



## NOVEMBER 2009 NEWSLETTER

Renfrew- Collingwood Seniors Society | 2970 E. 22nd Ave. Vancouver, BC. V5M 2Y4 | Telephone: 604.430.1441



# 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.

## CONTRIBUTORS

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# Renfrew-Collingwood Seniors' Society Newsletter

## November 2009

## *Features*

RCSS Management	2
Irene and Hope	3
Message from Donna	4
Message from Annitta and Frank	5
Menu	6
Program Calendar	7
Centre Programs	8 and 9
RCSS moments	10
Member Profile	11
A word from Carol	11
A Note from Fatima	12
Upcoming Events	13



## NEW MEMBERS:

*Yvonne (Bobby) O'Halloran*  
*Jennifer Robb*  
*Natallie Skukalak*

## New Volunteers:

*Eric, Amanda, Sheila,*  
*Seon Young, Frank,*  
*and Lucille*

## Farewell to:

*Annitta*

# RCSS Management

## Board of Directors



Jim Park  
Chair



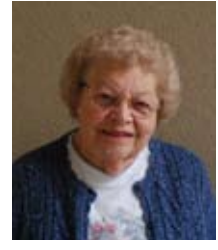
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Tara Abraham  
Secretary



Jennifer Rob  
Treasurer



Alice Frith



Irene Griswold



Marilyn Jennings



Kamaljeet Kler



Elaine Moody



Laura Park

## Staff



Donna Clarke



Marty McCune



Carol Yi



Laurie Kallin



Fatima Kheraj



This is Hope. She was rescued from a puppy mill when she was one and a half years old. At that time she could hardly walk from sitting in a cage all the time. She had no name but her rescuer told her that there is always hope for all of us and named her as a reminder. The breeder, Kelly, kept her and in six years she had 72 puppies. Then three years ago Kelly switched to breeding big dogs and advertised her for free in the Vancouver Sun. Of thirty applicants I was the successful one and Hope became mine.

I am a walker but she was not. At first we went one block and the next week two. After a few weeks she was up to six and now she can go four kilometers. We often walk to Ren-Col and home, maybe you have seen us.

Following are steps taken from "You Docs" in the Province that can help most of us learn to have and enjoy healthy walks.

- Walk every day. Make it a priority. Not just around the house but a steady walk. If all you can do at first is just a few minutes, that's all right.

- Start off walking slowly to warm up and then increase your speed. Warming up first prepares your body and your mind.

- Try to think of it as pleasant. If you regard it as strenuous exercise you might just feel like quitting. If you are overweight and walk slowly you will burn just as many calories as a smaller person walking more quickly because your body is carrying a bigger load.

- Once you have been walking for a while you can increase the distance and speed but don't increase it more than ten per cent a week.

- When you are done stretch the muscles you have been using for two or three minutes. This allows them to be ready for the next time you use them which would be the next day.

In Vancouver where it rains a lot, good waterproof clothes are an aid to increasing your enjoyment. I have a pair of waterproof pants that fit over my regular pants and I have a nice  $\frac{3}{4}$  length waterproof, warm jacket with a hood. Hope has a waterproof coat to wear as well. If you prefer -and you don't have a dog to walk- you can go to a mall. Some malls even have a walking club that you could join.

Hope to see you soon,

*Irene Griswold* and **Hope.**







## A Message from Donna....

It has been a very busy time here at the Centre. Grants had to be written and outcomes needed to be reported to our funders (always lots of work involved in that process). We are changing our accounting system and that involves a tremendous amount of time. The worst thing though is we have cutbacks in our funds and will receive less money from the government than was initially approved. VCH is doing a review of all programs and cutting all budgets of Adult Day Centres. The cutbacks come into effect

December 1st. This brings me to the point that we have no choice but to continue on with our plans to charge five dollars for lunch instead of four. If we do not implement the increase we will be in big financial trouble by the end of the year. So thank you for your understanding and support of that decision.

Despite all that's going on, this is a happening place these days. We are packed everyday for lunch and it is marvelous to see everyone. Lots of seniors have been coming from The Manor and they are a welcomed addition. Continue to spread the word that we are a great place to hang out and socialize because new members add to our growth.

We have an abundance of volunteers these days and they are wonderful. Most of them are in their twenties, from different walks of life, all eager to learn and totally amazing young adults. I can only tell you that they have been a great addition to our team. The intergenerational connections are wonderful to watch and to see both the seniors and young adults learning from each other is so rewarding.

Our new staff members are working out amazingly well. They all have the same things in common; they love being around seniors, they are nurturing, responsible and so compassionate.

The muffins and coffee in the morning are a big hit and the aroma from the kitchen as you enter the Centre is nourishing for the soul. Fatima deserves kudos for coming in early to make them for us and they are always different and hearty.

Please come and support our Centre at Renfrew Park Community Centre on Saturday, November 7th. Our knitting group, also known as "Yarns of Fun with Lois", will be selling their wonderful hand-knit goods. We are supplying the food at the event so it is another opportunity to indulge in a healthy, affordable meal.

We have also chosen a date for our Christmas Luncheon; it is Wednesday December 16th at noon. Marty has arranged some great entertainment, there will be a sing-a-long and we may even have a visit from the jolly man in a red suit. Please mark you calendars and sign up with Olga at the administration desk so we can get an idea of how many of you plan on being here. We hope to see you all.

There has been a lot of confusion on flu shots so let me fill you in on what the recommendation is for seniors. Basically the seasonal flu shot is continuing for seniors. The H1N1 is not targeting that group and the seasonal flu shot has more detrimental effects. You will be able to get the flu shots at the Centre on Wednesday, November 5th however we will also be taking a group of seniors to the community centre on Thursday, October 28th. Please note we will not be administering flu shots to anyone without the green consent form being signed. They were sent home with your October bills but if you need another one do not hesitate to call me.

Annitta has found work in Surrey- close to home and she will be leaving RCSS at the end of the month. Although she will be sadly missed by all of us, we understand that driving three hours a day takes its toll. We wish you well, Annitta, and thanks you for everything.

That's it for now but please remember if you have any comments or concerns that you can always come in or call us at the Centre.

*Life is good!* - Donna

## THE VALUE OF YOUR WORK



During Brain Teasers we recently discussed how you contributed to Canadian Society through your work, and each of you talked about your work with a **great sense of pride**. You held a broad spectrum of jobs: raising children, farmer, office clerks, paymaster, educators, cooks, restaurateur, grocery store owner, musician, school matron, housekeepers, cashiers, laundry workers, fish cannery workers, hospital medical records clerk, hospital maintenance worker, construction contractors, long haul truck driver, nanny, bus driver, and more. Many of you had stories; unfortunately we ran out of time but we'll revisit those stories at another time. **We salute you for your contributions to society.**

During our discussion about work we discovered that we represented 13 different countries. These included Poland, Portugal, China, Estonia, Egypt, Philippines, United States, Germany, Hungary, India, Austria, Italy, and Canada.

You asked that we learn a few words in the various languages that you speak...so we have begun our "language studies" with the Philippine word "salamat po" which means thank you. We will continue our "language studies" throughout the next few months, learning basic words in several languages. Although it's unlikely that we can consider ourselves multilingual by speaking a few words of another language, it feels good and brings smiles to our faces when we use our newly learned words.

On another note...

Many of you know that I live in Surrey and have a long commute to work every day. I was recently offered an opportunity to work closer to home and have accepted a position as a Recreation Worker with seniors in Surrey, so I'll be leaving you all at the end of October. I want you to know that each of you have enriched my life. Having you share so much of your lives with me has been a great learning experience and I appreciate all that each of you bring to my life. I'll think about you often. It's a small world; maybe we'll run into each other again one day. Wouldn't that be great!



Much love to you all, *Annitta*



Hi, everyone! My name is Frank Mulcahy. I am an adult student from Rhodes Wellness College here in Vancouver doing a 4-week practicum at Renfrew-Collingwood Senior's Centre. My goal is to work with seniors in some sort of helping capacity when I graduate. I am really enjoying working with all of you, getting to know you and finding my place in the daily routine. My purpose in life is to be a reflection of love to everyone I encounter through speaking, teaching, demonstrating and modeling. I am very happy to be doing that with all the people here at the Centre.

*Frank Mulcahy*

# NOVEMBER 2009 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
11:00 Sit Fit	11:00 Arts, Health,	11:00 Sit Fit	11:00 Sit Fit	 10:30:AM
11:30 Brain Teasers	Seniors	11:30 Brain Teasers	11:30 Brain Teasers	Shopping and
1:00 3 Hole Golf	1:00 Musical Bingo	1:00 War time	1:00 Lions Den	<i>Lunch Outing to</i>
or board games		memories	Concert	<i>BrentwoodMall</i>
	1:00 Yarns of Fun			<i>No Lunch at center</i>
				1:00:PM Bingo
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
11:00 Sit Fit	11:00 Arts, Health,	Center Closed	11:00 Sit Fit	10:30 AM
11:30 Brain Teasers	Seniors	Today	11:30 Brain Teasers	Coffee and Chat
				11:30 AM
1:00 Music with	1:00 Board Games	Remembrance Day	1:00 Pool Noodle	Sit Fit
Pete Campbell			Hockey	
	1:00 Yarns of Fun			1:00:PM Bingo
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
11:00 Gentle Yoga	11:00 Arts, Health,		11:00 Sit Fit	10:30 AM
11:30 Brain Teasers	Seniors		11:30 Brain Teasers	News and Views
1:00 BeanBag Toss	1:00 Tasting and	STEP-OUT	12:00 Music with	11:30 AM
or Card games	Smelling different	Tom and Jerry's	Stuart Martin	Sit Fit
	spices from Epicure		1:00 Price is	
	1:00 Yarns of Fun		Right	1:00:PM Bingo
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
11:00 Sit Fit	11:00 Arts, Health,	10:30-11:30	11:00 Gentle Yoga	 10:30 AM
11:30 Brain Teasers	Seniors	Podiatrist	11:30 Brain Teasers	Lunch outing
1:00 Pool Noodle	1:00 Life-Line	11:00 Sit Fit		to Conferation
Hockey	Presentation	11:30 Brain Teasers	1:00 Crow City	Centre
	1:00 Yarns of Fun	1:00 Music with	Singers	<i>No Lunch at center</i>
		the Acchords		1:00:PM Bingo
<b>30</b>				
11:00 Sit Fit				
11:30 Brain Teasers				
1:00 Show and Tell				



Dec. 16  
Christmas Luncheon  
12:00pm



# NOVEMBER 2009 MENU

Mon	Tue	Wed	Thu	Fri
<b>CHICKEN</b>	<b>OTHER</b>	<b>BEEF</b>	<b>FISH</b>	<b>PORK</b>
RICE VEG SALAD DESSERT	POTATOES VEG SALAD DESSERT	PASTA VEG SALAD DESSERT	OTHER CARB VEG SALAD DESSERT	RICE VEG SALAD DESSERT
<b>PORK</b>	<b>CHICKEN</b>	<b>OTHER</b>	<b>BEEF</b>	<b>FISH</b>
POTATOES VEG SALAD DESSERT	PASTA VEG SALAD DESSERT	OTHER CARB VEG SALAD DESSERT	RICE VEG SALAD DESSERT	POTATOES VEG SALAD DESSERT
<b>FISH</b>	<b>PORK</b>	<b>CHICKEN</b>	<b>OTHER</b>	<b>BEEF</b>
PASTA VEG SALAD DESSERT	OTHER CARB VEG SALAD DESSERT	RICE VEG SALAD DESSERT	POTATOES VEG SALAD DESSERT	PASTA VEG SALAD DESSERT
<b>BEEF</b>	<b>FISH</b>	<b>PORK</b>	<b>CHICKEN</b>	<b>OTHER</b>
OTHER CARB VEG SALAD DESSERT	RICE VEG SALAD DESSERT	POTATOES VEG SALAD DESSERT	PASTA VEG SALAD DESSERT	OTHER CARB VEG SALAD DESSERT
<b>OTHER</b>	<b>BEEF</b>	<b>FISH</b>	<b>PORK</b>	<b>CHICKEN</b>
RICE VEG SALAD DESSERT	POTATOES VEG SALAD DESSERT	PASTA VEG SALAD DESSERT	OTHER CARB VEG SALAD DESSERT	POTATOES VEG SALAD DESSERT



*Thank you to all  
our Volunteers!*

# 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 and Yoko come in to work with us on creative art projects!

## 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



## Board Games

It's always fun to play some board games! What's your favourite?

## 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.

## Gentle Yoga

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



## Life-Line Presentation

Life line will be coming in to tell us a little bit about their

## 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 Confederation Centre

We'll be going to Confederation Centre to join them for lunch on Nov.27th.

## Music with The Accchords

The Accchords will be coming in to entertain us with some music.

Music with Pete Campbell

Join in singing and dancing with entertainment by Pete Campbell.



## Music with Stuart Martin

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

## Musical Bingo

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

## News and Views

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

## Podiatrist

The Podiatrist will be coming in on Nov.25th.

## Pool Noodle Hockey

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

## Price is Right

Do you all remember Bob Barker well we'll be playing the game he became famous for come on down and join us!

## Sit Fit

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

## 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.

### Show and Tell

Bring in 1 or 2 items that you would like to share with us.

### Step Out

We will be all going out to enjoy our lunch at Tom & Jerry's on Nov.18th.

Tasting and Smelling Different Spices From Epicure

### 3-Hole Golf

Golfing fun practice your shot get as good as Tiger!

### War Time Memories

We use this opportunity on Remembrance Day to remember the brave and loved who fought at war for our safety.

### 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.

\*Not listed on the calendar

### 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.







## Location, Location, Location. Chelsea Park has it all!

This new Seniors Housing offers intimate, well designed, comfortable and affordable living for seniors. Located near Commercial Drive, near parks and recreation facilities, near public transportation and within a “walkable” community. You will not find a better setting for seniors who want to enjoy the benefits of the “total community”. Right on our doorstep!



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## .....Member Profile - Danuta Press.....

Danuta is fairly new to the Renfrew-Collingwood Seniors' Society; she became a member three weeks ago.

Danuta moved to Canada from Poland in 1948. Her family was unable to leave Poland before this because of the war. Danuta came alone on a one year contract to work for a family as a nanny.

She met her husband here in Vancouver, and had two children. Her husband owned a butcher business, and she worked with him as well as took care of the kids. Her daughter now lives on Vancouver Island, and her son lives in Richmond. Danuta has three granddaughters, and three great-granddaughters.

Her hobbies included visiting the Polish Community Centre and gardening, although there isn't too much gardening to do in the condo she lives in currently. Her son is a frequent visitor, and her daughter visits when she can.



### *A Word from Carol*

Good eating habits can keep seniors healthy and even improve your health. So please remember:

Reduce your sodium (salt) intake to help prevent water retention and high blood pressure. Monitor fat intake in order to maintain healthy cholesterol levels. Consume more calcium and vitamin D for bone health. Eat more fiber-rich foods to prevent constipation. Cut back on sugar and on dry foods. Make sure you get the recommended amount of important vitamins and minerals. Increase your water intake and participate in regular physical activity.

### *In Flanders Fields*

By: Lieutenant Colonel John McCrae,  
MD (1872-1918) Canadian Army



*In Flanders Fields the poppies blow  
Between the crosses row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.  
We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.  
Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.*



## *A Note from Fatima*

Fatima has some advice for you this November on how to incorporate fiber, vitamins, and cancer-fighting nutrients into your diet. She also has some tips to share with you that will reduce the amount of fat and sugar in your baking recipes.

There are five vegetables that are packed with good things for the body, although they just don't get eaten enough, even by the healthiest eaters.

1) Dried plums- also known as prunes- are full of potassium (they have twice as much as bananas), anti-oxidants, and fiber. Keep a bag in your purse or in the pantry for easy snacking.

2) Beets contain fiber, iron, and vitamin C. They also have betacyanin, which helps prevent colon cancer. Try grating raw beets onto salads, or marinating steamed beets in olive oil, lemon juice, and herbs. Magnesium in the diet will also help prevent colon cancer. Magnesium can be found in whole grains, nuts, and green vegetables.

3) Pumpkin also has lots of fiber. It has antioxidants that can

help improve the immune system, and help prevent cancer and heart disease. Try cutting peeled fresh pumpkin into chunks and roasting it with olive oil, salt, and pepper, or scoop a generous amount of canned pumpkin into pancake batter.

4) Eggplant is full of fiber and vitamin B. Eggplant also has antioxidants that help prevent rheumatoid arthritis and cellular damage that can lead to cancer. You can add cut up eggplant to a stir-fry, or add them a pan of roasted vegetables.

5) Beans can help prevent cancer and heart disease, as well as regulate blood sugar. They are packed with fiber, protein, and antioxidants. To get beans into your diet, add chickpeas to a pasta salad or replace half the meat in your chili with kidney beans.

There are a lot of ways to reduce the amount of fat in your recipes, while still keeping them delicious. Instead of using the full amount of butter or margarine, replace a portion of it with mashed fruit or veggies, like banana, applesauce, or pumpkin. Keep in mind this can reduce baking time. Using cooking spray instead of butter or margarine to grease your pan will also help reduce the fat. You can also use two egg whites in the place of one whole egg. Probably the easiest way to reduce the fat in your recipes is simply to use light or non-fat milk, cheese, cream cheese, sour cream, mayonnaise, and other dairy ingredients, instead of the full-fat versions.

To reduce sugar, you can replace a portion of sugar in your recipes with cinnamon, vanilla, or almond extract. Artificial sweeteners can be used, but Splenda works the best. Other sweeteners don't always hold up under high cooking temperatures. If your recipe calls for any syrups, use pureed fruit instead, or buy sugar-free syrup.

Keep Fatima's advice in mind when you cook dinner or bake treats for yourself, your family, and your friends. You will all be healthier for it.

*Fatima*

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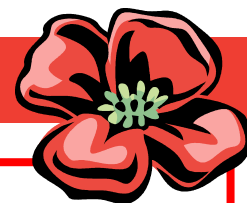


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## Upcoming Events



### Flu Shots

Wed, Nov.4th 1:15-2:00pm at  
Renfrew-Collingwood Seniors' Society  
2970 East 22nd Ave.

### IMPORTANT NOTICE

MEAL PRICES WILL BE GOING  
UP FROM \$4.00 to \$5.00 STARTING  
NOV. 1ST, 2009

### Happy Birthday

Nov. 5th Angelina DiSalvo  
Nov. 7th Mary Bosze  
Nov.7th Catherine Folkard  
Nov. 9th Ella Mirk  
Nov. 15th Tai Tung  
Nov 19 Curt Busse  
Nov. 22nd Cecilio Cartagena

Nov. 6th Brentwood Mall Outing  
Nov. 11th Remembrance Day Centre Closed  
Nov.18th STEP-OUT to Tom and Jerry's  
Nov.27 Lunch Outing to Confederation Centre  
Dec. 16 Christmas Luncheon 12:00pm

### 7th Annual Community Craft Fair

Saturday, November 7th 10:00am-3:00pm  
Get a head start on your Christmas shopping at our  
Craft Fair. It's a great places to find unique gifts.  
If you are the crafty sort, come and sell your own  
handmade items.  
Table rental - \$20 Craft Fair  
admission is free.  
Food & Refreshments will be available for purchase.  
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