

Year of the **Rabbit**
Our **Holiday** Photos
Spring **Planning** Social
Barclay **Acting** Class

movies
"Portraits from the **Frontier**"
"Reindeer Family & Me"

west end seniors' network

JANUARY 2023



Free Legal Clinics for Low-Income Seniors (55+)



Eligibility

- Gross income: \$40K + \$10K per additional household member

Exceptions may be made on a case-by-case basis.

Due to time constraints, we cannot prepare court documents, and do not advise on family and criminal law issues.

About Our Clinics

Seniors First BC lawyers provide free 30-minute legal clinics to eligible seniors at **Kay's Place in Vancouver at #118 - 1030 Denman St between 10am to 12pm on the 1st Wednesday of each month.**

We can help with legal issues such as:

- Understanding legal proceedings and what to expect in courts or tribunals.
- Assisting with adult guardianship.

To confirm eligibility and to book an appointment, call **604-336-5653**.

Get in Touch with Us!



Scan QR code or visit linktr.ee/seniorsfirstbc to learn about our other clinic locations and programs.



604-336-5653



Info@seniorsfirstbc.ca



1281 W Georgia St #502, Vancouver



SeniorsFirstBC.ca

Happy New Year!

JANUARY 2023

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Equity, Diversity, Inclusion We celebrate and commit to a diverse, inclusive, accessible, and equitable environment in which 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, housing status, ability, heritage, national origin, sexual orientation or identity, disability, education, or other bias. We are committed to being non-discriminatory, adhering to the terms above and providing equal opportunities for employment, volunteering, and advancement in all areas of our work.

It’s a New Year! What can we look forward to?

Whatever happens, let’s make it a year of joy, of caring for each other, and a year of understanding. We have lived through so much, learned so many lessons, we should all really be rich and wise. If, like me, you are neither, let’s enjoy each day. If we look close enough there’s a grain of good in everything. If lettuce is \$6.99 a head, let us eat kale! The West End Seniors’ Network will be here for everyone: for company, for help, for complaining about the price of lettuce. And it’s your volunteering and donating that keeps our programs meeting community needs. Thank you, each of you. If you are able and inclined, please consider giving your time or funds. With your kind support, WESN will keep reaching and growing. Together we can shake off the serious, and enjoy the funnier sides of life, even for a little while.

— Jane Goodridge, Chair, Board of Directors

COUNTING RABBITS

2023 is the Year of the Rabbit, more patient and gentle, promising rest and reflection after the dynamic Year of the Tiger. So, if you can find all the fluffballs, er, rabbits on these pages, you could win a prize! We will draw a winner at the **Spring Planning Social, Friday January 20 at 3 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 Səl̓íl̓wətaʔ/Selilwiltulh (Tsleil-Waututh) Nations.

Help for Sudden Costs

THE WESN SENIORS IN NEED FUND
SUSTAINED BY LOCAL CONTRIBUTIONS



Seniors in Need helps vulnerable older people in the West End with sudden health costs, including prescription medications.

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

When you give a little, you make a big difference to seniors in need. Thank you, each of you.

Get in touch with susan@wesn.ca or 604-669-7339 to find out more.

The friendly staff at the Pharmacy West End team welcomes your questions and visits. The Pharmacy West End is independent, locally owned and operated. Every day is seniors day, for 20% off all non-prescription purchases.

Free services include prescription deliveries, compounding and personalized consultations. Special orders and requests are welcome, which means more choice and control over health decisions. Visit The Pharmacy West End at 1747 Robson or call 604-669-6927 for more information.

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

Plan Your Visit

BARCLAY MANOR, KAY'S PLACE CLOTHES AND COLLECTIBLES

Barclay Manor

1447 Barclay St, Vancouver BC V6G 1J6
Monday to Friday 9 am–5 pm

Manager of Volunteer Resources

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

Manager of Programs 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

Close to Home Coordinator & Activity Coach

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

Receptionist

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

Programs Assistant

Miriam Homem de Mello
604-669-5051 ext 110 | assistant@wesn.ca

Practicum Student

Rachel Acheson
604-669-5051 ext 116 | practicum@wesn.ca



SERVICES TEAM SAVES CHRISTMAS

On December 21, the West End was covered in a foot of snow, and IGA vehicles were off the road. No deliveries, only days before Christmas. So, our team got in their own cars and did it themselves. Indi and Miel drove, and Rachel and Joe carried the groceries. It took about 5 hours, but they delivered much-needed provisions to 14 households that day. **Community Services Manager Joe says, “I’m really proud of the team for stepping up so willingly.”**

Board of Directors

Chair Jane Goodridge | board@wesn.ca

Vice Chairs Karsten Kaemling & Marta Filipski

Treasurer Omid Toub

Secretary Bonnie Quam **Directors** David Harvey
Dawid Cielosczyk, Sara Johnson

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

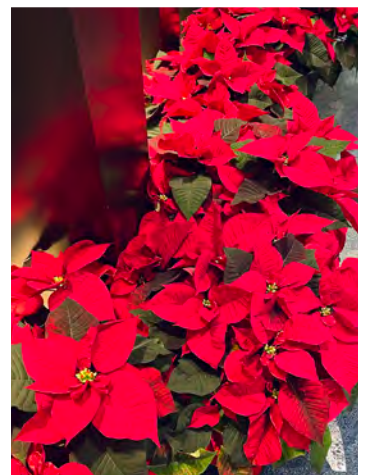
Monday to Friday 10 am–4 pm

Manager Susan Paré | susan@wesn.ca

Peer Support Counsellors

Bill Coleman | counsellorbill@wesn.ca

Jeff Darcy | counsellorjeff@wesn.ca





HOLIDAY LUNCHEON
DECEMBER 8, 2022 *Santa's visit*



Peer Support

KAY'S PLACE VISIT THURSDAY OR FRIDAY
604-669-7339 OR VOLUNTEERS@WESN.CA

The basic philosophy of peer support is: people grow and change when they feel safe and understood. Peers can create a safe space with active listening and a nonjudgmental perspective. Often, a caring listener is all a person needs. Effective peer support is non-judgmental, empathetic, and caring, with good boundaries. Bill and Jeff will provide training in:

- practicing active listening
- creating a safe, nonjudgmental environment
- focusing on the client's concerns, feelings, needs
- cultivating curiosity, compassion, and empathy



END OF LIFE PLANNING

Legal Aspects of Death and Dying

Presented by Seniors First Law Clinic

Wednesday January 11

12:30–1:30 pm | Piano Room

Medical Assistance in Dying (MAID)

Presented by Dying With Dignity

Wednesday February 8

12:30–1:30 pm | Piano Room

Dying With Dignity

Wednesday March 15

12:30–1:30 pm | Piano Room

Emotional Aspects of Death and Dying

Wednesday April 12

12:30–1:30 pm | Piano Room

Dying with Dignity offers practical advice for making clear health care directives for family, friends and practitioners, if a person cannot self-advocate.

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

WELLNESS AND BODY CARE

Hosted by the Vancouver Friends for Life Society
next door to Barclay Manor at 1459 Barclay Street

Professional therapeutic care sessions. Massage, reflexology, or reiki with Shirley: 604-376-0106.
Hand and foot care with Seema: 778-885-4636.



seniors first BC



United Way
British Columbia



Our Heroes

VOLUNTEERS@WESN.CA

MEET NEW PEOPLE, MAKE A DIFFERENCE

Volunteers play a critical role at the West End Seniors' Network. Almost all our programs, events, and services are delivered by volunteers, and there are opportunities for people of all ages. Last year, 260 volunteers contributed more than 21,200 hours. Apply to find your fit: wesn.ca/volunteer/

FRIENDLY VISITING

Volunteers meet clients in their homes for tea, coffee, friendly chat, or a walk. We are looking for a weekly to biweekly commitment with flexible hours or be a Friendly Caller and volunteer remotely.

DANCE PARTY LEADERS

Do you have dance experience? We have people keen to get together, to learn steps or just enjoy the music. Creative movement and step dance experience is a plus. 1 hour class/week.

INFORMATION AND REFERRAL

At Denman Place Mall. Meet clients in person or on the phone, discuss their needs, and inform them about local, municipal, provincial, and federal services available to them. One 3+ hour shift/week, Monday-Friday between 10 am to 4 pm.

VOLUNTEER DRIVERS

Help transport clients to and from medical appointments in the Vancouver area. With our Modo carshare account; no need to spend on gas! On-call role: volunteer as much or as little as you like.

ONLINE GROCERY SHOPPERS

New remote volunteer position with flexible hours! We are looking for volunteers who can call our homebound grocery shopping clients and order their groceries for them online. Training provided.



Your Community, Your News,
Your Stories Online At...

thewestendjournal.ca

New features and photos every month

West End Events • Small Space Gardening • King George High School News
Community History • Business, Community, and Restaurant Spotlights
... and More!



**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

MONDAY

9 am–5 pm
Computer Lab Drop-in

January 16 9 am
Mens Breakfast at Denny's

10–11 am
French Conversation

10 am–noon
Barclay Yarn Artisans

10 am–4 pm
Wellness with Shirley

11:15–12:45 pm
ESL Beginners

11:30–12:30 pm
Spanish Beginners

1–2 pm
Choose to Move

1–4 pm
Bridge

1:30–4:30 pm
Mahjong

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
ESL Advanced with Cynthia



7–9 pm
Bingo for Life

WEDNESDAY

9 am–5 pm
Computer Lab Drop-in

January 4 10 am–noon
Law Clinic: Kay's Place

10 am–noon
Acoustic Sessions

10 am–noon
Barclay Yarn Artisans

January 11 12:30–1:30 pm
Legal Aspects of Death & Dying

1–3 pm
Scrabble

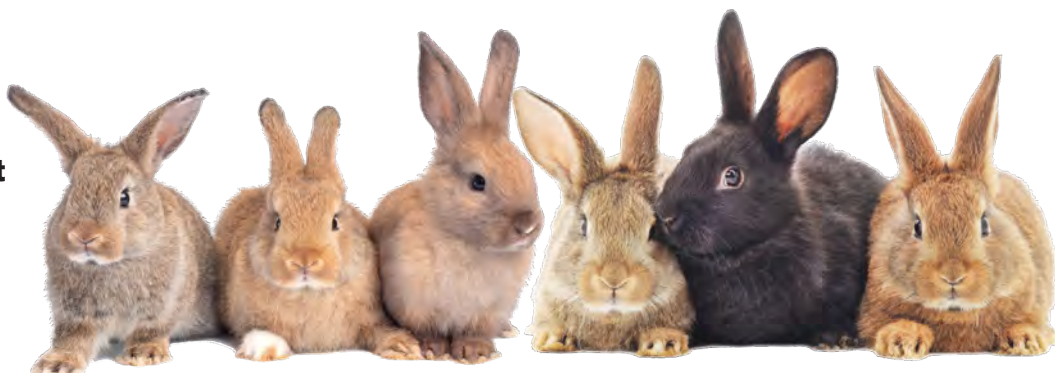
1–2:45 pm
German Conversation

3–4:30 pm
Spanish Intermediate

January 25 4:30–5:30 pm
Hearing Screening Clinic

January 11 6 pm
Dinner Club at Chef Ron

- Offsite: **Walking Group**
- Offsite: **Food/Drink**
- Onsite: **Guest Event**
- Offsite: **Community Event**
- Onsite: **Partner Event**



Activities & Events

SIGN UP **FRIDAY JANUARY 6**

THURSDAY

9 am–5 pm
Computer Lab Drop-in

10 am–4 pm
Wellness with Shirley

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

Until March 24 10 am–noon
Acting Class

10 am–noon
Cribbage

January 20 12–1 pm
MOVIE Reindeer Family & Me

January 27 12–1 pm
MOVIE Portraits From the Frontier

January 13, 27 1–4 pm
Fix it Fridays / Men's Shed

January 20 2–3:30 pm
Spring Planning & Prize Draw

SATURDAY

9–10 am
Walking Group



SUNDAY

January 29 11 am
Brunch at the Sylvia



- Offsite: **Walking Group**
- Offsite: **Food/Drink**
- Onsite: **Guest Event**
- Offsite: **Community Event**
- Onsite: **Partner Event**

Need to copy or print?

There is a printer/copier/scanner upstairs in the computer lab for your use. Donations appreciated.

Tech Questions?

Ask April, Chrys, Ella, Nitish, Owen, Rob, Stuart, Simon or Terry! Tech help is available most days of the week in one-hour blocks.



WINTER AT NICHOLSON
WITH TARA & MEEKA

closetohome@wesn.ca





close to home

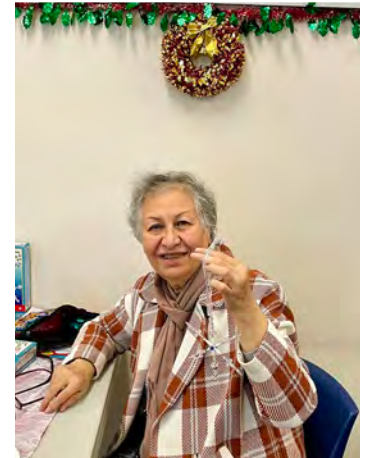
BEADED SNOWFLAKE ORNAMENT WORKSHOP

THURSDAY, DECEMBER 1
1:00 PM - 3:00 PM
COMMUNITY ROOM

SPACE IS LIMITED TO 10 PEOPLE. PLEASE SIGN UP BELOW



CELEBRATE THE SEASON BY MAKING ONE BEADED SNOWFLAKE FOR A GIFT, TO DISPLAY IN A WINDOW, OR TO DECORATE A CHRISTMAS TREE.



Only in January

INFO@WESN.CA | 604-669-5051

SIGN UP STARTS FRIDAY JANUARY 6



Curious about Acting?

Robert David Duncan, Director and Actor

Join this class to explore the craft of acting, starting with the fundamentals of relaxation and voice, moving on to improvisation, scene work and more. Led by Robert David Duncan, award-winning director and actor. Limited to 8 learners as we get started.

Friday January 6–March 24

10 am–12 pm | Multipurpose Room

Legal Aspects of Death and Dying

Presented by Seniors First Law Clinic

Wednesday January 11

12:30–1:30 pm | Piano Room



MOVIE Reindeer Family & Me

Wildlife cameraman Gordon Buchanan journeys into Lapland to film the Northern Lights. He travels through the beautiful remote wilderness, accompanied by a Scandinavian reindeer.

Friday January 20

12–1 pm | Piano Room

Spring Planning Social & Prize Draw!

February means Black History Month, Groundhog Day, and Valentine's. Would you like to take part? Join WESN's events and social committee and help prepare for events and occasions, starting with this month's counting contest prize draw! (See page 3).

Friday January 20

2–3:30 pm | Piano Room

Morning Has Broken

INFO@WESN.CA | 604-669-5051

SIGN UP STARTS FRIDAY JANUARY 6



MOVIE **CD Hoy: Portraits From the Frontier**

This documentary traces the life and work of CD Hoy, one of Canada's most famous early photographers.

Friday January 27
12–1 pm | Piano Room

Fix it Fridays Men's Shed

Boost your fix-it skills with Don, Earl, and Stanley.

Looking for guys to hang out, share stories, have a coffee, and repair small items. Meet every second Friday for no-pressure, no-deadlines tinkering and problem solving. Let us know if you'd like to join the Small Repairs Team for Community Services.

Friday January 13 and 27
1–4 pm | Multipurpose Room

Free Hearing Screening Clinic

With by Dr. Katarina Vavrovicova from Echo Hearing Care, a doctor of Audiology with years of clinical and research experience in Vancouver.

Did you know 1 out of 6 Canadians have hearing loss? Your ears collect sound but it's your brain that does the work to understand the sound. If you protect your hearing, you're also protecting your brain fitness. Research shows how important it is to take care early to avoid other health problems.

If you are not sure about your hearing health or if others have noticed a change, come and have your hearing tested. Call to reserve: 604-669-7339.

Wednesday January 25
4:30 pm | Kay's Place



Kinds of Conversation

INFO@WESN.CA | 604-669-5051

SIGN UP STARTS FRIDAY JANUARY 6

EAT DRINK SOCIALIZE

Call or email Barclay Manor to join.

Dinner Club with Mauro

Wednesday January 11 | 6 pm

Chef Ron Restaurant, 1037 Denman

Men's Group Breakfast with John

Monday January 16 | 9 am

Denny's, 1098 Davie

Sunday Brunch with Liz

Sunday January 29 | 11 am

The Sylvia Hotel, 1154 Gilford

Happy Hour Hoppers with Jackie

Paused through January

GAMES

Bridge

Call 604-257-8333 to register.

Monday 1-4 pm | Piano Room



Mahjong with Rich

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

Texas Hold'em Poker and Tea Time

A low-stakes game with friends.

Tuesday 1-3 pm | Piano Room

Scrabble

Wednesday 1-3 pm | Main Floor Kitchen

Cribbage

Friday 10 am-12 pm | Main Floor Kitchen

MUSIC

Heritage Harmonies with Mavis

Sing popular songs accompanied on piano.

Tuesday 10:30-11:30 am | Multipurpose Room

Acoustic Sessions

Bring instrument and voices for a casual song circle.

Wednesdays 10 am-12 pm | 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 | Computer Lab

Advanced with Cynthia — Open to new students

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

Spanish Conversation with Alicia

Beginners — starts January 16

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

Intermediate — starts January 18

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 & Learning

INFO@WESN.CA | 604-669-5051

SIGN UP STARTS FRIDAY JANUARY 6



When You Smile

By Jeff Salmon

When you smile in the morning
Sunshine comes pouring in.
When you give voice to a melody
Echoes join you in song.
As you dance through the day
The Earth feels each graceful step.
When your laughter has no end
All is well.
When your love is in the air
The day is complete.

NEW Groundhog Day PenPals

Did you miss sending Christmas cards? Never mind! Write a note for Groundhog Day (February 2) and be right on time to welcome Spring. Let us find you a penpal and supplies: assistant@wesn.ca

TED Talks and Discussion with John

Thursday 10–11:30 am | Piano Room

January 5

Poet Ali: The language of being human

Valérie Courtois: Indigenous guardians of the planet

Yifat Susskind: In uncertain times, think like a mother

January 12

Dan Harris: The benefit of not being a jerk to yourself

Adjany Costa: Conservation and Indigenous heritage

Bevy Smith: Discover your authentic self at any age

January 19

Matt Killingsworth: Being happy? Stay in the moment

Dorie Clark: The real reason you feel so busy

Juliet Schor: The case for a 4-day work week

January 26

Dwinita Mosby Tyler: Be an unlikely ally

Catherine Price: Fun is the secret to a healthier life

Sean Sherman: Revitalizing Native American cuisine

Creative Quest e-Newsletter

Publish with a creative community. Send your art or writing to creativequest2022@gmail.com. See current work at wesn.ca/creativequest.

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

Barclay Yarn Artisans

Knit or crochet in a social setting.

Monday and Wednesday 10 am–12 pm
Main Floor Kitchen

Tech Questions?

Ask April, Chrys, Ella, Nitish, Owen, Rob, Stuart, Simon or Terry! Help is available most days of the week in one-hour blocks.

Need to copy or print? There is a printer/copier/scanner upstairs in the computer lab for your use. Donations appreciated.

Movement

INFO@WESN.CA | 604-669-5051
SIGN UP STARTS FRIDAY JANUARY 6

9 SIDE LUNGE (10 per side)

Take a big step to one side. Point toes forward and bend one knee, keeping other leg straight. Push back up.



Pro: Doesn't attract much attention.

Con: Can be hard on knees.

Wardrobe warning: Difficult (and risky) in pencil skirts, tight pants and heels.



10 JUMP SQUATS (10)

Make sure you have space in front of you. Bend into a half-squat with your arms behind you, then jump and swing your arms up as if you're celebrating.



Pro: Best calorie-burner of the moves we tried.

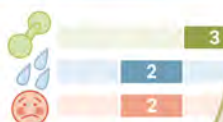
Con: Tall people (or high-hopping short people) will hit eight-foot ceilings.

Wardrobe warning: Major risk of exposure in a billowy skirt or untucked shirt.



11 CHAIR DIPS (10)

With your legs out in front of you, grab the edge of a chair (or desk) and lift yourself down in front of it and back up. At the end, you will be conveniently back in your seat.



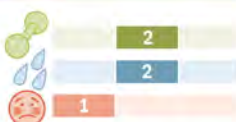
Pro: The most discreet of the bunch. Really works triceps.

Con: Can bother wrists. Be careful if your chair has wheels!



12 WALK (10 min.)

Lap your block or a floor of your office. Try for a pace of 100 steps per minute, which is easy if you don't stop to play with tchotchkes on other people's desks.



Pro: No one will notice. Great excuse for a stroll to Starbucks.

Con: Indoor laps get old; outside, you're at the mercy of the weather. Takes more time than a few quick moves at your desk.



Nordic Pole Walking with Mary

Join us for skills practice around the Square, then a walk for posture, strength, and rehab. Borrow/bring poles. Thursday 10–11:30 am | Front Porch

Move it Mondays Choose to Move
Mondays | 1–2 pm | Multipurpose Room

Choose to Move

active
aging
society

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

2022-23 MEMBERSHIP FORM



WESN

WEST END SENIORS' NETWORK

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 HOME AND/OR MOBILE

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



Home Care as unique as your family.

From basic companionship to complex care, we create a Home Care approach just for you. Safe, reliable and local.



778-897-3100

vancouver@qualicare.com
qualicare.com/vancouver-bc