men's Sheds: Small is Beautiful

1:45–3 pm
Tai Chi Group 2

1:30–3:30 pm
Tech Help with Terry

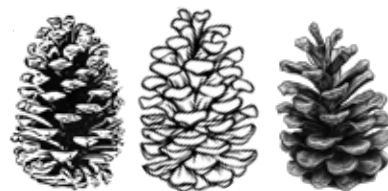
October 21 2–4 pm
Events Committee & Prize Draw

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

October 30 11 am
Brunch at the Sylvia Hotel

11 am–12 pm
Slow Walking Group



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

Tech Help

BOOK FOR THIS MONTH

SIGN UP STARTS FRIDAY SEPTEMBER 30

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
Tuesday 3–4 pm	In-Person	Nitish	Apple/Android computers, cell phones and tablets, email, apps, Zoom, social media, blogs, websites, coding
Wednesday 12–1 pm	In-Person	Ella	Apple/Android computers, cell phones/tablets, email, apps, Zoom, social media, blogs, websites
Wednesday 2:30–4:30 pm	In-Person	Chrys	Windows, Android/Apple computers, cell phones, tablets, email, apps, Zoom, social media, websites, Adobe Suite
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.

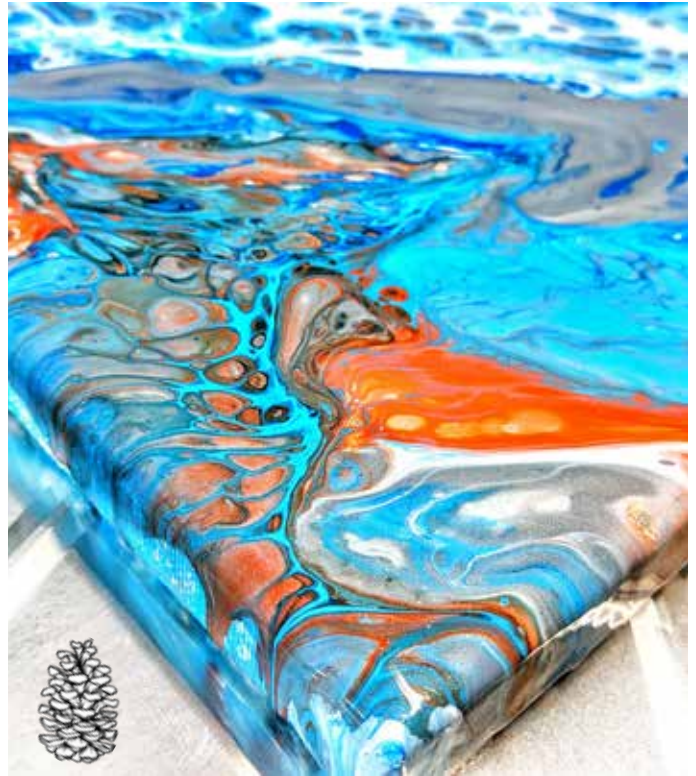


Activities & Events

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.



dance party

MOVE-IT MONDAY WITH MIEL

Are you a current Choose to Mover, past graduate or possible future participant? Come join us at Barclay Manor **Monday October 3, 2-3 pm** for a mid-afternoon dance party. Come show off some of your favourite dance moves or learn a few new ones, enjoy some fruit punch and meet new people! We will be joined by the Active Aging Research Team, the folks who developed the Choose to Move program!

painting workshop

FLUID POUR PAINTING WITH SERENA

Create marbling, swirling and cells in this mesmerizing workshop on **Wednesday October 26, 2:30-4 pm**. Serena will guide you through applying acrylic paint onto your canvas. Boxes supplied for transport, paintings will be wet and must be taken home the same day. Serena is a ceramicist, art teacher and designer of colouring book style murals. She has a panache for creating a fun learning experience.

Special Events

DON'T MISS THIS

SIGN UP STARTS FRIDAY SEPTEMBER 30



The Vancouver City Election is Saturday October 15. Join us in the final weeks for the chance to meet local candidates and fully discuss the issues that matter to you.

Town Hall #3 — OneCity Vancouver

Meet current city councillor Christine Boyle and council candidate Matthew Norris.

Wednesday October 5

10 am–12 pm | Multipurpose Room

Town Hall #4 — NPA Vancouver

Meet Fred Harding, Arezo Zarrabian, Elaine Allan, and Cinnamon Bhayani.

Wednesday October 5

1–3 pm | Multipurpose Room

Town Hall #5 — Progress Vancouver

Meet mayoral candidate Mark Marrison and city council candidate Morgane Oger.

Friday October 7

10 am–12 pm | Multipurpose Room

NEW Slow Walking with Heather

An adaptive group for all abilities. Bring walkers, canes, or any walking aids. Chat and make friends as we stroll through the West End at a leisurely pace.

Sunday October 2

11 am | Barclay Manor Veranda

How Are You? Interactive Photo Exhibit

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

Wednesday October 5 | 12:30–2 pm

Wednesday October 12 | 2–3:30 pm

For the Record: A Story Jam Playshop

With Deborah Vieyra, a West End-residing writer and performer from South Africa.

Ever looked at something that's happened in your life and thought: "you couldn't make this up?" Then this playshop is for you. Use stories from your lived experience to create spellbinding theatre. Everyone welcome. No theatre experience required.

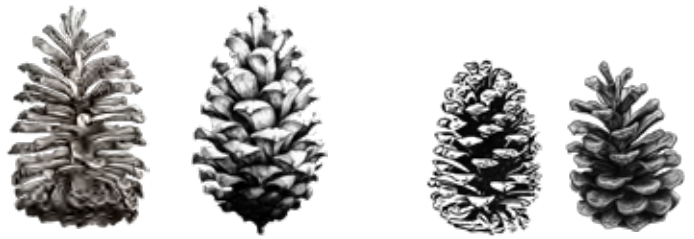
Friday October 14

1–3 pm | Main Floor Kitchen

October Only

INFO@WESN.CA | 604-669-5051

SIGN UP STARTS FRIDAY SEPTEMBER 30



Starting a Men's Shed: Small is Beautiful With BC Men's Sheds President Mike Jennings

Men's Sheds are modern, shared versions of the home workshop. A Men's Shed is not a program but an entity. You don't have to be a skilled woodworker, or even have an interest in woodworking, but in the best ones, seniors usually form the backbone.

Friday October 14
1:30 pm | Piano Room

Open Office with Martin

Martin is back from his travels! Want to hear about Italy? Have a question or concern closer to home?

Tuesday October 18
3:30–4:30 pm | Piano Room

Rebirth of the Birthday Tea!

Join the WESN volunteer events and social committee to plan small seasonal gatherings. To kick it off, help us pick the winner of the October Pine Cone Counting Contest.

Friday October 21
2–4 pm | Piano Room



Transit Day Trip to Horseshoe Bay with Anita

Join expert daytripper Anita to explore two gorgeous waterfront settings, an iconic ferry ride, and dinner at Troll's in Horseshoe Bay. And if you're 65 or older, your ferry ride is free!

Tuesday October 18 | 9:30 am start

Do you have a favourite destination that is easily accessed by transit? If you are familiar with routes and break spots, and could shepherd a small group of your peers for a day, please get in touch!

Flu Shot Clinic with the Pharmacy West End

This flu season, protect yourself and loved ones.

Wednesday October 26
4:30 pm | Kay's Place

Halloween Trick or Treat!

Hang out on the veranda and help give out candy!

Monday October 31
3–5 pm | Barclay Manor Veranda

Eating & Playing

INFO@WESN.CA | 604-669-5051

SIGN UP STARTS FRIDAY SEPTEMBER 30

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 October 12 | 5:30 pm

Chef Ron, 1037 Denman

Men's Group Breakfast with John

Monday October 17 | 9 am

Denny's, 1098 Davie

Sunday Brunch

Sunday October 30 | 11 am

The Sylvia Hotel, 1154 Gilford

Happy Hour Hoppers with Jackie

Wednesday October 26 | 4 pm

Bayside Lounge, 1755 Davie

GAMES

Bridge

Call 604-257-8333 to register.

Monday 1-4 pm | Multipurpose Room

Cribbage

Friday 10 am-12 pm | Main Floor Kitchen

Mahjong with Rich

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

Acoustic Blues Jam with Ros

Bring your instruments and ideas — blues, jazz and classic melodies — and make music together.

Wednesday 10 am-12 pm | Piano Room

Heritage Harmonies with Frank, Mavis, George

Sing popular songs accompanied on piano. Do you know a nearby seniors' home that would like a show?

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

ESL Beginners, Intermediate, Advanced

Beginners with Chris

Monday 11:15-12:45 pm | Piano Room

Intermediate with Iraj

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

Advanced with Cynthia (Full)

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

Spanish Beginners/Conversation with Alicia

If you're new or nearly new to Spanish.

Monday 11:30-12:30 pm | Multipurpose Room

If you have some fluency in Spanish.

Wednesday 3-4:30 pm | Piano Room

French Conversation

Monday 10-11 am | Piano Room

German Conversation with Brigitte

Wednesday 1-2:45 pm | Fireside Room



Arts & Culture

INFO@WESN.CA | 604-669-5051

SIGN UP STARTS FRIDAY SEPTEMBER 30

ARTS & CRAFTS

Barclay Yarn Artisans

Work on your knitting/crocheting in a social setting.

Monday and Wednesday 10 am–12 pm
Main Floor Kitchen



Graham A. Brown

Vancouver In The Making #2



Jacquie Landry

Okanagan's Lake Kalamalka

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.

Thursday 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.

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.

TED Talks and Discussion with John

Thursday 10–11:30 am | Piano Room

October 6

1. Özlem Sara Cekic: Why I have coffee with people who send me hate mail
2. Jonny Sun: You are not alone in your loneliness
3. Shonda Rhimes: My year of saying yes to everything

October 13

1. Ethan Hawke: Give yourself permission to be creative
2. Charlie Jane Anders: Go ahead, dream about the future
3. Graham Allison: Is war between China and the US inevitable?



October 20

1. Mike O'Sullivan: The end of globalization (and the beginning of something new)
2. Nicola Sturgeon: What Brexit means for Scotland
3. Carole Cadwalladr: Facebook's role in Brexit and the threat to democracy

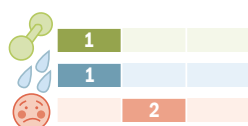
October 27

1. Yuval Noah Harari: Why fascism is so tempting and how your data could power it
2. César Hidalgo: A bold idea to replace politicians
3. Tristan Harris: How a handful of tech companies control billions of minds every day

Move it Mondays

CHOOSETOMOVE@WESN.CA | 604-669-5051 EXT 7
MONDAYS 1-2 PM WITH MIEL | PIANO ROOM

- 1 RAISE THE ROOF** (20 reps)
 While marching in place, push toward the ceiling with your palms up and thumbs almost touching your shoulders. Make it harder by holding books or water bottles.

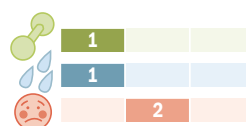


Pro: One person found it “comforting” to dust off a 1990s dance move.

Con: Brief moment of panic while you try to remember if you shaved your armpits.



- 2 TRICEPS KICK** (20 reps)
 While marching in place, bend at the hips, about 45 degrees. Bend your elbows, then extend them behind you as if you are lifting weights.



Pro: Loosens your upper body.

Con: Awkward-looking. Several people accidentally whacked things behind them.

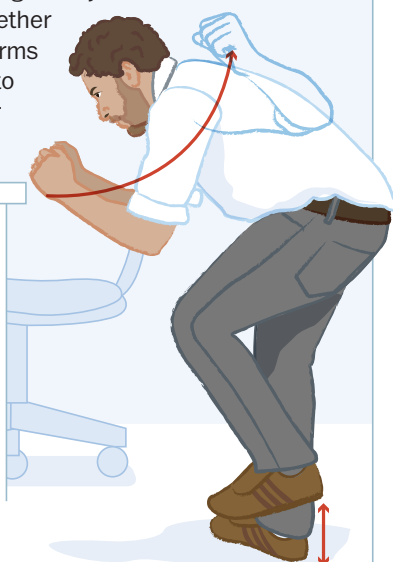


- 3 THE HULK** (20 reps)
 Keep marching and leaning. With your elbows bent and fists together in front, move your arms back like wings. Try to touch your shoulder blades together.

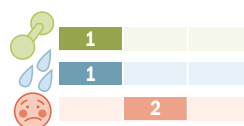


Pro: Some people make funny sound effects.

Con: Draws attention to the chest area.



- 4 HAMSTRING CURL** (20 reps)
 Bend arms at the elbow. Bring one foot up toward your rear end while straightening your arms so that your hands are down when your foot is up.



Pro: Not terribly noticeable.

Con: Requires caution to avoid kicking things behind you.



**Choose
to Move**

**active
aging
society**



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INFO@WESN.CA | 604-669-5051

SIGN UP STARTS FRIDAY SEPTEMBER 30



NEW Slow Walking with Heather

Sunday 11 am | Barclay Manor porch

An adaptive group for all abilities. Bring walkers, canes, or any walking aids. Chat and make friends as we stroll through the West End at a leisurely pace.

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

Mid-Day Movement with Meaghan (ZOOM)

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

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.

Tai Chi Practice with Wilson (Ends October 21!)

A gentle series flowing from one posture to the next.

Friday 12:30–1:45 pm, 1:45–3 pm | Back Garden

Creative Movement with Claire (ZOOM)

Gentle, energizing movements. All levels welcome.

Monday 3–4 pm | <http://ow.ly/IJwt50JgbbJ>

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.

**CONTRIBUTIONS ARE 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**



2022-23 MEMBERSHIP FORM



DATE DAY / MONTH / YEAR

FIRST NAME

LAST NAME

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

EMAIL ADDRESS

PHONE NUMBER HOME AND/OR MOBILE

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

EMERGENCY CONTACT FULL NAME

PHONE NUMBER

PAYMENT INFO E-TRANSFER: INFO@WESN.CA

CONSENT & ACTIVITY WAIVER

BASIC MEMBERSHIP

\$10

YES, I WILL SUPPORT WESN
ANONYMOUS DONATION ☐

\$

NEWSLETTER POSTAGE

\$25

CASH CHEQUE E-TRANSFER

TOTAL

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

OFFICE USE ONLY

Card Issued _____ Cheque # _____

Location _____ Staff/Volunteer _____

Rev Control _____

Data Entered by _____

DELIVER COMPLETED FORM AND FEE TO
BARCLAY MANOR 1447 BARCLAY, V6G 1J6
KAY'S PLACE 118-1030 DENMAN, V6G 2M6



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