

"Taking Seniors to Heart"



Happy Thanksgiving Day!

OCTOBER 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.

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Renfrew-Collingwood Seniors' Society Newsletter October 2009

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New Staff:
Laurie and Fatima

New Volunteers:
Yan, Eric and Stephanie

RCSS Management

Board of Directors



Jim Park
Chair



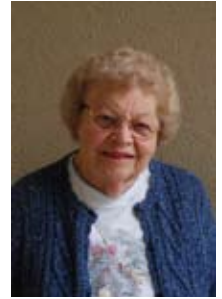
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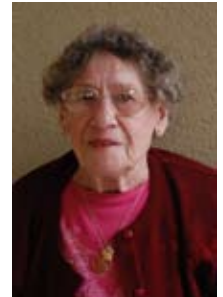
Marilyn Jennings



Kamaljeet Kler



Elaine Moody



Laura Park

Staff



Donna Clarke



Marty McCune



Laurie Kallin



Carol Yi



Fatima Kheraj



A Message from Donna....

Our new staff members are in place and the fit is good. We are fortunate to have Fatima Kheraj take over the kitchen. Fatima has been the casual cook for a few years and produces nothing but the finest quality in meal service. She is a wonderful cook, baker, and team player, and all the staff are extremely happy to have her on board. Please join me in welcoming Fatima to our organization.

We are also blessed to have Laurie Kallin, Laurie is our main driver and one of the activity workers. She will be leading a new program simultaneously to our other programs, so the participants can choose which activity they want to join. Laurie brings a wealth of experience and is also a welcomed addition. Welcome Laurie.

Family members may not be aware of our muffins and coffee program in the mornings, which gives seniors an opportunity to socialize and catch up on the latest gossip. This ensures that the seniors have a healthy snack before engaging in gentle yoga or fitness classes. We felt it was necessary, as a lot of participants come in without having had breakfast. This gives everyone some good fuel. They are more enthusiastic and benefit further from the daily routines. We are also including soup or salad with lunch, so our seniors get those healthy vegetables that aid in digestion.

Of course, this costs money, and we are anticipating an increase in your meal fee. We are suggesting the fee increase from \$4.00 to \$5.00, but would like to know if this will cause you any hardship. This will go into effect November 1st, 2009, so please give me your feedback.

All family and friends are welcome to hang out with us anytime and share in our meal. If you are off work and want to spend a day at the centre, consider this an open invitation. It will be the healthiest lunch you can get for \$5.00, and you will be supporting the Society at the same time.

Life is good! - Donna

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Hello, A Word from Carol

Flu season is coming. To prevent the spread of flu, we should wash our hands frequently and cover our mouths when we cough or sneeze. It is also important to keep shared surface areas such as doorknobs, light switches, and telephones clean. The most effective way to protect ourselves from the flu is to be vaccinated each fall. Our centre is going to provide flu vaccination on November 4th. We will send you a consent form with your bill in the beginning of October. Please sign the form if you want to have the flu shot at the centre, otherwise we will not be able to provide the flu shot for you. If you get the shot from your doctor or another clinic, you don't need to sign the form. One shot will protect you for the whole season.

Introducing Laurie

Hello, my name is Laurie, and I'm very excited to be here. A little about myself: I have worked with seniors for the past fifteen years, and the past seven have been in recreation. I was born and raised in BC, and have lived in Burnaby for the past nine years. I'm a mother of fraternal twin boys who just turned six and have started grade one. We spend a lot of time camping and biking in the summer and I love to scrapbook our pictures when I can. Also, I have a black and white tuxedo cat named Charlie. I'm looking forward to getting to know all of you and sharing some new ideas.



consult with our pharmacist



Livia Chan
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Certified Diabetes & Asthma Educator
Pharmacy Manager

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- Medication reminder packaging program



Grandview: 2880 Bentall Street, Vancouver



Upcoming Events

Flu Shots

Thursday, Oct 29th, 1-3pm at
Renfrew Community Centre
2929 East 22nd Ave

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

**Centre will be closed on Thanksgiving Oct.12th, 2009
** Thanksgiving Lunch on Oct. 7th & 9th
** October 2nd Brentwood Mall Outing
** October 28th Halloween Party



Information and Referral Workshops 2009

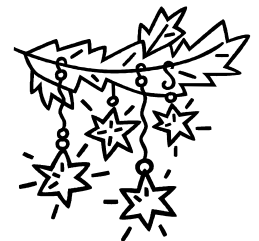
All workshops are FREE and will be held at the
411 Seniors' Centre- West Wing, 3rd floor
Thursday, October 1st : 8:30am-12:30 pm
The Red Book and Advanced Communication Skills

Thursday, October 8th
9:00 am to 11:15 am
Service Canada

Thursday, October 15th
9:00 am to 11:00 am
Homeless in the Seniors Population



7th Annual Community Craft Fair Saturday, November 7th 10:00am-3:00pm



Head start on your Christmas shopping at our Craft Fair. It's a great place 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.

RENFREW PARK COMMUNITY CENTRE 2929 East 22nd Avenue, Van., 604 257-8388

OCTOBER 2009 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
			1 11:00 Sit Fit 11:30 Brain Teasers 1:00 BeanBag Toss or Card games	2  10:30:AM Shopping and Lunch Outing to BrentwoodMall <u>No Lunch at center</u> 1:00:PM Bingo
5 11:00 Sit Fit 11:30 Brain Teasers 1:00 Octoberfest Pub with John Cronin	6 11:00 Arts, Health, Seniors 1:00 one to one interviews /seniors and technology 1:00 Yarns of Fun	7 11:00 Gentle Yoga 11:30 Brain Teasers 1:00 Apple trivia and tasting	8 11:00 Sit Fit 11:30 Brain Teasers 1:00 Lions Den Concert 1:00 Thanksgiving Day Craft	9 10:30 AM Coffee and Chat 11:30 AM Sit Fit 1:00:PM Bingo
12 Center Closed Today Thanksgiving	13 11:00 Arts, Health, Seniors 12:00 Music with Stuart Martin 1:00 Mystery Drive 1:00 Yarns of Fun	14 11:00 Sit Fit 11:30 Brain Teasers 1:00 3 Hole Golf or Card Games	15 11:00 Sit Fit 11:30 Brain Teasers 1:00 Crow City Singers	16 10:30 AM News and Views 11:30 AM Sit Fit 1:00:PM Bingo
19 11:00 Gentle Yoga 11:30 Brain Teasers 1:00 Bean Bag Toss	20 11:00 Arts, Health, Seniors 1:00 You be the Judge 1:00 Yarns of Fun	21  STEP-OUT Trolls Fish/Chips	22 11:00 Sit Fit 11:30 Brain Teasers 1:00 Music with Stuart Martin	23  10:30 AM Shopping Trip to Costco 1:00:PM Bingo
26 11:00 Sit Fit 11:30 Brain Teasers 12:00 Music with Stuart Martin 1:00 Pumpkin Carving	27 11:00 Arts, Health, Seniors 1:00 Musical Bingo 1:00 Yarns of Fun	28 11:00 Sit Fit 11:30 SPOOKY STORIES 1:00 Halloween Party with Steve Warner	29 11:00 Gentle Yoga 11:30 Brain Teasers 1:00 Pool Noodle Hockey	30 10:30 AM News and Views 11:30 AM Sit Fit 1:00:PM Bingo

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

OCTOBER 2009 MENU

Mon	Tue	Wed	Thu	Fri
			1	2
			Roast Chicken Rice Pilaf Mixed Veg. Green Salad Apple Crumble	Brentwood Outing Vegetarian dish
5	6	7	8	9
Roast Pork Roast Potatoes Broccoli and Cauliflower Greek Salad Vanilla Pudding	Chicken Cacciatore Penne Broccoli au gratin Salad Fresh fruit	Roast turkey Roast potatoes and stuffing Green salad Pumpkin pie	Meat loaf Mexican rice Roasted veg. Coleslaw Carrot cake	Roast turkey Roast potatoes and stuffing Green salad Pumpkin pie
12	13	14	15	16
Center closed Thanksgiving Day	Breaded pork chops 3 bean salad Glazed turnips Mixed green salad Fresh fruit	Ham and broccoli quiche Glazed carrots and turnips Tomato and fennel salad Berry pear crisp	Macaroni and cheese Mixed veg. green salad Fresh fruit Ice cream	Beef stew Butter rice Carrots and parsnips Red cabbage salad Bread pudding
19	20	21	22	23
Shepherd's pie Mixed veg. Greek salad Rice pudding	Baked white fish Rice/ Broccoli/cauliflow er Coleslaw Cranberry pudding	Step Out To Trolls Fish & Chips	Poached chicken Egg noodles Mixed veg. Waldorf salad Egg custard tart	Caribbean bean stew Sweet corn rice French green beans Green salad Banana split
26	27	28	29	30
Salmon fillets w. dill sauce Mashed potatoes Mixed veg. Carrot salad Apple fool	Veg. beef casserole Butter rice Carrots and parsnips Tomato fennel salad Vanilla cupcakes	Spicy baked fish Scallion rice Broccoli/ cauliflower Carrot salad Apple pie tart	Ginger-braised ribs Greek bean salad Glazed carrots Red cabbage salad Baked apples	Breaded chicken breast Roast potatoes Glazed carrots/turnips Greek salad Fruit cobbler

- Menu subject to change

Centre Programs

*Meet and Greet

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

Apple Trivia and Tasting

Check out how much you know about your favourite fruit, the apple. Tastes great and good for you.

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-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).

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.



Halloween Party

We will be having a spooky Halloween party with guest performer Steve Warner. Be sure to wear your costumes.

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.

Music with Stuart Martin

Join in singing and dancing with entertainment by Stuart Martin.



Musical Bingo

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

Mystery Drive

We'll be taking a surprise trip. Be there to find out where!

News and Views

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

Octoberfest Pub

Pub time with John Cronin. See you then Cheers!

One on One

We'll be getting one on one with seniors and interviews and technology.

Pool Noodle Hockey

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

Pumpkin Carving

Keeping with the Halloween theme we will be carving some pumpkins. A-Jack-O-Lantern of fun.

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.

Spooky Stories

In the spirit of Halloween we'll be sharing some scary stories

Shopping Trip to Costco

Stepping out for a little shopping trip to Costco.

Shopping and Lunch at Brentwood Mall

Going out for a trip to Brentwood Mall.

Bring your shopping shoes!

Step Out

We will be all going out to enjoy some fish and chips at Trolls on Oct.21st.

3-Hole Golf

Golfing fun practice your shot get as good as Tiger!

You be the Judge

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

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



RCSS moments





Happy Birthday

Oct 1st Charlie Mills
Oct 18th Yuk Chun Lai



.....Member Profile - Kay Howell

Kay was born in Winnipeg in 1923. She lived there until she was six, and then in Edmonton for another six or seven years. She moved to Vancouver on September 20, 1937, and has lived here ever since.

She was a trouble-maker while growing up; if there was mischief, she was involved. She had an interesting school career. She had to change schools about ten times, and if she could have gotten out of school she would have. She saw the strap a time or two as well.

During the war she worked in shipyards, helping build the Liberty war ships. They worked six to a group, and Kay found great respect within all the teams. She stopped working in the shipyards in 1947, and married in the same year. She was 24, but she had known her husband since she was fourteen. She and her husband had a boy and a girl. As her family grew up, she worked in the Vancouver Hotel doing the laundry that came off the ships.

Her son now lives in Surrey, and her daughter in Kelowna. She loved to swim in English Bay. She also loves dogs.



Chelsea Park: Non-Profit Supportive Housing For Seniors

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A Note from Fatima

My name is Fatima, and I am your new cook. I hope that we will have a pleasant and tasty time together. I have been cooking since I was nine years old. My hobbies are cooking, gardening, reading mysteries, and collecting cookbooks. My collection number is around 500! I trained in culinary arts at the Vancouver Community College, and have enjoyed cooking at Chown, Crossreach, and Renfrew on a casual basis. At home are my husband and two cats- we are empty nesters.



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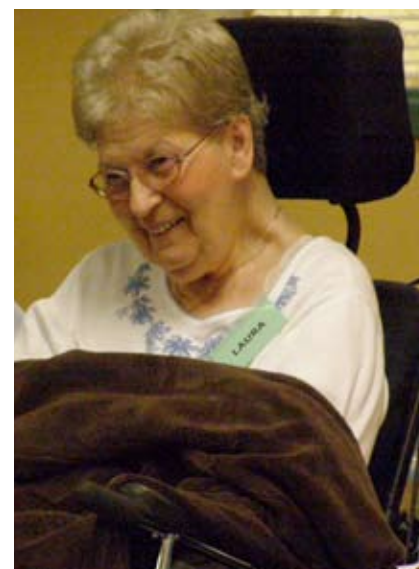


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