



west end seniors' network

**BLACK
HISTORY
MONTH
FEBRUARY
2023**



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HOW MANY GROUNDHOGS?

Groundhog Day Special! Vancouver Opera is donating tickets to A Midsummer Night’s Dream, on Sunday February 19 at 2 pm. How many groundhogs can you find in these pages? Enter your count, your name, and contact details in the box at the front door. **You won’t want to miss Prize Draw Day. Monday February 13: Knit Sale at 10 am, Valentine’s Dance Party at 1 pm, and the draw at 2 pm. Good luck and see you then!**

Equity, Diversity, Inclusion The West End Seniors’ Network celebrates and commits to a diverse, inclusive, accessible, equitable environment in which members, clients, volunteers, board members, and staff, feel respected, welcomed and valued regardless of gender, age, race, ethnocultural identification, ethnicity, religion, immigration status, socio-economic status, life experience, housing status, heritage, national origin, ability, sexual orientation or identity, disability, education, or other bias. We commit to non-discriminatory practice, holding to the terms above, and offering equal opportunities for employment, volunteering, and advancement.

Chinatown & Dimsum Trip
A Tribute to Joe Fortes
Illustrated Textiles Class
Love to Move Dance Party
Lunar New Year Celebration

movies
Biggest Celebration on Earth
Black Voices in Opera



Vision A Vancouver community that empowers and supports older adults in healthy, involved, fulfilling lives.

Mission To enhance the quality of life of older adults by providing social, recreational, cultural, educational and supportive activities and services that foster connection and inclusion in the broader community.

Our Place The West End Seniors’ Network respectfully acknowledges that we gather on the unceded, occupied, ancestral and traditional homelands of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish) and Səl̓íl̓wətaʔ/Selilwitulh (Tsleil-Waututh) Nations.

BLACK HISTORY MONTH

A TRIBUTE TO JOE FORTES

FEATURING

A TALK WITH THE
EXECUTIVE DIRECTOR OF
THE AFRICAN DESCENT
SOCIETY YASIN KIRAGA

MISAGO

A LUNCH OF AUTHENTIC
ETHIOPIAN FOODS

A TALK WITH THE AUTHOR
OF "OUR FRIEND JOE"

LISA ANNE

SMITH

A PERFORMANCE FROM
THE AFRICAN DESCENT
SOCIETY DANCE GROUP

WEDNESDAY FEB 22ND 2023 1 PM TO 4 PM

BARCLAY MANOR 1447 BARCLAY ST



IN PARTNERSHIP
WITH



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 110 | 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



CLOSED
MONDAY
FEBRUARY 20
FAMILY DAY

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

Community Services

BARCLAY MANOR 604-669-5051 EXT 2 | SERVICESCOORDINATOR@WESN.CA
KAY'S PLACE 604-669-7339 | SUSAN@WESN.CA



KAY'S PLACE

- Information and Referral
- Housing Navigation
- Peer Support
- Seniors Law Clinic
- Health Presentations

BARCLAY MANOR

- Social Prescribing
- Grocery Delivery
- Transportation to/from Medical Appointments
- Check-in Calls/Emails, Friendly Visiting
- Housekeeping, Minor Home Repair

Ask us about eligibility, geographic boundaries, registration, and fees: servicescoordinator@wesn.ca

Understanding Insomnia

Wednesday February 15

4:15 pm | Kay's Place

Do you have trouble falling asleep or staying asleep? In this presentation from the Pharmacy West End, a pharmacist will discuss factors related to insomnia, focus on your questions, and offer possible solutions for better sleep. **Sign up at 604-669-7339.**

The Pharmacy West End at 1747 Robson 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 consultations. Special orders and requests are welcome, which means more choice and control over health decisions.



Volunteer Opportunities

VOLUNTEERS@WESN.CA
APPLY: WESN.CA/VOLUNTEER/

Clothes & Collectibles Denman Mall

3 hrs/week, Wednesday–Saturday, at the West End's only thrift store! Manage the flow of customers, work at the cash register, take donations, put items out.

Information and Referral Denman Mall

Meet clients in person or on the phone, hear their needs, give details about local, municipal, provincial, and federal services available. One 3+ hr shift/week.

Peer Support Training

Create a safe space with active listening and a nonjudgmental perspective. Good peer support is compassionate, empathetic with good boundaries. Training starts Monday March 13, 4:30–7pm.

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, facials, reiki with Shirley: 604-376-0106. Hand and foot care with Seema: 778-885-4636.

Be a Volunteer Driver

Use our Modo carshare to accompany seniors to and from medical appointments in Vancouver.

Be a Tech Coach Barclay Manor

One-on-one sessions helping seniors with devices. Monday–Friday 10 am–4 pm, 2 hour weekly.

BETTER CANCER CARE

Share your thoughts on better cancer care for BC seniors: <https://bit.ly/CAREBCSurvey>. The Cancer and Aging Research Engagement team need feedback on 12 research and care-related priorities. Contact kristen.haase@ubc.ca or 604-827-0979.

NEW Groundhog Day PenPals

Did you miss sending out Christmas cards? Never mind! Write a note for Groundhog Day, that's February 2, and be right on time to welcome Spring. Let us find you a penpal and get you started with stamps, paper, and envelopes. assistant@wesn.ca



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

MONDAY

11:30–12:30 pm
Computer Lab closed

February 10 9 am
Mens Breakfast at Denny's

10–11 am
French Conversation

10 am–noon
Barclay Yarn Artisans

February 13 10–noon
Yarn Artisans Knit Sale

10 am–4 pm
Wellness with Shirley

February 6 10 am start
Chinatown & Dimsum Trip

11:15–12:45 pm
ESL Beginners

11:30–12:30 pm
Spanish Beginners

1–2 pm
Choose to Move

February 13 1–2 pm
Dance Party & Prize Draw

1–4 pm
Bridge

1:30–4:30 pm
Mahjong

TUESDAY

11:15–3:30 pm
Computer Lab closed

10:30–11:30 am
Heritage Harmonies

11:15–12:45 pm
ESL Intermediate with Iraj

11:30 am–12:30 pm
Walking Group

12:30–4 pm
Painting Studio with Graham

1–3 pm
Poker and Tea Time

1:30–3:30 pm
ESL Advanced with Cynthia



7–9 pm
Bingo for Life

WEDNESDAY

1–2 pm
Computer Lab closed

February 1 10 am–noon
Law Clinic: Kay's Place

10 am–noon
Acoustic Sessions

10 am–noon
Barclay Yarn Artisans

February 8 12:30–1:30 pm
Medical Assistance in Dying

1–3 pm
Scrabble

1–2:45 pm
German Conversation

February 22 1–4 pm
Black History Month Celebration

3–4:30 pm
Spanish Intermediate

February 8 2:30–4 pm
Textiles for Wearable Art

February 22 4 pm
Happy Hour at the Bayside

February 15 4:15–5 pm
Understanding Insomnia

February 8 6 pm
Dinner Club at Robba da Mati

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



Activities & Events

SIGN UP **TUESDAY JANUARY 31**

THURSDAY

9–5 pm
Computer Lab open

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

3–4:30 pm
Ukulele

FRIDAY

9–5 pm
Computer Lab open

Until March 24 10 am–noon
Acting Class with Robert

February 10 10–11 am
CRA Tax Info Session

February 17 10–11:30 am
Guaranteed Livable Income

February 3 10:30–1:30 pm
MOVIE Biggest Celebration On Earth

February 17 12–1:30 pm
MOVIE Aida's Brothers and Sisters

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

February 17 2–3 pm
Social Planning for March and April

February 3 2–4 pm
Chinese New Year Celebration

SATURDAY

9–10 am
Walking Group



SUNDAY

February 26 11 am
Brunch at the Sylvia



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.

Need to copy or print?

Feel free to use the printer in the computer lab, by donation. Please see new open hours, as posted.

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

Love to Move

INFO@WESN.CA | 604-669-5051

SIGN UP STARTS TUESDAY JANUARY 31



Love to Move Learn to Dance Party

Monday February 13

1–2 pm | Multipurpose Room

If you love to move — or want to learn — the music will play on Valentine's Day! Show off your favourite dances, learn new steps, enjoy refreshments and meet new people. There's also a Knit Sale at 10 am and the Counting Contest Prize Draw at 2 pm!

Do you have a dance move to show off or teach the group? How about a song request? Email Meeka at choosetomove@wesn.ca. Can't think of anything? We'll teach you! All levels and abilities welcome!

Move it Mondays Choose to Move

Mondays | 1–2 pm | Multipurpose Room

Nordic Pole Walking with Mary

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

Walking Groups with Diane & 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 Owen know you are coming.

Choose
to Move

active
aging
society



 BRITISH
COLUMBIA
Supported by the Province of British Columbia

Be an Early Bird

TAX CLINICS AT BARCLAY MANOR | MARCH 15–MAY 4
WEDNESDAYS AND THURSDAYS | 10 AM–2 PM

In preparation for WESN's annual free tax clinic, the CRA's Benefits Outreach Program will give a special info session, with time for questions and answers.

Why should you do your taxes?

By doing your taxes, you could get benefit and credit payments, such as the Canada child benefit and the GST/HST credit. The Canada Revenue Agency calculates your payments based on the information on your tax return.

We can help!

If you are 65+ with a modest income and a simple tax situation, volunteers from the Community Volunteer Income Tax Program may be able to do your taxes for you, for free!

Get a head start

Start early and gather all your tax information slips, receipts, social insurance number, and identification.

BENEFITS & CREDITS FOR SENIORS

Friday February 10 | 10–11 am | Piano Room

Benefits and credits make a big difference for seniors, all year round. The CRA's CVITP and Benefits Outreach Program helps people learn about the benefits of tax-filing, what benefits and credits they may be eligible for, and the supports available to help with completing an income tax and benefits return. The presentation will cover:

- Common types of income for adults 65+
- Benefit and credit payments
- Additional one-time GST credit payment
- Canada Dental Benefit
- One-time top-up to the Canada Housing Benefit
- Tax credits
- Canada Revenue Agency services and tools
- Doing your taxes on time
- Scams



Canada Revenue
Agency

Agence du revenu
du Canada

Canada

February Specials

INFO@WESN.CA | 604-669-5051

SIGN UP STARTS TUESDAY JANUARY 31



Chinese New Year Celebration with Jessica

Learn the history, customs, and tradition behind the celebration of the Chinese New Year Festival. Instructor Jessica will perform classic dances with traditional music, and invite participants to join in. Next, she'll prepare and explain New Year Cake, and give out samples. Join us for a mesmerizing demonstration, with hot tea and spring rolls!

Friday February 3
2-4 pm | Multipurpose Room

Medical Assistance in Dying

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

Wednesday February 8
12:30-2:30 pm | Piano Room

Tax Season for Early Birds CRA Info Session

Friday February 10
10-11 am | Piano Room (see page 11)

MOVIE The Biggest Celebration On Earth **One-Time Screening for Chinese New Year**

Chinese New Year is one of the biggest events on the planet. This 3-part series explores its culture, traditions and events, in lush colour and excitement.

Friday February 3
10:30 am-1:30 pm | Piano Room

Illustrations on Textiles for Wearable Art **Special return class with art educator Serena Chu**

Learn to design and illustrate on a handkerchief to make your own washable textile pattern. All supplies provided in this hands-on workshop, with patterns available to trace if you prefer not to freehand. Feel free to bring reference images for inspiration! Skills will be transferable to creating your own wearable art like t-shirts, aprons and scarves at home. Space is limited to 12 participants, sign up today!

Wednesday February 8
2:30-4 pm | Multipurpose Room

Better Together

INFO@WESN.CA | 604-669-5051

SIGN UP STARTS TUESDAY JANUARY 31



TRANSIT TRIP **Chinatown Storytelling Centre & Dim Sum at Floata with Jeanette**

Limited to 14, sign up now! \$10 entry + lunch

Monday February 6

10 am | Meet at Barclay Manor

Valentine's Knit Sale Barclay Yarn Artisans

Monday February 13 | 10 am–noon

Guaranteed Livable Income Workshop Presented by Asian Women for Equality

Although Canada provides social assistance to older adults, many, especially women and racialized groups, still live in poverty or encounter severe challenges that could diminish their health and wellbeing. The Universal Basic Income/Guaranteed Livable Income could be a helpful measure to assist seniors and women to improve their quality of life.

Friday February 17

10–11:30 am | Piano Room



MOVIE **Aida's Brothers and Sisters**

Black Voices in Opera and Concert

Traces the complex history of classical African-American singers in opera in a context of racial politics. Jessye Norman, Grace Bumbry and more.

Friday February 17

12–1:30 pm | Piano Room

Black History Month: A Tribute to Joe Fortes

Wednesday February 22

1–4 pm | Multipurpose Room (see page 4)

Social Planning for March and April

Nowruz is the Persian New Year, and this year it is on Monday March 20. Come see how special this will be! Join WESN's events and social committee and add your ideas for special occasions.

Friday February 17

2–3 pm | Piano Room

Kinds of Conversation

INFO@WESN.CA | 604-669-5051

SIGN UP STARTS TUESDAY JANUARY 31

EAT DRINK SOCIALIZE

Dinner Club with Mauro

Wednesday February 8 | 6 pm

Robba Da Mati, 1906 Haro

Men's Group Breakfast with John

Monday February 20 | 9 am

Denny's, 1098 Davie

Sunday Brunch with Suzanne

Sunday February 26 | 11 am

The Sylvia Hotel, 1154 Gilford

Happy Hour Hoppers with Jackie

Wednesday February 22 | 4 pm

Bayside Lounge, 1755 Davie

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

Tuesday 1:30–3:30 pm | Computer Lab

Spanish Conversation with Alicia

Beginners

Monday 11:30–12:30 pm | Computer Lab

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 | Piano Room

Language Practice Buddies

Do you speak another language? Would you like to share it with someone? Email assistant@wesn.ca

MUSIC & PERFORMANCE

Acting Class with Robert David Duncan

Explore the craft of acting, starting with relaxation and voice, moving to improvisation and scene work.

Fridays until March 24

10 am–12 pm | Multipurpose Room

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

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 with Jeanette

Tuesday 1–3 pm | Piano Room

Scrabble

Wednesday 1–3 pm | Main Floor Kitchen

Our Favourites

INFO@WESN.CA | 604-669-5051

SIGN UP STARTS TUESDAY JANUARY 31



Fix it Fridays Men's Shed

Time for guys to hang out, have a coffee, and repair small items. No-pressure, no-deadlines tinkering and problem solving, maybe join the Small Repairs Team.

Friday February 13 and 27

1–4 pm | Downstairs Kitchen

TED Talks and Discussion

Thursday 10–11:30 am | Piano Room

February 2

Fallon Goodman: Why you feel anxious socializing

Tessa Khan: How to escape soaring energy bills

Yongey Mingyur: Meditation is easier than you think

February 9

Adetayo Bamiduro: Africa's path to clean mobility

KC Davis: How to do laundry when you're depressed

Christiane Amanpour: Truth in the era of fake news

February 16

Alison Killing: Data-driven journalism shows injustice

Chuck Plunkett: Local news dies, so does democracy

Patrick Chappatte: The power of cartoons

February 23

Bektour Iskender: How journalism fights crime

Jacek Utko: Could good design save the newspaper

Patrick Chappatte: A free world needs satire



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.

Tuesday 12:30–4 pm | Multipurpose Room

Yarn Artisans Valentine's Sale February 13!

Now accepting yarn donations, especially blue!

Monday & Wednesday 10 am–noon | Main Kitchen





SPENCER CHANDRA HERBERT

MLA WESTEND & COAL HARBOUR



**Thank
You!**

Thank you for sharing your suggestions
to make our community an even better
place to live.



923 Denman Street



604 660 7307



spencerchandraherbert.ca



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