

AUGUST 2009 NEWSLETTER



"Taking Seniors to Heart"



About the Renfrew-Collingwood Seniors' Society



Celebrating its 32nd Anniversary this year, the Renfrew-Collingwood Seniors' Society is a non profit organization with charitable status. It is devoted to

creating a welcoming environment for the seniors in our community. We have a volunteer Board of Directors that ensures the Society runs efficiently and a team of dedicated staff, many of whom have been part of the organization for a number of years. Volunteers also play a fundamental role in the care and support provided to the seniors by assisting us in the delivery of our programs.

The Centre aims to create a warm, caring environment for seniors to enjoy socializing, sharing hearty meals, and at the same time maintaining their independence.

The Society welcomes donations, bequests, and gifts as it receives minimal governmental assistance. Our official tax receipt number is 11911 5558 RR0001. If interested in making a donation, please send cheque or money order along with your return address to:

Renfrew-Collingwood Seniors' Society,

2970 E. 22nd Ave., Vancouver, BC V5M 2Y4





RCSS

Visit our Seniors' Centre
at
2970 E. 22nd Ave.
Vancouver, BC. V5M 2Y4

HOURS

9:00 am to 4:00 pm Monday to Friday

The Renfrew-Collingwood Seniors' Society's Newsletter is produced by the staff with the help and support of all the seniors, and distributed to a wide number of people in the community.

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Renfrew-Collingwood Seniors' Society Newsletter - August 2009

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New Volunteers:
Olivia

Goodbye to:

*Melody, Matthew,
Scarlett and
Yuwen Huang*

RCSS Management

Board of Directors



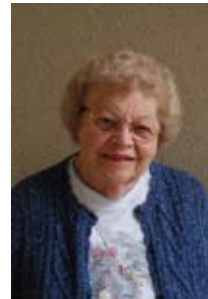
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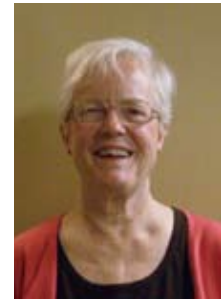
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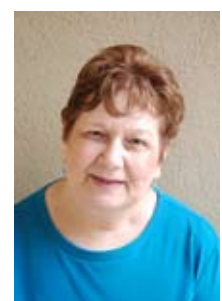
Carol Yi



Audrey Irving



Marty McCune



Annitta Unger



Janice Callahan



David Kenny



Melody Chan



Yuwen Huang

Thoughts from the Board



The first prize winner of our latest raffle was Margaret Bauer. Congratulations also to Nancy, Marilyn, Janet and Teresa. Audrey had a well deserved holiday - Fatima graced us with her epicurean delights. The Community Day clients are enjoying lower mainland trips/adventures. We are

having an Open House Tea on August 15th from 2 to 4 pm - be sure to bring a friend who may be interested in our programs. Have you looked in the cupboard of articles for gifts?

Do you know? Kim is engaged
Tara is expecting
Jim has retired
Laura hasn't won at Bingo in ten years!

Remember: Too many candles on the cake = forest fires!
Keeping hydrated = keeping cool
Too much sun = too many wrinkles

Marilyn Jennings



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A Message from Donna....

Well what a summer it has been! I've seen so many wonderful smiles on all of your faces lately; not only because we have been having so many outings but the general consensus is you are happy with the programs and new additions to staff.

We have been blessed with having the two students; Melody and Yuwen who have brightened up the Centre with their energy and personalities. Their skills have been an added bonus. But as they say, all good things must come to an end. We will miss them so much when they go back to university in September, but we will use their departure as an excuse to have a party. Please keep Wednesday, August 26th available and we will send them off in Renfrew-Collingwood Seniors' Society style. We will also have a Cake and Coffee on Friday, August 28th – their last day.

Our other practicum students Scarlett and Matthew will also be departing and heading back to their school in Korea. Their understanding of the English language has certainly improved as I tried my best again to stay out of the way of teaching them language skills. They both want to return to Canada someday and I for one would vote to have them as Canadian citizens. Thank you Scarlett and Matthew for your help around the Centre, we will miss having your around.

It's that time of year again to get your feedback. We are circulating evaluation forms and would really appreciate your response. It is crucial to our funding to show that we get your input, so please fill out a form. For members who need assistance, please let us know and by all means take them home and get your family members to help you.

Our final outing for the summer will be on Tuesday, September 8th from 10:30 – 3:30. We are heading for White Rock and will dine at the beautiful Hazelmere Golf Course where we will enjoy a delightful buffet and then head to Crescent Beach for a stroll. The cost will be \$22.00. We have enjoyed organizing these trips for you and the response has been amazing. One sold out trip after another. I will continue to apply for funding for these outings and hopefully we will be able to do the same thing next year.

An Open House is scheduled for Saturday, August 15th from 2:00 – 4:00. We will have an afternoon tea, entertainment, information tables, door prizes and ***it's all free.*** Best of all this is your opportunity to be the **first to sign up for our trip to White Rock.** Don't be disappointed, you know the seats will sell out quickly.

All in all ...life is good.

Donna



Healthcare with Carol



When summer is rolling around, we all like to enjoy the sunshine. However, in this hot weather, it is easy for our body to lose fluid and become dehydrated. If dehydration is not treated, it can be deadly! Luckily dehydration is easily prevented. Knowing what we should do and shouldn't do will help keep us healthy

in high temperature. On hot days we should try to drink at least 6-8 glasses of water to keep our body hydrated. Drinking sodas, coffee, and alcoholic beverages on a hot day will not keep our body hydrated as these beverages have ingredients that will dehydrate our body. If you are drinking these types of beverages, be sure to alternate with water to hydrate your body. Let us supply our body with enough water so we can live healthy through the summer



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Pondering From The Pantry

Ponder this – At our age (ladies), we no longer skinny-dip, we jiggle jump!

With the many wonderful students we have had over the past months, something continues to amaze me. That is, how fast they pick up English, which is one of the hardest languages to speak fluently. Can you imagine trying to carry on a conversation when so many of our words we use everyday have two or three meanings or sound same but are spelled differently – I take one of my many hats to them.

I think it's incredible. They are so far from home, family, and friends and yet are so cheerful, hardworking, and learn so fast. It's amazing. They have all been a real asset to the centre and us.

Now to the nagging bit! We are coming up to the hot-test time of the year. Please, please, please drink lots of fluids (particularly water) and use lots of sunscreen (SPF30 or higher). As we age, our skin becomes more fragile so it needs all the help it can get to stay healthy. Wear a hat or carry an umbrella and use it as a sunshade. Get out early in the morning or early in the evening that way you will keep yourself healthy and comfortable. The most important thing is to enjoy yourselves!

'Till next time, take care.....
Love,



Audrey

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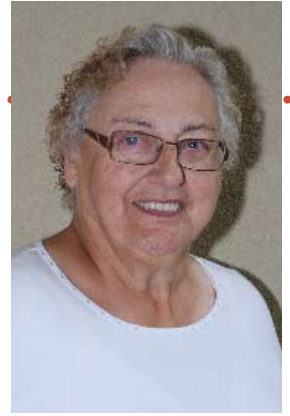
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.....Member Profile - Adelia Diottavio



This Italian sweetheart is a popular member at the centre. She is so popular because she is a very kind and friendly lady. Adelia was born in beautiful Italy where she acquired her lovely Italian accent. Adelia later became a resident of Vancouver when Adelia's sister convinced her to come to Canada to live closer to her.









Adelia enjoyed growing up in Italy and remembers her childhood as a happy time. Adelia was very close with her mother and with her father. Adelia's father was a very personable man and Adelia jokingly remembers opening her front door to strangers from the neighbourhood. People would come to her house so that her father could read the people's personal handwritten letters since many people in the town could not read during the time. Adelia's father was always happy to read the letters brought to him and was always tried to be helpful in anyway he could. Adelia was close to her mother because her mother always ensured that Adelia was close by her side. Although Adelia had to stay close to the house and wasn't allowed to run around outside like her brother, Giacorvico, she thinks it was a blessing. Since Adelia's mother was always running around and stirring up some delectable dish in the kitchen,

Adelia was able to easily learn the tricks behind some of her mother's most mouth watering recipes. Adelia's passion for food started in her youth and that passion still runs through her blood today. Adelia finds great pleasure in cooking up some of her favourite Italian meals for her and her son at home. If you walk by her house you may smell the wafting scents of fettuccini, pasta, pizza and of course, her favourite... spaghetti! Adelia loves to come to the centre each week to see all of her friends. When Adelia is not at the centre, she likes to spend time at home with her son. She also likes to read, go to church and relax on her lovely embroidered blankets. Adelia stitched many intricate blankets over the years in a style that has now become an ancient art. Adelia is definitely good with her hands and she may surprise you with her talent. If you speak Italian you will understand when I say, 'Adelia is truly a bella person!'

Enjoy the Summer!










August 2009

Monday	Tuesday	Wednesday	Thursday	Friday
3 Centre Closed	4  10:30 Lunch Outing to Granville Island No Lunch at Centre	5 10:30-11:30 Podiatrist 11:00 Sit Fit 1:00 Piano with Adriano Gentile	6 11:00 Sit Fit 11:30 Brain Teasers 1:00 Farewell Party for Scarlett & Matthew 1:00 Lion's Den	7  10:30 Shopping and Lunch Outing to Oakridge Mall No Lunch at Centre 1:00 Bingo
10 11:00 Sit Fit 11:30 Brain Teasers 1:00 Piano with Adriano Gentile	11 11:00 You be the Judge 11:30 Sit Fit 12:45-1:45 Afternoon Tea	12 11:00 Gentle Yoga 11:30 Brain Teasers 12:00 Lunch Music with Stuart 1:00 Discover Shells with Charlie	13 11:00 Sit Fit 11:30 Brain Teasers 1:00 Music with Steve Warner	14 10:30 Coffee and Chat 11:30 Sit Fit 1:00 Bingo
17 11:00 Gentle Yoga 11:30 PNE Memories 1:00 Bean Bag Toss	18 10:30-11:30 Round Rhythms for Health and Vitality  Lunch Outing No Lunch at Centre	19  STEP-OUT TOM and JERRY'S	20 11:00 Sit Fit 11:30 Brain Teasers 1:00 Piano with Adriano Gentile	21  10:30 Mystery Drive and Lunch Outing to Century House No Lunch at Centre 1:00 Bingo
24 11:00 Sit Fit 11:00 Ice Cream Making 1:00 Piano with Adriano Gentile	25  10:30 Picnic Lunch at Kitsilano No Lunch at Centre	26 11:00 Sit Fit 11:30 PNE Memories 1:00 Music with Stuart and Farewell Party for Melody & Yuwen	27 11:00 Gentle Yoga 11:30 Trivia about British Columbia 1:00 Discover Shells with Charlie	28 10:30 News & Views 11:30 Sit Fit 1:00 Bingo 2:00 Farewell Cake for Yuwen & Melody
31 11:00 Sit Fit 11:30 Brain Teasers 1:00 Music with Pete Campbell			<p>*There will be an open house on Saturday August 15th* From 2:00-4:00 PM *PLEASE SEE ADD IN NEWSLETTER*</p>	

If you have any questions regarding the program calendar
Please Call Marty at 604.430.1331

August 2009

Monday	Tuesday	Wednesday	Thursday	Friday
3 Center Closed Today Civic Holiday BC Day	4  10:30 Lunch Outing to Granville Island No Lunch at Centre	5 Macaroni and Cheese Salad Dessert Tea/Coffee	6  10:30 Shopping and Lunch Outing to Oakridge Mall No Lunch at Centre 1:00 Bingo	7
10 Home-made Soup Sandwich Dessert Tea/Coffee	11 Meat-loaf Baked Potatoes Veggies Dessert Tea/Coffee	12 Ham Loaf Scallop Potatoes Veggies Dessert Tea/Coffee	13 Chicken Legs Fresh Corn Salad Dessert Tea/Coffee	14 Home-made Soup Tuna Melt Salad Dessert Tea/Coffee
17 Chicken Rice Veggies Dessert Tea/Coffee	18 10:30-11:30 Round Rhythms for Health and Vitality Lunch Outing No Lunch at Centre	19  STEP-OUT TOM and JERRY'S	20  10:30 Mystery Drive and Lunch Outing to Century House No Lunch at Centre 1:00 Bingo	21
24 Fatima's Special	25  10:30 Picnic Lunch at Kitsilano Beach No Lunch at Centre	26 Fatima's Special	27 Fatima's Special	28 Fatima's Special
31 Pork Loin Rice Veggies Dessert Tea/Coffee				
There will be an open house on Saturday August 15th From 2:00-4:00 PM *PLEASE SEE AD IN NEWSLETTER*				

Centre Programs

*Meet and Greet

Every Monday, Wednesday and Thursday morning from 10:30-11:00 coffee and chat.

Bean Bag Toss

Ready, aim, bullseye! A fun target practice game that will keep you fit while having fun.

Bingo

Nerve-racking maybe, but fun absolutely! Always a favourite here at Renfrew-Collingwood Seniors' Society. Friday Afternoons at 1:00pm



Brain Teasers

Games that will get your mind working (Memory games, hangman, puzzles, word games, jeopardy and much more).

Coffee and Chat

Come join Marty and friends to have a chat about the latest news over a cup of tea or coffee.

Discover Shells with Charlie

Charlie has collected many beautiful shells along beaches and will share with you the story behind them all.



Farewell to Yuwen and Melody

We are all sad to see Yuwen and Melody leave at the end of the month to return to school, but let's show them how much we appreciated their help and kindness with a party on Wed., Aug. 26th at 1:00pm. Join us for a cake celebration on Fri., Aug. 28th at 2:00pm.

Farewell Party for Scarlett and Matthew

We will miss our volunteers Scarlett and Matthew when they leave this month. Let's send them off with a big party!

Gentle Yoga with Maryanne

Relax, stretch and get in the flow with yoga! Your body and mind will love you for it.

Ice Cream Making

Mmm...nothing is quite as good or refreshing as ice cream on a hot summer day. Join us to learn how to make your favourite ice cream to enjoy at home.

Lions Den Concert

Taking a trip to Lions Den to hear some wonderful musical talent is always a great time that can be enjoyed by all.

Lunch Outing and Shopping to Granville Island

Come join us for a day trip of sight seeing and shopping to Granville Island on Tuesday, August 4th

Lunch Music with Stuart

Enjoy the relaxing sounds of the piano at lunch with music by Stuart.



Music with Adriano Gentile

Come listen to the wonderful sounds of piano music composed by the talented Adriano Gentile (Aug. 5th, 10th, & 20th).

Music with Pete Campbell

Singing, dancing and singing of your old time favourites with Pete Campbell.

Music with Steve Warner

Join in singing and dancing with entertainment by Steve Warner.

Mystery Drive and Lunch Outing to Century House (Friday, Aug. 21st)

Come along on a drive with Marty to New Westminster area and have lunch at Century House Seniors' Centre.

News and Views

Share your views on the latest news and events. It might lead into a fun and heated debate!

Round Rhythms for Health and Vitality and Lunch Outing

Relax and discover the healing benefits of music at the community centre and then join us for a lunch outing.
(Tues., Aug. 18th, 10:30-11:30)

Picnic Lunch at Kitsilano Beach

Soak up the sun and enjoy a tasty homemade lunch at Kitsilano Beach (Tuesday, August 25th, 10:30-2:30).

PNE Memories

Weeeee!! want to hear about your favourite memories about your trips to the PNE. What wild rides were your favourite and which rides will you never step foot on again?

Shopping and Lunch Outing to Oakridge Mall

Shop 'til you drop then grab a bite to eat at the Oakridge Mall (Friday, Aug. 7th).

Sit Fit

Sit Fit is a good way to get our bodies moving while having fun at the same time!

Step Out

We will be all going out to enjoy some delectably delicious lunch at Tom and Jerry's Restaurant (Wed., Aug. 19th).

Trivia about British Columbia

Test your knowledge about our beautiful province

You be the Judge

A fun game where a scenario is read and then you choose an ending for the story.

*Not listed on the calendar

*Yarns of Fun with Lois

Come join Lois and friends on Tuesday afternoons to have fun, chat and stitch a beautiful creation to enjoy as well.

*Sarah's hand massages

Having a stressful day? Unwind with a nice massage from Sarah!



*Irene's Nail Salon

Irene will give your nails instant glamour that will be sure to impress.

Important Notice for All Seniors

Please be advised that because of limited seating on our trips, it is the responsibility of the RCSS members to sign up and pay in advance for upcoming outings and events advertised in the Newsletter Program Calendar. Your spot will not be guaranteed until we receive payment.



Hello Everyone,

Wow, time really flies. I can't believe how fast four months has passed. Sadly, it is time to leave Vancouver and go back to school.

I am so blessed to have had the chance to work at this amazing centre - constantly meeting interesting people and learning new things. Not only was I educated during this time but I also got a chance to see many parts of Vancouver that I was unaware of or have not been for a long while. What I enjoyed the most was getting to know each and every one of you. Your stories never fail to amaze me. Your love, kindness, and support are greatly appreciated.

Thank you all so much for this great experience. I can't think of a better way to have spent the summer. I will miss every single one of you; clients, staff, and volunteers.

I will definitely come back and visit in December. See you then!

Love, *Yuwen*



Farewell from Melody and Yuwen

Hi everybody!

I just wanted to say a big **THANK YOU** to all the people here at the lovely centre... you've made this experience so memorable and extraordinary for me!

To all the wonderful seniors: you are such a great bunch! I've spent such an amazing four months with you all. We chatted, laughed, drank (tea and coffee, of course), sang, danced, went on outings, teased each other and played great games together! Continue doing what you're doing - laughing, enjoying life and having a grand ol' time. Your happiness is infectious - you light up my day! Just remember, don't give the staff and volunteers a hard time. (Actually, please do, now that we're gone). And if there are new students, don't pick on them too much. I know Yuwen and I were just so great that no one can fill our shoes (or sandals) . I will miss you all greatly.



To the crazy staff and volunteers: thanks for putting up with us for four months. I know it was hard, but you're getting rid of us now!

***Celebration*.** It was an honor working with you all and I've learned many things that I will take along with me back to university and future jobs. Thanks for welcoming us here and giving us this experience. Continue doing what you guys are doing too...this centre is improving day by day!

Well, I better sign off before I take up the whole page. Have a great rest of the year - I will come back to visit around Christmas!

Love, *Melody*



A Word from Janice



Hi,

Things are starting to heat up! The summer weather is bringing hot temperatures and we want to see you all bring some hot new ideas for programs and outings to centre. It is nice to see that all of you have been enjoying the outings with your friends, staff and volunteers and we want to see that enjoyment continue. If you have any special place that you would like to go with your friends, let the program staff know and we will try out best to launch that fun adventure.

Now, let's get those creative juices flowing! Get together with your friends at the ice cream parlour and indulge in your favourite flavour while discussing what programs you are passionate about. What flavour do you want for your programs? Fun, calming, or spicy hot? Everyone has different tastes, so think about what you like. Grab a pen from your junk drawer, pull up a chair and sit for ten minutes to make a list of things you like, things you don't like, things you want to do more of and things that you want to try for the first time. Ask yourself a variety of questions. Ask yourself if you have a love for crafts, like sports, find a real good tune soothing or maybe have talent for cooking? Maybe you would never step foot in the kitchen (well... only to grab some freshly baked muffins made by someone else) but want to try baking for the first time.

They don't call them the **Golden** years for nothin'! Now is your time to shine. It is time for you to do what makes you happy in life and we want to help you do that at our centre. Each of your smiling faces brings joy to many and so many of you have special talents that we encourage you to share. Some of our members have spent their lives being dedicated wives, husbands, workers, or friends and has a colourful story to share. We want to hear your

story and want to know what topics you want to see more of in programs so that we can continue to learn from each other. Spark up some ideas and offer some suggestions, and with all those sparks we will set off a fire of fun!

Some questions you might want to ask yourself and things to think about?

-What are my interests? Do any programs at the centre cater to my interests? Do other people have the same interests as me? Can I make a group (Ex. Yarns of Fun with Lois)

-How do I relax? (Ex. Read a book, go for a walk, stretch, listen to music). What program will manage stress in my life (Ex. Gentle Yoga or Musical Entertainment)

- Do I have any old pictures or stories at home that I can share? How can my personal experiences be used in a program (Ex. Stories and old pictures can be used in the newsletter or the Member's Profile)

- Are there any topics I am concerned about or interested in, such as health, safety, antiques, or fashion and jewellery that I would like to learn more about?

- Are there any trips I would like to take or places I want to go? (Ex. Shopping Trips, Restaurant Outings).

-Keep Brainstorming!!

Janice Callahan

Photo Gallery





Upcoming Events

August 3rd	Monday	B.C. Day- Centre Closed
August 4th	Tuesday, 10:30am- 2:30pm.....	Lunch Outing to Granville Island
August 7th	Friday, 10:30am- 1:00pm.....	Shopping and Lunch Outing to Oakridge Mall
August 15th	Saturday 10:30-2:30pm.....	Renfrew Collingwood Seniors' Society Open House
August 18th	Tuesday, 10:30am-11:30pm...	Round Rhythms for Healthy & Vitality Lunch Outing
August 19th	Wednesday, 10:30am-2:30pm..	Step Out at Tom and Jerry's Restaurant
August 21st	Friday, 10:30am-2:30pm.....	Mystery Drive and Lunch Outing to Century House
August 25th	Tuesday. 10:30am-2:30pm.....	Picnic Lunch at Kitsilano Beach

Happy Birthday

8th Hilda Wright
17th Frank Kish
28th Durene Eikenberry



Did you know?

At 5 minutes and
6 seconds after 4am on the 7th of
August, the time and date will be:
04:05:06 07-08-09.

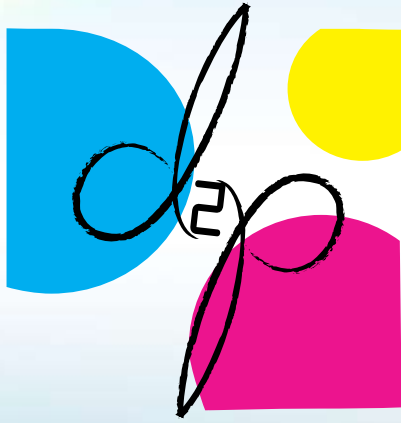
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Podiatrist, Dr. Almas will be in Wednesday, August 5th, 10:30am-11:30am



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Tuesday, September 7th

10:30am- Departing the Centre

12:00pm- Lunch

2:30pm - Returning to the Centre

Cost: \$22.00 Members

\$25.00 Non-members

Trip to White Rock



OPEN HOUSE

RENFREW COLLINGWOOD SENIORS' SOCIETY
2970 E 22nd St, Vancouver



Saturday, August 15th

2:00-4:00pm

Display Tables, Coffee & Treats

Beautiful Afgan Door Prize, 50/50 Draw

Entertainment – Adriano on the Piano (3-4pm)

First Chance to Sign up for Outing to White Rock!