

MERRY CHRISTMAS FROM AROUND THE WORLD

Pozdravlyau s prazdnikom Rozhdestva i c Novym Godom

Wesolych Swiat Bozego Narodzenia Buon Natale e Felice Anno Nuovo

Nave sal di mubaraka Maligayang Pasko at Manigong Bagong Taon

Sang Nian Fai Lok

MERII KURISUMASU

Nave sal di mubaraka

Sretan Bozic Czech - Prejeme Vam Vesele Vanoce a statny Novy Rok

Frohliche Weihnachten und ein glückliches Neues Jahr!

Joyeux Noël et Bonne Année!

Aapko Christh Janam Din ki badhai

Chúc Mung Giang Sinh - Chúc Mung Tân Niên Colo sana wintom tiebeen



Nollaig Shona Dhuit

**Mo'adim Lesimkha
Shana Tova**

Seng Dan Fai Lok

DECEMBER 2009 NEWSLETTER

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 December 2009

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NEW MEMBERS:

Teresa Zavaglia
Barbara Tucker
Alice (Babs) Frazell

NEW VOLUNTEER:

Ellison

RCSS Management

Board of Directors



Jim Park
Chair



Kim Van Wyk
Vice Chair



Tara Abraham
Secretary



Jennifer Rob
Treasurer



Alice Frith



Irene Griswold



Marilyn Jennings



Kamaljeet Kler



Elaine Moody



Laura Park

Staff



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Marty McCune



Carol Yi



Laurie Kallin



Olivia Lu



Fatima Kheraj



Tien Vinh



Olga Smirnova



A Christmas Message from the Board...



We arise from the roots of many cultures, each with its unique traditions and celebrations. So, has Christmas many meanings to different people. In Canada, we celebrate December 25th as the birthday of Jesus, a great spiritual teacher who lived about 2000 years ago, and around whom the Christianity religion was founded. The Christmas tree represents a celebration of nature by pre-Christian pagans who worshipped the bounties given to us from the natural world. The Romans celebrated Saturnalia, a winter festival of merrymaking and gift giving. The modern Christmas holiday is derived from many different sources, but it all leads to a single message:

Give the gifts of love, companionship, understanding, and charity to the world freely and joyfully, and receive the gifts of good health, family, food, shelter, and friendship humbly and with gratitude.

Christmas is simply a time of sharing, giving, and receiving. It is the warm, safe feeling you have when you are surrounded by those you love and care about, everybody happy and glad to be together again. It is a time to celebrate life and love through laughter, music, stories, food and drink, exchanging gifts, and an appreciation for those who have chosen us to be a part of their lives. It is with these thoughts in mind, that the Board wishes each of you a very Merry Christmas and much happiness in the New Year.

Jim Park

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A Message from Donna....

It has been a very busy time here at the Centre. May the joys of the holiday season be abundant! I would like to wish all of you a wonderful Christmas. It will hopefully be one to remember- in a good way, of course. I look forward to seeing all the members of RCSS on December 16th at our annual luncheon. It will be a great opportunity to meet the Board of Directors, the staff, and the volunteers. Please let us know if you plan on coming, and we'll throw another potato in the pot for you.

As the year comes to a close, I can honestly say that it has been an eventful last twelve months. There were lots of changes, new opportunities, and accomplishments. I must admit, though, that I am looking forward to the coming year and embracing what lies ahead.

All the staff is busy preparing wonderful programs and celebrations for you this month. Make sure you get in the spirit of the season by attending one of the sing-a-longs, coming to do Christmas crafts, or just having your picture taken with the guy from the North Pole. I'm sure your great-grandchildren will get a chuckle out of seeing you sitting on Santa's lap.

For those of you who are accustomed to other celebrations, I wish you a Happy Holiday as well. I look forward to hearing all your stories in the New Year.

Speaking of the New Year, all the staff and volunteers would like to send their best wishes for a healthy, peaceful 2010!

Take Care and make sure to connect with people you Love.

All is well, Donna

INTRODUCING TIEN VINH



Hi everyone,

My name is Tien Vinh, I am the newest addition to the RCSS team. Just in case you cannot tell from my name, I was born in Hue, Vietnam. Hue is located in the central east coast of Vietnam near the China Sea. I was one of the lucky people to escape communism on a small boat with **my** family in 1980. We were sponsored by a church in Kelowna, BC where we were excited to start our new lives as Canadians. It was a very challenging time for all of us as we coped with a new language and culture. I have a family with two brothers and a sister who all live in Vancouver. I graduated high school in Vancouver and obtained a diploma from Langara College in Recreation Leadership. I am very interested in all sports, with soccer as my first love. I do not share that interest with my boyfriend! Soccer allowed me to travel and meet a variety of people. I managed to share my passion for soccer and other sports with many children over the past couple of years in my previous positions. In my spare time, I enjoy golfing, roller blading, skiing, hiking, kayaking, drawing, knitting and playing! Pretty much everything that is fun, I like to do! I am looking forward to working with all of you and sharing our experiences to enhance each others lives! I have enjoyed meeting all of you and look forward to getting to know you better.

Tien Vinh

A Word from Carol



Hello everyone,

We had our flu clinics in at the end of October and beginning of November. As you may have heard, there was a limited amount of the H1N1 flu vaccine available. Most of our seniors only had seasonal flu vaccine not the H1N1 vaccine during our flu clinics. People 65 and older are least likely to get sick with this virus, but it is still possible to become infected. If they do become infected, they are more likely to develop serious complications from their illness. Therefore, seniors still should get the H1N1 flu vaccine. Our centre does not get the supply of the vaccine from CDC, so we won't be able to have an H1N1 flu clinic. Whoever hasn't had the H1N1 flu shot should contact their doctor or local health clinic to get the H1N1 flu vaccine. Wishing everyone a healthy winter season!

Take care!

Carol Yi



DECEMBER 2009 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	 1 10:30 Lunch outing to Granville Island 1:00 Yarns of Fun	 2 11:00 Sit Fit 11:30 Brain Teasers 1:00 Christmas Decorating	 3 11:00 Gentle Yoga 11:30 Brain Teasers 1:00 Christmas Decorating 1:00 Lions Den Concert	 4 10:30:AM Shopping and Lunch Outing to BrentwoodMall <u>No Lunch at center</u> 1:00:PM Bingo
7 11:00 Renfrew Elementary School Singers 1:00 Pool Noodle Hockey	8 10:30 Coffee and News and Views 11:00 Sit Fit 1:00 You be the Judge 1:00 Knitting Sale	9 11:00 Gentle Yoga 11:30 Brain Teasers 12:00 Music with Stuart Martin 1:00 Christmas Crafts	10 11:00 Sit Fit 11:30 Brain Teasers 1:00 Crow City Singers	11 10:30 AM Coffee and Chat 11:30 AM Sit Fit 1:00 Knitting Sale 1:00:PM Bingo
14 11:00 Sit Fit 11:30 Brain Teasers 1:00 Photos with Visitor from the North Pole	15 11:00 Sing A Long with Carmen 1:00 Christmas Musical Bingo 1:00 Yarns of Fun	16 10:00-2:00 XMAS PARTY (Members Only) <i>Please RSVP</i> 1:00 Sing-a-Long with Lorraine	17 11:00 Sit Fit 11:30 Brain Teasers 1:00 Christmas Sing a long with Pete Campbell	18 10:30 AM News and Views 11:30 AM Sit Fit 1:00:PM Bingo
21 11:00 Gentle Yoga 11:30 Brain Teasers 1:00 Xmas Movie Santa Clause 2	22 10:30 Coffee and Xmas Reminiscing 11:30 Sit Fit 1:00 Xmas Movie Santa Clause 2 1:00 Yarns of Fun	23 11:00 Sit Fit 11:30 Brain Teasers 1:00 Christmas Memories	24 Christmas Eve 11:00-1:00 Drop in for Egg Nog	25 Merry Christmas To Everyone  Centre Closed
28 Centre Closed	29 10:30 Coffee and Year in Review 11:30 Sit Fit 1:00 Christmas Crosswords 1:00 Yarns of Fun	30 11:00 Sit Fit 11:30 Brain Teasers 1:00 New Years Resolutions	31 11:00 Sit Fit 11:30 Brain Teasers 12:00-1:00 New Years Party with John Cronin	

*If you have any questions regarding the program calendar
Please Call Marty at 604.430.1441*

DECEMBER 2009 MENU

December 2009

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
	QUICHE Veg. Salad Dessert	BEEF CHILLI Bread Salad Dessert	CODFISH CASSEROLE Salad Dessert	NO LUNCH AT CENTRE Lunch outing to Brentwood mall
7	8	9	10	11
ROAST PORK Potatoes Veg. Salad Dessert	CHICKEN CACCIATORE Pasta Salad Dessert	CHICKEN NEWBURG Noodles Veg. Salad Dessert	BEEF STEW Rice Salad Dessert	PORK CHOPS Potatoes Veg. Salad Dessert
14	15	16	17	18
QUICHE Veg. Salad Dessert	LAMB STEW Soda bread Salad Dessert	CHRISTMAS LUNCHEON	TURKEY SOUP Sandwiches Salad Dessert	TURKEY SOUP Sandwiches Salad Dessert
21	22	23	24	25
VEGETABLE BEEF STEW Sandwiches Dessert	SEAFOOD CHOWDER Sandwiches Dessert	HAM AND CORN CHOWDER Sandwiches Dessert	VEGETABLE CHICKEN SOUP Sandwiches Dessert	CENTRE CLOSED Christmas Day
28	29	30	31	
CENTRE CLOSED	MEATLOAF Roast potatoes Veg. Salad Dessert	BREADED FISH Mashed potatoes Veg. Salad Dessert	CARIBBEAN BEAN STEW Salad Dessert	



Dec. 16
Christmas Luncheon
12:00pm

Centre Programs

*Meet and Greet

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

Arts, Health and Seniors

We're lucky to have Carmen come in to work with us on creative art projects!

Bean Bag Toss

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

Bingo

Nerve-wracking 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).

Christmas Crossword

We all love crosswords. This one is with a Christmas twist.

Christmas Crafts

We'll have some fun making Christmas crafts for the season.

Christmas Decorating

We'll have some fun making some decorations for the season.

Christmas Memories

Share your special holiday memories with us.

Christmas Movie

Watch a holiday movie Santa Clause 2

Christmas Musical Bingo

Nerve-wracking maybe, but fun absolutely! And now with music

Christmas Party

It's time to celebrate the holidays!



Coffee and Chat

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

Egg Nog

Come in on Christmas Eve to join us in celebrating with a cup of egg nog.

Gentle Yoga

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



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 to Granville Island

We'll be going to Granville Island for lunch and Christmas shopping

Music with John Cronin

He'll be singing with us to bring in the New Year 2010 wow!

Music with Pete Campbell for Christmas

Join in holiday singing and dancing with entertainment by Pete Campbell.

Music with Stuart Martin

Join in listening, singing with, and dancing to music by Stuart Martin.

News and Views

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

New Years Resolutions

Do you want to do anything better next year. Have any way you want next year to be better; let us know and find out about others as well.

Photos with a Visitor from the North Pole

Guess who or what? Get your picture taken.

Pool Noodle Hockey

She shoots, she scores! A wildly fun game where you challenge your opponents...the Canucks will be taking pointers from you!

Sit Fit

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

Sing-a-long with Lorraine

Lorraine will be joining us for our Christmas celebrations

Sing-a-long with the Crow City Singers

The Crow City Singers will get your vocal cords working and you just may give Celine Dion a run for her money.

Shopping Outing and Lunch at Brentwood Mall

We'll be heading out to the mall for a little shopping and lunch.

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.

You be the Judge

Give your verdict!

*Sarah's hand massages

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



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.



Cruising the Caribbean

Well, where do I start? First of all, I had a wonderful vacation and yes, I DID MISS ALL OF YOU and wished you were along with me. I'm sure many of you have many fond memories of vacations that you have taken or will have memories from vacations that you will take in the future. I had the opportunity to go on a wonderful Caribbean cruise and I thought that I would tell you the ports of call that our ship stopped at. We had to fly to New York and take the Norwegian Cruise Ship (The Jewel) from New York's Port. We were at sea for two days and then had our first port of call in Samana, in the Dominican Republic and then we sailed on to Tortola, on the British Virgin Islands. After this we sailed to Basseterre, Saint Kitts and then to Willemstad, Netherlands Antilles. Aruba was our next port of call then we were at sea for two more days before our visit to Roatan Bay Islands, Honduras and then our final port was in Belize City, Belize. After Belize we sailed back to Miami, Florida and then we spent one night in Fort Lauderdale before returning home.

I must say, although I had a wonderful trip, there is nothing better than HOME. In Canada we are still very fortunate for all the luxuries that we have in our everyday life. In some countries they might have beautiful warm weather all year, but they don't have all the clean water that we have to drink, and yes, although we like to complain about the way our health care is going, we still are better off than any other country that I know of.

P.S. A few seniors have commented



that the food must have been very good. As I have put on a few pounds, my answer to them was, "Yes, it was very good, as you can see..."

P.S.S. Guess what my New Year's resolution will be????



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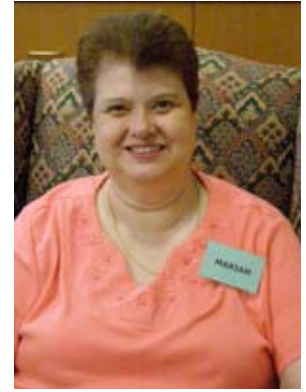
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.....Member Profile - Maria Cota

Maria Cota Maria was born and raised in Altares on Terceira, a small Portuguese island about 1500 kilometers off the coast. Terceira is a farming island, and Maria's family's farm grew wheat and corn and kept cows. Maria had two sisters and was the middle of the three. She spent her childhood helping her mother with her sisters and the farm work. Maria met her husband, Joe, at the movies. They dated for three years before getting married on Oct. 29th, 1961. Maria and Joe came to British Columbia in 1961, where they lived with her sister in Bear Lake, which is north of Prince George, for a year. In 1972 they bought a house of their own in Vancouver. Maria and Joe do not have any children, but love their cat JoJo very much. Maria loves to crochet and cook.



A Russian Holiday...



Hello, my name is Olga, and I am from Russia. This will be my second Christmas in Canada. Although my family embraces most Canadian traditions, I will hardly get any presents on December 25th. That's fine, because in Russia we celebrate Christmas differently than you do.

For most Russian people Christmas is a particularly religious holiday. It is celebrated on January 7th because of the 13-day difference in Gregorian and Julian Calendars. On Christmas Eve pious people go to church and stay there for a night service. They listen to a choir singing and pray all night.

The young girls do fortune telling on Christmas Eve. For example, if you want to know at what age you will get married, take a strand of your hair and put it through your mom's (or any married woman's) wedding ring, like a little pendulum. Stop the pendulum, concentrate, and try not to move your hand. After a while, the pendulum will start to swing. Count the swings until the pendulum stops. The number of the swings is the age when you will get married. Sound silly to you? Last time I did that trick the pendulum swung 23 times

Don't worry about the presents though. I will get mine on January 1st. In Russia we celebrate New Year in a similar way you celebrate Christmas. All the family members gather together at the table around 11 pm on the 31st of December. We eat, drink, and chat, recalling events of the outgoing year. When only seconds left before the New Year, we start to count down with the chiming clock. 1... 2... 3... 4... 5... 6... 7... 8... 9... 10... 11... 12!!!!!! We clink glasses, drink Champaign, hug and kiss each other wishing Happy New Year!!! This is the moment we exchange gifts. Children find their presents under the New Year Tree. They believe that the Father Frost and his granddaughter, Snow Maiden, bring them presents.

After the presents are open, a New Year Party starts. We go back to the table, or dance, or go outside to meet friends and set up fireworks. It's the most magic and wonderful holiday of the year.

Olga Smirnova



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Upcoming Events



Christmas Luncheon
Dec. 16th, 2009
At Noon

Happy Birthday

December Birthdays

Margaret Peterson Dec.3rd

Sandra Iormetti Dec.11th

Carole Keating Dec. 20th

Valerie Tickell Dec. 25th

Kamaljeet Kler Dec. 28th



Hello Everyone - Santa's helpers have been busy knitting scarves, stoles, toys and other items. The items will be displayed for sale December 8 to 11th. Make your purchases early to avoid disappointment! All proceeds help fund programs at the centre.

Important Dates

Dec. 1st Lunch Outing to Granville Island

Dec. 4th Lunch outing (no lunch at Centre)

Dec. 16th Christmas Party

Dec. 25th Centre closed

Dec. 28th Centre closed

Dec. 31st New Years Party

Jan. 1st Centre closed

Caregivers Association of BC- New Members Wanted
CABC is an organization designed to give support to anyone who provides unpaid care to an adult friend, partner, or family member. We need to boost our membership to show potential funders that we have gathered support from many caregivers across BC. Join us today at www.caregiverbc.ca

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