



west end seniors' network

Aging With Pride
Trip to Ladner Village
Preventing Falls
Cycling Without Age
Tea with Claudine

and
BC Day 4-Part Series
Untold Histories

AUGUST
2023

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SPENCER CHANDRA HERBERT

MLA WESTEND & COAL HARBOUR



PROUD
to say Gay

PROUD
to Stand up for Drag

PROUD
to condemn Hate

& PROUD
to support our
Rainbow community
and the West End



923 Denman Street



604 660 7307



spencerchandraherbert.ca



s.chandraherbert.mla@leg.bc.ca

Ask Claudine

EXECUTIVEDIRECTOR@WESN.CA

CLAUDINE MATLO, EXECUTIVE DIRECTOR



Tea with Claudine

Wednesday August 23 | 10:30–11:30 am

Starting this month, the Executive Director takes time to sit and talk with you, about what matters to you.

You may have noticed the suggestion box in the fireside room, with pens and notepaper. We read all your notes and will reply to them a few at a time, right here. Thank you for engaging so fully!

“What’s the reason for the Strawberry Festival being on Friday, not on Saturday?”

The costs and complexity of having a weekend event have increased significantly since COVID, making the use of the facilities and grounds outside our reach.

“Please book a meeting with the Seniors Advocate.”

The current Seniors Advocate retires this year, but may be replaced with someone new. Stay tuned!

“How about Brazil independence day? Braziliant Catering; a movie about Brazil independence?”

More cultural events are a good idea! If you’d like to offer a workshop, or need help hosting, please ask!

“Keep the answers for suggestions accessible for the members through newsletters and emails.”

Absolutely! We’ll do this every month — questions and answers — so check back, we’ll reply to new ones each time. We appreciate your contributions!

**VOLUNTEER APPRECIATION PARTY
BARCLAY MANOR GARDEN**

FRIDAY SEPTEMBER 8

and

**WEST END SENIORS’ NETWORK
ANNUAL GENERAL MEETING**

FRIDAY SEPTEMBER 22

**WEST END COMMUNITY CENTRE
1-3 PM WITH REFRESHMENTS**

**SAVE
THE
DATE**

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HOW MANY RAINBOWS?

Celebrate Aging with Pride, Wednesday August 2 presented with Vancouver Pride Society, VFFL, Roedde House, QMUNITY, Saige, and Gordon Neighbourhood House. See back cover for details!

And, count the rainbows in the newsletter and you could win tickets to the **Vancouver Queer Film Festival, August 10-20**. Enter guesses, name and contact details in the box at the door. **We will draw 5 sets of winners at noon, Movie Friday August 11.**



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

Volunteer with us!

Find out more and apply online at wesn.ca/volunteer

Clothes & Collectibles Thrift Store

2-3 hour/week, Denman Mall

Friendly Visiting Accepting dog volunteers too!

Visit older adults to ease the symptoms of loneliness.

On-Call Tasks Flexible hours

Small tasks and errands, either at WESN or picking up and delivering items for clients.

Reception 4 hours a week, Barclay Manor

Greeting members and answering phones

Information & Referral Kay's Place

3 hour/week, Denman Mall

Tech Coaches 2 hours a week, Barclay Manor

One on one help with devices, email, internet.

Drivers Needed Flexible hours, On-call

Use our Modo cars! Help with medical appointments.

THE WEST END SENIORS' NETWORK

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 We respectfully acknowledge that we gather on unceded, occupied, ancestral, and traditional homelands of the Coast Salish peoples: x̱wməθkwəy'əm (Musqueam), Skwxwú7mesh (Squamish) and Səl'ílwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.

Good Conversation

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



Men's Shed with Don and Earl

Get involved and share ideas. You don't have to be a skilled woodworker, just keen to gather with other guys to work on fun things. From repairs and garden boxes, to benches and birdhouses, building together benefits men's health and local causes.
Friday 2-4 pm

Men's Group Breakfast with John

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

Dinner Club with Mauro

Wednesday August 16 | 5:30 pm
Papi's, 1193 Denman

Sunday Brunch with Liz

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

Happy Hour Hoppers with Jackie

Wednesday August 30 | 4 pm
Bayside Lounge, 1755 Davie

Theatre Playshop Friday Aug 18 | 10 am-noon

Heritage Harmonies sing with pianist Mavis

Tuesday 10:30-11:30 am

Acoustic Sessions Song circle, bring a stand

Wednesday 10 am-1:30 pm

Karaoke with Lan Thursday 12-2 pm

Ukulele Players Thursday 3-4:30 pm

GAMES

Bridge Call 604-257-8333 Monday 1-4 pm

Mahjong with Rich

Introduction and Refresher **Monday 1:30-4:30 pm**
Regular Session **Tuesday 12:30-3:30 pm**

Texas Hold'em Poker

Beginners Welcome **Tuesday 1-3 pm**
NEW Intermediate **Friday 1-3 pm**

Scrabble Wednesday 1-3:30 pm

1-4 new people needed for a second table

Lifelong Learning

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SIGN UP STARTS MONDAY JULY 31



TED Talks & Discussion

Thursday 10–11:30 am

August 3

Dinosaur sleuths of real-life Jurassic parks
Your body forged in the spectacular death of stars
Are life-saving medicines in the world's cold places?

August 10

How to design a school for the future
When technology reads minds, what about privacy?
Recreating the voice of a 3,000-year-old mummy
Wireless energy from space could power everything

August 17

Nature, art, and blocks of flying concrete
The outlaws of the ocean, how we're reeling them in
Nuclear power is our best hope to ditch fossil fuels

August 24

The education crisis for boys and men
How to weave a cultural legacy through storytelling

August 31

A 3-step guide to believing in yourself
Why we should build wooden skyscrapers
Why are we so bad at reporting good news?

Barclay Yarn Artisans

Knit or crochet with this fun and inventive group.

Monday & Wednesday 10 am–noon

Painting Studio Tuesday 12:30–4 pm

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

Are you a practicing artist, writer, or poet with work to show? Publish it in a creative community
creativequest2022@gmail.com

English as a Second Language (ESL)

Intermediate Tuesday 11:15–12:45 pm

Advanced FULL Tuesday 1:30–3:30 pm

Spanish Conversation

Beginners Monday 11:30–12:30 pm

Intermediate Wednesday 3–4:30 pm

French Conversation Monday 10–11 am

German Conversation with Brigitte

Wednesday 1–2:45 pm

MONDAY

August 21 9 am
Mens Breakfast at Denny's

10-11 am
French Conversation

August 28 10 am-noon
Cycling Without Age

10 am-noon
Barclay Yarn Artisans

10 am-4 pm
Wellness with Shirley

11:30-12:30 pm
Spanish, Beginners

August 21 11:30-12:30 pm
Death & Dying Discussion

12-2 pm
Community Lunch

1-2 pm
Choose to Move

1-4 pm
Bridge

1:30-4:30 pm
Mahjong, Intro/Refresher

2-4 pm
Tech Help with Yuri

3-4:30 pm
Golden Guys Group

TUESDAY

10-4 pm
Tech Help with David

10:30-11:30 am
Heritage Harmonies

August 15 10-11 am
Falls Prevention

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

11:30 am-12:30 pm
Walking Group

12:30-3:30 pm
Mahjong

12:30-4 pm
Painting Studio with Graham

1-3 pm
Poker and Tea Time

1:30-3:30 pm FULL
ESL Advanced with Walter

3-4 pm
Tech Help with Nitish

3-5 pm
Tech Help with April

7-9 pm
Bingo for Life

WEDNESDAY

10 am-1:30 pm
Acoustic Sessions

10 am-noon
Barclay Yarn Artisans

10 am-noon
Tech Help with Waren

August 23 10:30-11:30 am
Tea with Claudine

12-1 pm
Tech Help with Ella

August 2 1-4 pm
Aging with Pride

1-3:30 pm
Scrabble

1-2:45 pm
German Conversation

3-4:30 pm
Spanish, Intermediate

3-4 pm
Hatha Yoga with Lisa

August 30 4 pm
Happy Hour at the Bayside

August 16 5:30 pm
Dinner Club at Papi's



Activities & Events

SIGN UP **MONDAY JULY 31**

THURSDAY

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

1–2 pm
Tech Help with Stuart

3–4 pm
Hatha Yoga with Lisa

3–4:30 pm
Ukulele Players

 Offsite: **Walking/Out Trip**

 Offsite: **Food/Drink**

 Onsite: **Guest Event**

 Offsite: **Community Event**

 Onsite: **Partner Event**

 Onsite: **Tech Help**

FRIDAY

August 18 10 am–noon
Theatre Playshop with Deborah

10 am–noon
Tech Help with Stuart

10 am–4 pm
Tech Help with VCN

10 am–1 pm
Tech Help with Moe

August 18 10–11:45 am
Job Futures 55+

12–1 pm
Tech Help with Nitish

12–2 pm
Community Lunch

12–1 pm
MOVIE FRIDAYS:

August 4 “Change & Resistance”
August 11 “Labour & Persistence”

August 18 “Migration & Resilience”
August 25 “Nature & Co-Existence”

1–2 pm
Choose to Move

1–3 pm
NEW Poker Intermediate

1:30–3:30 pm
Tech Help with Terry

2–4 pm
Men’s Shed

3:45–4:45 pm
Tech Help with Owen

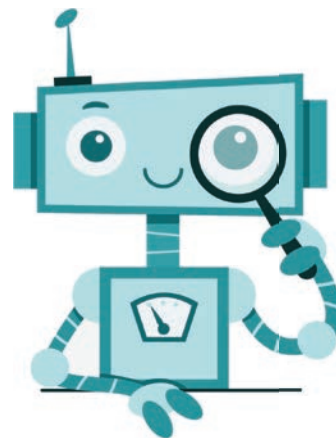
SATURDAY

9–10 am
Walking Group

SUNDAY

August 27 10 am–3 pm
TRIP Ladner Village Market

August 27 11 am
Brunch at the Sylvia



Tech Questions?

Did you know we offer 20 hours of tech help each week? **Call to book a 1-hour session.** Our coaches volunteer 1–2 hours a shift, sharing a love of tech, enjoying time with older people, and building valuable skills. If this appeals to you, call us or go to wesn.ca/volunteer.



Unique in August

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



Aging With Pride

Wednesday August 2 | 1–4 pm
See back cover for details.

Job Futures 55+ presented by the YWCA

Learn about this free 10-week employment program. There are group workshops on career exploration, employment options, health and wellness. Discuss barriers older job seekers can face and how to overcome them. Get one-to-one support and individual training plans; skills training or upgrading, how to interpret job postings, create targeted marketing materials (resume, cover letters, LinkedIn), and tips on interviewing.

Friday August 18 | 10–11:45 am

Falls Prevention with Seniors Helping Seniors

Tuesday August 15 | 10–11 am
See page 13 for details.

TRANSIT TRIP Ladner Village Market

Join Jeanette on another scenic summer outing, with a relaxing mid-day Canada Line ride, and bus right to the doorstep of Ricky's Diner for brunch. Spend the afternoon outdoors at this market filled with fresh, locally grown produce, handmade crafts and delicious food vendors. Returning by 3 pm. Bring transit fare or compass card, along with money for treats and lunch. Limit 16 guests.

Sunday August 27 | Meet at 10 am
Bill Curtis Square (Canada Line Roundhouse Stn)

Tea with Claudine

Wednesday August 23 | 10:30–11:30 am
See page 4 for details.

Cycling Without Age Scenic Summer Rides

Monday August 28 | 10 am–noon
See page 12 for details.

BC: An Untold History

MOVIE FRIDAYS | NOON IN THE PIANO ROOM
KNOWLEDGE NETWORK | BC DAY 4-PART SERIES

Join us each August Friday at noon for a retelling of BC from the diverse people, families, rebels and dreamers who shaped the province. Indigenous, Chinese, Japanese, Punjabi, Black, and European stories woven together to present an astute look at the complicated histories that formed BC as we know it today.



ONE / August 4 Change & Resistance

Uncovering the Indigenous resistance to oppression in British Columbia; First Nations persevere through years of brutality and criminalization.



THREE / August 18 Migration & Resilience

The immigrant narratives of resilience that define BC. Chinese, Japanese, and Punjabi migrants, the Doukhobors and American war resisters catalyzed social movements that continue today.



TWO / August 11 Labour & Persistence

Exploring the history of labour and inequality in BC. First Nations, immigrants and women fought overseas in both World Wars, and kept fighting for equal rights at home.



FOUR / August 25 Nature & Co-Existence

The history of BC is inseparably fused with the history of natural resources—and the First Nations who have worked with non-Indigenous environmentalists to protect the land.

CWA SCENIC RIDES

INFO@WESN.CA | 604-669-5051

MONDAY AUGUST 28 | 10 AM-NOON

Feel the wind in your hair! Sign up now for this special summer experience with the friendly pilots from Cycling Without Age, who visited at the Strawberry Festival. Sit back, relax, and spend a blissful hour touring the seawall and Lost Lagoon or Stanley Park and Beaver Lake. **Choose a 10 or 11 am start, the cost is \$10/person, and there are only 4 spots/hour!**

Fees are due at the time of registration — no holds — which includes a waiver. No-shows or cancellations will have fees put toward a later ride, but not refunded. Not sure yet? Didn't get a spot? Not to worry! Cycling Without Age will be back in September and October!



Thank you for your generous donations! We will gratefully accept **quality men's and women's clothing, shoes, accessories in clean, rewearable condition, and small home décor items, books, CDs, DVDs. To find out more: clothes@wesn.ca or 604-682-0327**

CLOTHES & COLLECTIBLES DONATIONS POLICY

Only one shopping bag per visit. We will **not accept:**

- hairdryers, microwaves, TV/stereos, VCRs, DVD players, computers/printers, cell phones, tablets, cassettes/VHS tapes, office supplies/equipment
- Children's clothing, shoes, books, toys
- Encyclopedias, magazines, travel guides, textbooks, picture frames, photo albums
- Water bottles, travel mugs, containers, dishracks, dinner plates, cutlery, toasters, coffeemakers
- Cookie tins, jars, pots, pans, baking sheets, knives
- Household linens, bedding, towels,
- Furniture, walkers, canes, monitors, hearing aids
- Sports equipment, artwork larger than 3' x 3'
- Underwear/socks: unless new and unopened
- Clothes hangers, suitcases, paper grocery bags

Strength & Balance

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



Nordic Pole Walking Thursday 10–11:30 am

Join Mary for lessons at 10 am, then a group walk in the neighbourhood. Bring your poles or borrow ours.

Cardiovascular exercise with a workout for the arms, shoulders, core, and legs. Nordic poles activate the upper and lower body: engaging 80–90% of your muscles! You're more stable: more ground contact points means not relying on two feet alone. Nordic walking burns 18–67% more calories, lowering fat, LDL cholesterol, triglycerides, anxiety, chronic pain, depression, waist circumference, adding HDL cholesterol, cardiovascular fitness, endurance, strength, flexibility, quality of life. It's fun in a group!

Hatha Yoga Wednesdays & Thursdays | 3–4 pm

Join Lisa with your comfy clothes, mat, and water.

Falls Prevention with Seniors Helping Seniors

Falling can seriously compromise our well-being! Learn to spot the everyday hazards, find out about safeguards and ways to boost balance and strength.

Tuesday August 15 | 10–11 am

CHOOSE TO MOVE Monday & Friday 1–2 pm

Support and motivation to get active. Stretch and strength, learn-to-dance, guest speakers. Join in to share new experiences, successes and challenges.

Walking Groups Weekend leaders needed!

Tuesday & Thursday with Diane | 11:30 am

Seawall benches near Sylvia Hotel | 1154 Gilford

Saturday | 9 am | Barclay Manor porch

Group led. Meet and choose your adventure.

Community Services

SAFE SENIORS, STRONG COMMUNITIES WITH GORDON NEIGHBOURHOOD HOUSE
ASK US 604-669-5051 | INFO@WESN.CA

We celebrate Indi Riadi, who started in 2020 as a volunteer and was our Community Services Coordinator until July 21. She has now begun an exciting role with the United Way! From staff, clients, members, and volunteers, our warmest wishes to Indi in the next step in her career!

Indi says: "I have grown so much at the West End Seniors' Network. As I prepare for this new chapter, I am filled with gratitude, excitement, and sadness. I want to express my heartfelt appreciation to each and every member, volunteer, and staff. To my amazing Community Services Team, you have been the backbone of my journey. I will remember the laughter, the challenges we faced, and the triumphs we celebrated as a team. To the volunteers I had the pleasure of working with, thank you for keeping this place running smoothly. Your hard work has never gone unnoticed by me. To my colleagues, thank you for making WESN more than a workplace. I will carry the memories and bonds wherever I go. I will forever be a member of the West End community!"



What Is Social Prescribing?

Helping seniors identify and match their priorities with nearby opportunities for health, wellness, social or recreational programs, aging in place, mental health, and nutrition. If you're 55+ in the West End, Coal Harbour, or Yaletown, and want to meet others and find new ways to services and supports, **contact Rachel at 604-669-5051 x 107 or health@wesn.ca.**

Community Lunches Monday and Friday

Enjoy a meal and meet people in a casual setting. If you cannot attend in person, frozen meals are delivered on Tuesdays. \$7 members/\$10 others. **604-683-2554 or welcome@gordonhouse.org**

Peer Support Open to all West End Seniors

Share with a peer about retirement, sadness, bereavement, or loss. Our trained volunteers give confidential emotional support, with information and access to community resources. For the West End, many volunteers are gay men offering support to other gay seniors. **Visit Kay's Place, contact 604-669-7339 or wesn.ca/services/peer-support.**

Golden Guys Group Mondays | 3-4:30 pm

Connect with other 55+ gay/bi/trans men, in a safe, nonjudgmental place to be curious about yourself and others. Build community and belonging, share stories, check in, and laugh along the way.

Death & Dying August 21 | 11:30-12:30 pm

Informal discussion group; all are welcome to join.



United Way
British Columbia

Working with communities in BC's
Interior, Lower Mainland, Central
& Northern Vancouver Island

Plan Your Visit

BARCLAY MANOR, KAY'S PLACE CLOTHES AND COLLECTIBLES

Barclay Manor

1447 Barclay St | Monday to Friday 9 am–5 pm

Executive Director Claudine Matlo

604-669-5051 x 4 | executivedirector@wesn.ca

Manager of Operations

Evelyn Boe

604-669-5051 x 6 | evelyn@wesn.ca

Manager of Programs, Activities and Events

Jennifer Conroy

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Manager of Community Services

Joe Humphries

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Events and Projects Coordinator

Yathu Radhakrishnan

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Close to Home Coordinator & Activity Coach

Meeka Marsolais | 604-669-5051 x 106

closetohome@wesn.ca | choosetomove@wesn.ca

Community Services Coordinator

Miel Nicholson

604-669-5051 x 7 | betterathome@wesn.ca

Community Services Coordinator

TBD

604-669-5051 x 2 | servicescoordinator@wesn.ca

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Rachel Acheson

604-669-5051 x 107 | health@wesn.ca

Programs Assistant

Miriam Homem de Mello

604-669-5051 x 110 | assistant@wesn.ca

Receptionist

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

Board of Directors

Chair Jane Goodridge | board@wesn.ca

Vice Chair Marta Filipski **Secretary** Bonnie Quam

David Harvey, Dawid Cielosczyk, Sara Johnson

Clothes and Collectibles Denman Mall

604-682-0327 | 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 Denman Mall

604-669-7339 | Monday to Friday 10 am–4 pm

Manager Susan Paré | susan@wesn.ca

Counsellors Bill Coleman | counsellorbill@wesn.ca

Jeff Darcy | counsellorjeff@wesn.ca

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



QMUNITY

BC'S QUEER, TRANS, AND TWO-SPIRIT RESOURCE CENTRE

Aging with Pride

A 2SLGBTQIA+ 55+ Event

August 2, 2023

1 - 4 pm

Barclay Manor

1447 Barclay St, Vancouver, BC V6G 1J6



*Free event



Celebrate and Take Up Space!

Come join us and enjoy

* Lunch * Entertainment * Door prizes *
& more!

Sign up online here [AWP-2023.eventbrite.ca](https://www.eventbrite.ca/AWP-2023)
or call QMUNITY at 604-684-5307



This event is made possible by the collaborative efforts of Gordon Neighbourhood House, QMUNITY, Roedde House Museum, Saige Community Food Bank, Vancouver Friends For Life, The Vancouver Pride Society, and The West End Seniors Network.