



SPENCER CHANDRA HERBERT

MLA WESTEND & COAL HARBOUR







WE REMEMBER

in this issue

NOVEMBER 2022

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

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 xwməθkwəyəm (Musqueam), Skwxwú7mesh (Squamish) and Səlĭıwəta?/Selilwitulh (Tsleil-Waututh) Nations.

"You probably already know this but I just want to say what a welcoming treasure Liz is at reception!"

Best regards,
Ben Hechter

HOW MANY POPPIES?

Count every poppy in the newsletter and enter to win a prize. There are **oodles** this month! Eeek. Start with the cover and count the ones in ads, too! Just do your best. Put your name, phone, and count in the box at the front door. Winners chosen at the Events & Social Committee Meeting, Friday November 18.



MASKS WELCOME

If you have symptoms that could be infectious, take good care, rest up, and socialize outdoors or in well-ventilated areas. As always, wash your hands, mind others' personal space, and practice patience.



Plan Your Visit

BARCLAY MANOR, KAY'S PLACE CLOTHES AND COLLECTIBLES

Board of Directors

President Jane Goodridge | board@wesn.ca Vice Presidents Karsten Kaemling & Marta Filipski Treasurer Omid Toub Secretary Bonnie Quam Directors David Harvey, Dawid Cielosczczyk, Sara Johnson

Staff

Executive Director

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

Manager of Volunteer Resources

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

Manager of Programs, Activities, and Events

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

Manager of Community Services

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

Administrative Coordinator

Kit Buckham 604-669-5051 ext 5 | admin@wesn.ca

Community Services Coordinator & Activity Coach

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

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



Barclay Manor

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

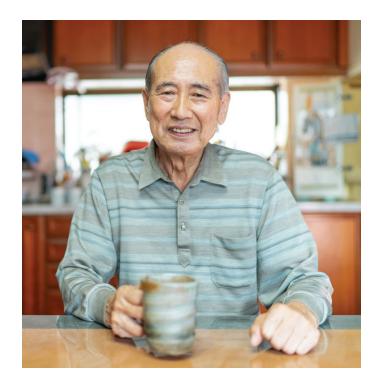
604-669-7339 | Denman Place Mall 118-1030 Denman St, Vancouver BC V6G 2M6 Monday to Friday 10 am-4 pm

Manager Susan Paré | susan@wesn.ca Peer Support Counsellors Bill Coleman & Jeff Darcy | counsellor@wesn.ca

Come to Kay's Place

STOREFRONT RESOURCE CENTRE AT DENMAN MALL

SUSAN@WESN.CA | 604-669-7339



INFORMATION & REFERRAL

- Accessing federal, municipal, provincial, and community resources
- Finding contact information for local programs
- Change, loss, mental health, financial stress
- Applying for CPP, OAS or GIS

HOUSING NAVIGATION

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

A safe space and a warm welcome.

You can pick up our monthly newsletter, make a donation, become a member of the West End Seniors' Network, or renew your membership (p 23).

SENIORS FIRST LAW CLINIC

- 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

1st Wednesday of the month | 10 am-12 pm Call 604-336-5653 to make an appointment

MEMBERSHIP BENEFITS

- · Activities, events, day trips, presentations
- · Monthly newsletters, e-newsletters, and updates
- Services that help older adults live well
 - Transport to/from medical appointments
 - Grocery shopping/delivery (fees may apply)
 - Check-in phone calls and emails
- · Contests, prizes, games, music, walking group
- Volunteer opportunities



Wills, Power of Attorney & Representation Agreements

Real Estate Transfers & Mortgages

In-Home Visits Available

604-685-7786 | david@davidnotary.com

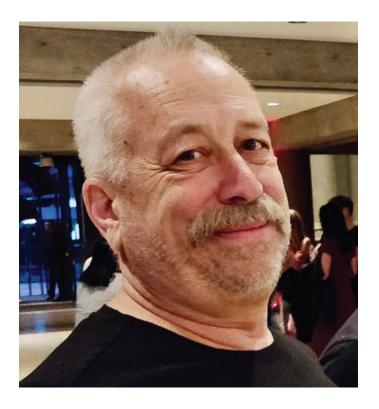
1412 - 675 West Hastings Street, Vancouver, BC V6B 1N2



BILL COLEMAN PHD & JEFF DARCY RCSW COUNSELLOR@WESN.CA

Jeff: I take an integral approach to healing that recognizes the interdependence of body, mind, and spirit. The most critical part of this process is the therapy relationship. I integrate mindfulness and other practical, evidence-based approaches like cognitive-behavioural therapy (CBT) with insight-oriented psychodynamic and narrative models of counselling. My background is diverse. Prior to being a counsellor, I worked as an engineer, a teacher, and a facilitator. Learning to listen to my inner wisdom has helped guide my career choices.

I believe meaningful work is an integral part of happiness. When your heart speaks, take good notes. I encourage clients to create balance in their lives. I moved to Vancouver for the social and cultural opportunities balanced with the epic nature in our backyard. I gratefully hike, ski, and swim in these outdoors. I also enjoy yoga, volunteering, independent cinema, and healthy cuisine.





Bill: At age 72, I did not expect to be working again, but I am excited about providing support and training for peer counselling. The help and change I believes comes from the relationship between two people. Support requires empathy, understanding and acceptance. I have worked in the mental health field for over 40 years: with criminals, sexual health issues, community mental health, gay guys, teaching counselling, and peer training.

I have lived in Vancouver since 1986 with 6 years in Amsterdam, where I worked for Doctors Without Borders doing peer training in Ethiopia, Zambia, Sri Lanka, and Sudan. At 72, I am still very active. My partner and I have a cabin we go to every other weekend year round, where I am the one who falls the trees, cuts, stacks, and splits the firewood. We have water from the creek and solar power, but no internet or phone. It is fun!

We're in The Vancouver Sun

UBC RESEARCHER EXAMINES COVID-19 THROUGH WEST END SENIORS' EYESNATHAN GRIFFITHS/POSTMEDIA | OCTOBER 1 | REPRINTED WITH PERMISSION

A photography exhibit at Vancouver's Barclay Manor highlights experiences of West End seniors during the peak of pandemic-era lockdowns. The exhibition, which opened Wednesday and continues through Oct. 12 at the West End Seniors Network, is connected to a research project that looked into impacts of COVID-19 on the lives of Vancouver seniors living outside the long-term care system.

"I asked if they'd be willing to take photographs of moments where they felt either connected or isolated in their neighbourhoods," Callista Ottoni, a PhD student at the University of B.C., said of her research. The photos she received tended to focus on four main themes: access to green space, comfort at home, neighbours and technology. One captures an early morning walk in the park after emerging from lockdown. Another captures the everubiquitous video chat. Ottoni then used the photos to engage the seniors in a discussion.

"I'm the oldest person in the building, I think," Hilary, an 84-year-old study participant living alone in a West End apartment, said during a research interview. Family names of study participants were redacted for privacy reasons. "My next-door neighbour is a young man, he's about 35," Hilary said. "He loves to bake, so, I'll open my door and there'll be a little box of cookies or brownies. He said, 'What can I get for you?' So, I gave him a list. And he's gotten me Lysol disinfectant and masks and — he's just a darling."

"Our research supports that many older adults looked directly to their neighbours for emergency goods, and social support," Ottoni wrote in an article published in the journal Health & Place. Nobody really likes to talk about loneliness or social isolation, Ottoni said. "Having the photographs in a public setting allows a jumping-off point to potentially have more personal conversations. It's almost like an icebreaker. We form connections and meanings

with different places that we might not be able to articulate in words, but if we have feelings about them and if we're able to show, not tell, it becomes a more intimate experience and a more personal experience and a more shared human experience."

After asking participants to take photos, Ottoni, who has a background in documentary film production, met with them via phone or online chat. Her project is based on a method of qualitative research called 'photovoice' that provides research participants the chance to guide research questions through the use of photography. "It really allows the participants to direct you to what's most important, so they become the leaders," she said of the technique.

"We knew little about what was going on in the day-to-day lives of older adults outside long-term care. An important distinction is that my research focuses on people living in the community." In her article, Ottoni calls on community leaders to ensure that, as pandemic restrictions lift, they "recognize the diverse needs of older adults" by "bolstering neighbourhood-based efforts to mobilize low-barrier access to in-person, telephone or internet-based social engagement opportunities for older adults who are historically, persistently or currently marginalized."

Ottoni acknowledged most study participants were Caucasian, cis-gendered women, meaning the research couldn't easily be translated to other Vancouver communities. "You would have to do research specifically within different neighbourhoods, focusing on different ethnic backgrounds to have a more fulsome picture of what was going on," she said. "The study really was the experience of older people living in downtown towers." Wednesday's gallery opening was the first time Ottoni met many of her research participants in person, despite having worked with them for over two years during her research. "It was quite moving," she said.

























Spotlight

VOLUNTEER ANITA ONG

DAY TRIP GUIDE AND TECH COACH

Anita Ong started volunteering in 2022 on reception and helping with administrative work. In August, she led WESN's first ever transit day trip, tour guiding a beautiful summer day to Deep Cove. In October, Anita and 3 ladies crossed the water on an all-day ferry tour from Horseshoe Bay to Nanaimo.

Anita says: "When we arrived at Nanaimo Departure Bay, I went up to the bus driver to ask for directions and tickets. He asked me: 'How many of you?' I said '4 of us'. He said "here are four day passes, free for you." It saved us \$5 each!"

"It was a beautiful, relaxing day. We had fantastic weather, great company, walking Horseshoe Bay Village, sailing across to Nanaimo, and finishing



with a sumptuous dinner at Troll's fish and chips. On our trip, we were joined by strangers who asked for help to tour Old City Quarter, and we were asked by nice people who wanted to join our group. We could not have asked for a better day! Truely memorable." Ps. If you're 65+, the ferry is free!

Friendly Visits

COMMUNITY SERVICES

ASK US ABOUT GEOGRAPHIC BOUNDARIES, FEES, ELIGIBILITY AND REGISTRATION

Friendly Visiting is back!

Volunteers are paired with participants for regular friendly conversations and light physical activity. This service is **not** health monitoring or personal care. We are looking for online grocery shopping and calling volunteers, transportation drivers, and friendly check-in callers. If you would like to volunteer, contact Miel at **604-669-5051** ex **7** or **betterathome@wesn.ca** or Indi **604-669-5051** ex **2** or **servicescoordinator@wesn.ca**.

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











Talking About Mental Health

TAKING TIME TO UNDERSTAND YOUR FEELINGS INDIRA RIADI | SERVICESCOORDINATOR@WESN.CA

A few months back, I did a research collaboration with Emily Carr University of Art and Design to see how older adults define mental health and what it means to have good mental health. Many have said that a lot of events in their lives that have passed or are out of their control have negatively impacted their mood and mental wellbeing.

Our team then developed a small activity guide to help older adults ground themselves and live in the present moment. I want to share with all of you a short version of the activities that these older adults did. Hopefully, by the end of this, you will get to know yourself a bit better and learn new ways to live in the present moment.

Let's begin!

Start by thinking about this week. Are there any thoughts you are holding on to? Anything you'd like to be free of? Focus about that and we will try, with this activity, to let go of any past or even future events having a negative affect on your mood.

Let's visit one of your favourite spots to sit.

This can be outdoors (a park, community garden, even a shopping centre) or inside at home. If you are unable to go to your favourite spot, make yourself comfortable and imagine you are there.

Where is the spot you chose?

Why did you choose this spot?

The last thing you can do is draw how you feel as weather. Do you feel sunny, cloudy, windy? A little overcast? Include as much detail as possible. Share this with your friends, family, or neighbours and tell them what the picture means. This will make it easier to describe what you notice in visual form.

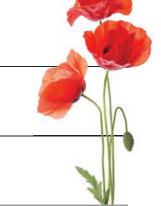
Next, let's take some time to be present in your surroundings. Close your eyes and take 5 deep breaths. Notice the air moving in and out your lungs. Starting at the top of your head and working your way down to your feet, notice how your body feels. Pay attention to the sounds and smells nearby. Do you see anything interesting? Take 3 more intentional breaths and consider the following:

What did you see?

What did you smell?

What did you hear?

How does this make you feel?



If you would like, take a picture and send it to me, Indi, at **servicescoordinator@wesn.ca**. Feel free to include a description of your drawing. Tell me what the process was like, and whether the activity has helped you ground yourself in the present. Thank you so much for doing this activity!

MONDAY

9 am - 5 pm Computer Lab Drop-in

November 21 9 am **Mens Breakfast at Denny's**

10-11 am French Conversation

10 am-12 pm **Barclay Yarn Artisans**

November 7 10 am-12 pm **Nutrition with Nicole**

11 am - 1 pm **NEW** Tech Help with Rob

11:15-12:45 pm **ESL Beginner with Chris**

11:30 am-12:30 pm FULL Spanish Beginner with Alicia

1-4 pm **Bridge**

1-2 pm **Choose to Move**

1:30-4:30 pm Mahjong

Offsite: Walking Group

Offsite: Food/Drink

Onsite: Guest Event

Offsite: Community Event

Onsite: Partner Event

TUESDAY

9 am - 5 pm **Computer Lab Drop-in**

10:30-11:30 am **Heritage Harmonies**

11:15-12:45 pm **ESL** Intermediate with Iraj

11:30 am-12:30 pm **Walking Group**

1-3 pm **Poker and Tea Time**

1:30-3:30 pm FULL **ESL** Advanced with Cynthia



3-4 pm **Tech Help with Nitish**

3-5 pm **Tech Help with April**

November 15 3:30-4:30 pm **Open Office with Martin**

7-9 pm **Bingo for Life**

WEDNESDAY

9 am-5 pm Computer Lab Drop-in

November 2 10 am-12 pm **Law Clinic: Kay's Place**

10 am-12 pm **Acoustic Blues with Ros**

10 am-12 pm **Barclay Yarn Artisans**

November 16 12–2:45 pm OktoberFest Celebration

12-1 pm Tech Help with Ella

November 9 1:30–3 pm **Library Services 101**

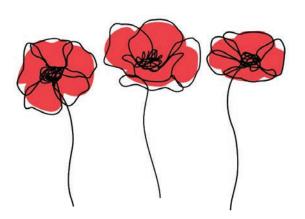
1-3 pm Scrabble

1-2:45 pm **German Conversation**

3-4:30 pm **Spanish Conversation**

November 30 4 pm **Happy Hour at the Bayside**

November 9 5:30 pm Dinner Club at La Tavola



Activities & Events SIGN UP MONDAY OCTOBER 31

THURSDAY

9 am-5 pm **Computer Lab Drop-in**

10 am-4 pm **Wellness with Shirley**

10-12 pm **Tech Help with Chrys**

10-11:30 am **TED Talks and Discussion**

10-10:30 am **Nordic Walking Beginners**

10:30-11:30 am **Nordic Walking**

December 8 11 am - 3 pm **WESN Holiday Luncheon**

11:30 am-12:30 pm **Walking Group**

November 10 12–1 pm **Facebook Marketplace**

12-2 pm Karaoke with Lan

12:30-4:30 pm **Painting Studio with Graham**

1-4 pm **Drop in Tech Help with Anita**

3-4:30 pm Ukulele

FRIDAY

9 am - 5 pm Computer Lab Drop-in

10 am-4 pm **Wellness with Shirley**

November 11 CLOSED **Remembrance Day**

10 am-12 pm Cribbage

10-12 pm NEW **Tech Help with Stuart**

12-1 pm **Tech Help with Nitish**

November 4, 18 1–3 pm **Story Jam Playshop**

November 4, 18 1–4 pm Fix it Fridays with Don & Stanley

1:30-3:30 pm **Tech Help with Terry**

November 18 2-4 pm Events Committee & Prize Draw

December 2 2-4 pm Deck the Halls of Barclay Manor

3:45-4:45 pm **Tech Help with Owen**

4-5 pm Tech Help with Vincent by phone

SATURDAY

9-10 am **Walking Group**

November 26 10 am-4 pm **WECC Craft Fair**



SUNDAY

November 27 10 am-4 pm **WECC Craft Fair**

November 27 11 am **Brunch at the Sylvia Hotel**

11 am-12 pm **Slow Walking Group**

Offsite: Walking Group Offsite: Food/Drink

Onsite: Guest Event

Offsite: Community Event

Onsite: Partner Event

New Tech Options!

BOOK A SESSION OR DROP-IN SOME THURSDAYS SIGN UP STARTS MONDAY OCTOBER 31

New tech coaches! Help us welcome **Rob** (Mondays), **Stuart** (Fridays), and **Anita** (Drop-In Tech Thursdays) on November 3 & 17. Thursday: first come, first served, no booking needed!



Library Services 101 with VPL's Mark McKichan

Wednesday November 9 | 1:30–3 pm Librarian Mark talks about e-books, e-audiobooks, services for people with disabilities, upcoming workshops; all free at the Public Library.

Buy & Sell on Facebook Marketplace with Evelyn

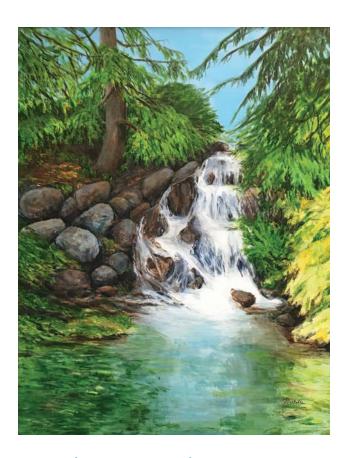
Thursday November 10 | 12-1 pm

Evelyn shares her top tips for safe transactions while finding treasures. Must have an existing Facebook account and be comfortable messaging on Facebook.

Monday NEW! 11 am-1 pm	Rob	Android computers, cell phones, tablets, email, apps, willing to try it all!	
Tuesday 3-4 pm	Nitish	Apple/Android computers, cell phones, tablets, email, apps, Zoom, social media, blogs, websites, coding	
Wednesday 12–1 pm	Ella	Apple/Android computers, cell phones, tablets, email, apps, Zoom, social media, blogs, websites	
Thursdays 10 am-12 pm	Chrys	Windows, Android/Apple computers, cell phones, tablets, email, apps, Zoom, social media, websites, Adobe Suite	
Thursday Nov 3, 17 1–4 pm drop-in	Anita	Cell phones, laptops, mobile apps and internet access. NEW! Drop-in, no registration required, first come first served.	
Friday NEW! 10–12 pm	Stuart	Windows computers, android phones/apps, email, video conferencing, app calling. Limited experience with Apple products.	
Friday 12-1 pm	Nitish	Apple/Android computers, cell phones, tablets, email, apps, Zoom, social media, blogs, websites, coding	
Friday 1:30-3:30 pm	Terry	Android computers, cell phones tablets, email, apps, Zoom, social media	
Friday 3:45-4:45 pm	Owen	Apple/Android computers, cell phones, tablets, email, apps, Zoom	
Friday 4-5 pm by phone	Vincent	Android computers, cell phones and tablets (no Apple devices), email, apps. Please answer a call from an unknown number at booking time.	

Seasonal Seasoning

INFO@WESN.CA | 604-669-5051 WESN MEMBERS DO IMPRESSIVE THINGS



creative quest ARTISTS' COLLECTIVE ON TOUR

The Barclay Manor Artists' Collective (see their extensive gallery at wesn.ca/creativequest) is showing work in two locations this November.

Organized by Patricia Haley-Tsui, their work will be displayed **through November** at the **Art@Bentall Gallery**, #305–Underground Mall, 1055 Dunsmuir, Tower 4. Info: **creativequest2022@gmail.com**

And don't miss the West End Community Centre Craft Fair, **Saturday & Sunday November 26 & 27, 10 am-4 pm.** This annual holiday sale and exhibit includes work for sale by Barclay Manor's Artists' Collective and the Barclay Yarn Artisans.



ohtoberfest in november

YODELLING FOR BEGINNERS

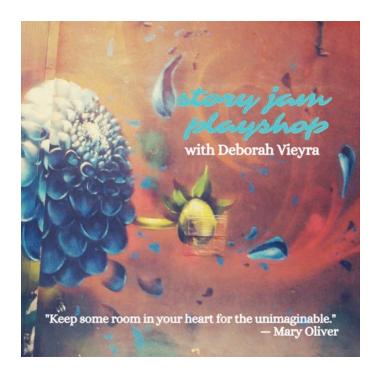
October may be behind us, but you have another chance to put on your dirndls and lederhosen.

Hosted by the German Conversation group with WESN's new events and social committee, our Oktoberfest will be on **Wednesday November 16**, **12–2:45 pm.** There will be live music from a Bavarian oompah band, Bavarian-style food like schnitzel, bratwurst, and sauerkraut, and maybe even soft, warm pretzels with mustard.

Never yodelled in a group or pronounced words in German, much less to music? Now's your chance; this celebration is for everyone. Prost!

More for your Brain

INFO@WESN.CA | 604-669-5051 OPEN TO ALL WESN MEMBERS





Story Jam Playshop with Deborah

Ever looked at something in your life and thought: "you couldn't make this up?" Use your life stories to create spellbinding theatre. Everyone is welcome!

Friday November 4 and 18 1–3 pm | Piano Room

Library Services 101 with VPL's Mark

Hear about e-books, e-audiobooks, services for people with disabilities, workshops; free at the Public Library.

Wednesday November 9 1:30-3 pm | Computer Lab

Buy&Sell on Facebook Marketplace with Evelyn

Top tips for safe transactions while finding treasures. Must have an existing Facebook account and be comfortable messaging on Facebook.

Thursday November 10 12–1 pm | Computer Lab

Fix it Fridays with Don, Marty, and Stanley Rejoin the brotherhood of the fanny-pack!

Boost your fix-it skills with retired contractor Don, building superintendent Marty, and electronics whiz Stanley.

What's on our list? Building a better bike rack, removing errant blinds, moving a credenza, and putting up a bulletin board. Ideas for the buckling carpet in the kitchen are welcome. Talk to Don.

Gather in the main floor kitchen for no-pressure, no-deadlines tinkering and problem solving. If you're interested in helping out with the Small Repairs Team for Community Services, talk to Don.

Friday November 4 and 18 1–4 pm | Main Floor Kitchen

Don't Miss November

INFO@WESN.CA | 604-669-5051 SIGN UP STARTS MONDAY OCTOBER 31



Nutrition with Nicole

Special Presentation with Registered Health & Nutrition Coach Nicole Hoffmeister

So how do we shop healthy on a budget? Bring your notepad and craving questions for a lively presentation. Meal planning, grocery shopping, and budget tips, with time for questions and discussion.

Monday November 7 10 am-12 pm | Computer Lab

Let's Plan Holidays and Occasions

Next year we plan to celebrate even more cultural occasions! WESN's new events & social committee meets on the third Friday of every month to prepare for holidays, birthday celebrations, and events. Your first task? Help us give away this month's prize: pick the winning entry in the poppies counting contest.

Friday November 18 2-4 pm | Fireside Room

West End Community Centre Craft Fair

Don't miss this annual sale and showing of local artists, including pieces made by Barclay Manor's Yarn Artisans and Artists' Collective.

Saturday and Sunday November 26 and 27 870 Denman | 10-4 pm

Open Office with Martin

Have a question or concern? Martin is here to listen. Book your spot for tea and treats in the Piano Room.

Tuesday November 15 3:30-4:30 pm | Piano Room

Deck the Halls December Sneak Peak

Join us for decorating, music, and hot chocolate, hosted by WESN's new events & social committee.

Friday December 2 2-4 pm | Fireside Room

Eating & Playing

INFO@WESN.CA | 604-669-5051 SIGN UP STARTS MONDAY OCTOBER 31

EAT DRINK SOCIALIZE

Sign up at least 3 days before, do not call the restaurant, meet there, pay own way.

Dinner Club with Mauro

Wednesday November 9 | 5:30 pm La Tavola. 1829 Robson

Men's Group Breakfast with John

Monday November 21 | 9 am Denny's, 1098 Davie

Sunday Brunch with Liz

Sunday November 27 | 11 am The Sylvia Hotel, 1154 Gilford

Happy Hour Hoppers with Jackie

Wednesday November 30 | 4 pm (Pauses through December and January) Bayside Lounge, 1755 Davie

GAMES

Bridge

Call 604-257-8333 to register.

Monday 1–4 pm | Piano Room

Cribbage

Friday 10 am-12 pm | Main Floor Kitchen

Mahjong with Rich

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 | Piano Room**

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 Conversation with Alicia

Beginners-FULL

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

Intermediate

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 MONDAY OCTOBER 31

ARTS & CRAFTS

Barclay Yarn Artisans

Work on your knitting/crocheting in a social setting. Here is Indi's kitty Pablo, enjoying his Yarn Artisans crocheted catnip seahorse. Your kitty needs one!

Monday and Wednesday 10 am-12 pm Main Floor Kitchen



Holiday Sale — West End Craft Fair

Don't miss this annual sale and showing of local artists, including pieces made by Barclay Manor's Yarn Artisans and Artists' Collective.

Saturday and Sunday November 26 and 27 870 Denman | 10-4 pm

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

Creative Quest e-Newsletter

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

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 intern@wesn.ca to find your language exchange match.

TED Talks and Discussion with John

Thursday 10-11:30 am | Piano Room

November 3

- 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

November 10

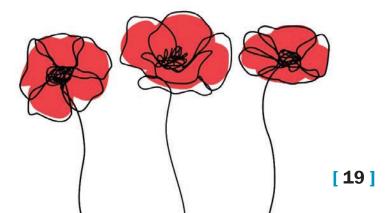
- Tristan Harris: How Better Tech Could Protect Us from distraction
- 2. Jason Fried: Why work doesn't happen at work
- 3. Sherry Turkle: Connected, but alone?

November 17

- 1. Amber Case: We are all cyborgs now
- 2. Sam Harris: Science can answer moral questions
- 3. Sam Harris: Can we build Al without losing control over it?

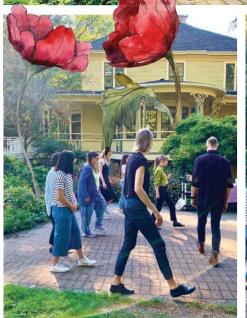
November 24

- 1. Julia Sweeney: Letting go of God
- 2. Casey Gerald: Embrace your raw, strange magic
- 3. Richard Dawkins: Militant atheism











MONDAY OCTOBER 3 move it monday dance party



Movement & Wellness

INFO@WESN.CA | 604-669-5051 SIGN UP STARTS MONDAY OCTOBER 31



Slow Adaptive Walking with Heather

Sunday 11 am | Meet outside Barclay Manor

Have you ever thought: I'd love to join a walking group, but they're so fast! We hear you. Here is a group that adapts to who shows up. Walkers, canes, walking aids, let's go slow! Chat and meet people 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 neighbourhood walk with extra support! Good for posture, strength, and rehab. Borrow/bring poles. Thursday 10:30–11:30 am | Barclay Manor porch

Move it Mondays with Miel

Monday 1–2 pm | Multipurpose Room choosetomove@wesn.ca | 604-669-5051 ext 7

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.

Wellness and Body Care at Weeks House

Professional therapeutic care sessions, conveniently located across the path from Barclay Manor.

Thursdays and Fridays | Massage, reflexology, or reiki, call Shirley at 604-376-0106. For hand and foot care, call Seema at 778-885-4636.





Help for Sudden Costs



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? FRIEN	ND/FAMILY, WE	BSITE/SOCIAL MEDIA, NEWSLETTER, CALL/WALK IN	
EMERGENCY CONTACT FULL NAME		PHONE NUMBER HOME AND/OR MOBILE	
PAYMENT INFO E-TRANSFER: IN	FO@WESN.CA	CONSENT & ACTIVITY WAIVER	
BASIC MEMBERSHIP	\$10	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	
YES, I WILL SUPPORT WESN ANONYMOUS DONATION □	\$	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	
NEWSLETTER POSTAGE	\$25		
CASH CHEQUE E-TRANSFER	TOTAL	OFFICE USE ONLY	
DELIVER COMPLETED FORM AND FEE TO BARCLAY MANOR 1447 BARCLAY, V6G 1J6 KAY'S PLACE 118-1030 DENMAN, V6G 2M6		Card Issued Cheque # Location Staff/Volunteer Rev Control Data Entered by	

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