

"Taking Seniors to Heart"

MERRY



CHRISTMAS



DECEMBER 2010 NEWSLETTER

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



About the Renfrew-Collingwood Seniors' Society

The Renfrew-Collingwood Seniors' Society is a non profit organization with charitable status. This is our 34th year running. 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

Donna, Tien, Fatima, Carol, Addie,
Ellison, Lois, Marguerite, Cathie, Betty,
Laurie, Lee

Photography: Poonam, Olga,
Tien, Donna

EDITORIAL TEAM

Donna
Pamela
Poonam

CONTACT

Written articles and requests to this
newsletter are welcome.
Contact Donna Clarke.

Telephone: 604.430.1441
Fax: 604.437.1443
Email: rencollsr@aol.ca

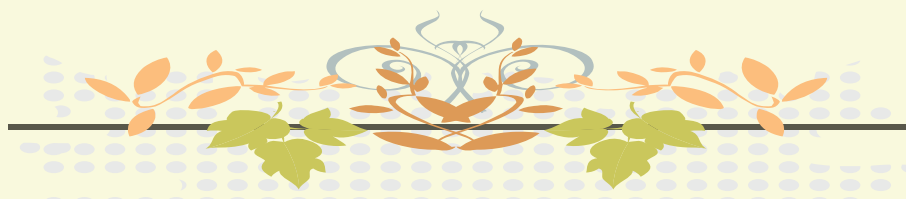
Printed and designed in Canada by
<http://www.design2print.ca>

Renfrew-Collingwood Seniors' Society Newsletter December 2010

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RCSS Management

Board of Directors



Charlie Mills



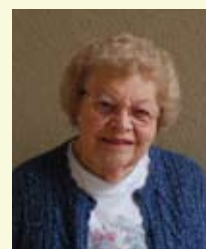
Kim Van Wyk



Tara Abraham



Sonia Clair



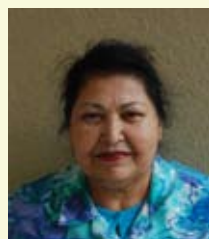
Alice Frith



Irene Griswold



Marilyn Jennings



Kamaljeet Kler



Elaine Moody



Ellison Fernandez

Staff



Donna Clarke



Wai Yee Chou



Carol Yi



Laurie Kallin



Fatima Kheraj



Tien Vinh



Olga Smirnova



Thoughts from the Board

What is Christmas?

Could Christmas be how it is portrayed on TV, a commodity? Is Christmas too commercialized? Is Christmas about moving fast on foot around malls searching for that special gift for your wife, your friend or is it just giving a cup of coffee to a person you hardly know? Is it about spending tons of cash till your pockets hurt and going over budget to please that certain someone?

There are different interpretations of Christmas. For most, Christmas may consist of family gatherings and opening gifts. Some may celebrate by going to church and thanking Jesus for salvation. Some may sing carols and help with charity work. Others celebrate different holidays during this period like Hanukkah. Nevertheless, there are also people who overlook giving their time serving food in the homeless shelter and having the satisfaction of doing something good for another person.

Most of you reading this article are surrounded by people who care about you. Why? Because you are sitting next to a friend at Renfrew-Collingwood Seniors Society. We are a community of friends here; whether you are a member of the society, an employee, or a volunteer. We are very privileged when many around us have nothing.

As for myself, I am in the category where I have a family gathering and a well prepared dinner, knowing the fact Christmas originated from the birth of Jesus Christ. What Christmas means to me is the voluntary thoughtfulness of giving and not the entitlement of receiving. December 25th is also a day that I get to see family and relatives and listen to their stories.

I will leave you with your opinion of "What is Christmas" since the idea varies among people. However, I would like to take this opportunity to wish all of you at the Renfrew Collingwood Seniors' Society a wonderful, white Christmas. I wish you all success and look forward to seeing you next year.

P.S. Ellison is back.



A Message from Donna....

Bucket List



As some of you are aware I just travelled to New York with three of my best friends from Newfoundland. One of those friends was in critical condition last year as he laid in a coma for five weeks. The medical team declared that it was all over for him and family and friends were told to come back and say their goodbyes. I remember the excruciating pain of writing his eulogy on a flight back home to bury him and seeing him connected to life support was devastating. All I could think about were the things we wanted to do and never had the time to do them.

I am pleased to inform you that he pulled through against all odds but that experience changed us forever. We started living for today – stopped putting off the things that we wanted to do, in other words, we created our **“Bucket Lists”**.

Years ago as we listened to Saturday Afternoon at the Opera, we often said that someday we were going to the Met, sitting in the Grand Tier and watching an Opera. Well we did it! It was fabulous. The feeling of stroking an item off the list was really empowering and rewarding. It encouraged me to sit down and start planning the trip to Italy that my husband and I talked about doing for years.

I can only wish that all of you fulfill your dreams so if there is something that you always wanted to do and never got around to doing it, do it now. Set some time aside to create your bucket list and stop putting off your dreams for “someday”. Go on that hot air balloon ride, buy that 57 Chevy, or take the grandkids to Disney Land. We only go this way once so you may as well get the most out of it.

On another note, our Christmas Luncheon is on Monday, December 13th at noon and we look forward to seeing all of the Society’s members coming together to celebrate the Holiday Season. It’s shaping up to be a wonderful fun-filled day with a sing-a-long, crafts and pictures with Santa. Please sign up by Thursday, December 9th to ensure you have a seat and if you can bring a toy or canned food for the banks that would be wonderful.

All the Best of the Season and the Happiest of New Years.

Donna Clarke



A Note from the Nurse - Carol



The holidays are usually a time full of happiness and food. The challenge is to maintain healthy eating habits especially with those of us who have diabetes. Surrounded by sweets and treats how we can fight the temptation and/or indulge while staying mindful of our limits. These are a few tips to remember this holiday season to avoid high blood sugar and other health risks. It is always helpful to control your portion size and try to eat a well balanced meal; thus, you can enjoy a sweet once in a while but still be eating right. Try to eat leaner meats like turkey breast or fish with low sodium. Try focusing on other enjoyable aspects of the season, like visiting with family and friends or the RCSS Christmas party. Don't let the season become a month of focusing on food and over-eating. It is important that we maintain or increase physical activity. Taking walks or engaging in other exercise that you enjoy to help control blood sugar levels. However, be aware of the weather, if it is cold or snowy wear proper clothes and shoes if you want to take a walk outside or stay inside and try some chair exercises. Don't or limit drinking alcohol; remember alcohol contains high amounts of sugar. Also, getting enough sleep and avoiding stress is important. Finally, it is helpful to keep monitoring your blood sugar regularly; you will be able to better control the situation. So, enjoy the holidays! Merry Christmas and Happy New Year.

- Carol Yi



Staffing Announcements

It is with great pleasure that we announce the appointment of **Tien Vinh as Program Coordinator.**

Tien has been in the Acting Position for the past few months and will be replacing Marty McCune who will not be returning to the Society.

Since Tien will be vacating her Activity Worker Position to fulfill the many responsibilities of the coordinator role we are equally pleased to welcome

Wai Yee Chou as the new Recreational Activity Worker. Wai Yee has been working on a casual basis for us and brings a tremendous amount of knowledge in the field of Geriatrics.

Haikus by the seniors

Haiku is a form of Japanese poetry, consisting of 17 syllables in three lines of 5 syllables, 7 syllables, and 5 syllables.

Maguerite Reilly
Colourful balloons,
How they delight the viewers,
Rising high.

Cathie Folkard
Seniors are so great,
Each week I can hardly wait,
For Carmen's art classes.

Dedicated to Addie
I forgot my keys
What a joy that was today,
Shimmering in the tree.

Betty Tickell
Love my family,
They keep in constant contact,
I enjoy them all.

Group: Lois, Marguerite and Tien
A poet I am not,
A darn good knitter I am,
Unbelievable!

DECEMBER

2010

If you have any questions regarding the program calendar
please call Tien at 604.430.1441

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>11:15 Gentle Yoga Daily chronicles</p> <p> 1:00 Balalaika Music Slava Alexandrov</p>	<p>2</p> <p> 11:00 Sit Fit with UBC Student Kelcey Stars & Planets with UBC Student Aron 1:00 Tree & Centre Decorations</p>	<p>3</p> <p>Coffee & Chat 11:00 Christmas Tree Decorations</p> <p>1:00 PM Bingo</p>
<p>6</p> <p> 11:00 Sit Fit Brain Teasers</p> <p>1:00 Singing & Dancing with Gary Tom</p>	<p>7</p> <p>Morning Coffee & Current Events 11:00 Arts, Health & Seniors 1:00 So You Think You Know Your Music? Yarns of Fun</p>	<p>8</p> <p>11:00 Renfrew Elementary Choir Visits </p> <p> 1:00 Table Games Christmas Crafts</p>	<p>9</p> <p>Festive Trivia 11:15 Gentle Yoga </p> <p>1:00 Sing-a-long with Crow City Singers </p>	<p>1</p> <p>10:30 Shopping & Lunch Outing to Brentwood Mall <u>No Lunch at Centre</u></p> <p>1:00 PM Bingo</p>
<p> 13</p> <p>10:00am-2:00pm Christmas Party (Members Only) *Please RSVP* 1:00pm Carolling with Bob York</p>	<p>14</p> <p>Morning Coffee Holiday Trivia 11:00 Arts, Health & Seniors 1:00 Christmas Bingo Yarns of Fun</p>	<p>15</p> <p>11:00 Sit Fit Brain Teasers</p> <p>1:00 Group Games at Santa's Workshop</p>	<p>16</p> <p>Headlines 11:15 Gentle Yoga </p> <p>1:00 Pond Noodle Hockey</p>	<p>17</p> <p>Morning Coffee  Holiday Mystery Drive</p> <p>1:00 PM Bingo</p>
<p>20</p> <p>Christmas Around The World 11:15 Gentle Yoga </p> <p>1:00 Winter Solstice Celebration</p>	<p>21</p> <p>Winter Begins Gardenning with Windemere Students</p> <p>Christmas Baking Yarns of Fun</p>	<p>22</p> <p> 11:00 Christmas Movie Clips & Reminiscing 1:00 Sit Fit Holiday Trivia </p>	<p>23</p> <p>11:00 Sit Fit Name That Lyric! </p> <p>1:00 Carols with Lorraine Piano</p>	<p>2</p> <p>Christmas Eve Egg Nog 11:00-1:00pm </p> <p>Memories & Traditions</p>
<p>27</p> <p> Christmas Holiday Centre Closed  Happy Holidays Everyone!</p> <p> All the best for a happy & bright</p>	<p>28</p> <p>New Year!</p>	<p>29</p> <p>11:00  Sit Fit 2010 Recap & Highlights</p> <p>1:00 Wii Winter Sports & Board Games</p>	<p>30</p> <p>11:00  Morning Exercise New Years Thoughts & Resolutions </p> <p>1:00 Toast the New Year with John Cronin</p>	<p>3</p> <p>Rocking New Year's Eve 11:00-1:00pm (No sit down lunch) H'orderves only Centre Reopens on Jan 04, 2011</p>

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
		1 Chicken Rice VEGETABLE SALAD DESSERT	2 Other Potatoes VEGETABLE SALAD DESSERT	3 Fish Pasta VEGETABLE SALAD DESSERT
6 Beef VEGETABLE SALAD DESSERT	7 Fish Rice VEGETABLE SALAD DESSERT	8 Pork Potatoes VEGETABLE SALAD DESSERT	9 Chicken Pasta VEGETABLE SALAD DESSERT	10 NO LUNCH AT THE CENTRE
13  Christmas Party	14 Beef Potatoes VEGETABLE SALAD DESSERT	15 Fish Pasta VEGETABLE SALAD DESSERT	16 Pork VEGETABLE SALAD DESSERT	17 Noodles VEGETABLE SALAD DESSERT
20 Chicken Rice VEGETABLE SALAD DESSERT	21 Other VEGETABLE SALAD DESSERT	22 Beef Pasta VEGETABLE SALAD DESSERT	23 Fish VEGETABLE SALAD DESSERT	24 Appetizer VEGETABLE SALAD DESSERT
27 CENTRE CLOSED	28	29 Other VEGETABLE SALAD DESSERT	30 Beef VEGETABLE SALAD DESSERT	31 Appetizer VEGETABLE SALAD DESSERT

Menu subject to change for the addition of seasonal products.

DECEMBER 2010

RCSS CAFE' MENU

**Note: IF YOUR PRESCRIPTION CHANGES,
PLEASE MAKE SURE YOU TELL OUR NURSE.
CALL CAROL AT 604 430 1441 THANK YOU.**



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!

Balalaika Music with Slava Alexandrov

Slava is coming in to entertain us with his Eastern European flare.

Bingo

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



Board Games

Scrabble, Monopoly, and Cards; you pick!

Brain Teasers

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

Brentwood Outing

Dec.10th we are going out to the mall.

Carols with Lorraine

Getting in the Christmas spirit singing carol, Jingle Bells Jingle Bells!

Christmas Around the World

We are going to look at how different people celebrate during this holiday season.

Christmas Baking

Mmm... smells good we'll be baking some special holiday treats.

Christmas Bingo

A holiday themed friendly game of bingo.

Christmas Crafts

We'll be making Christmas themed crafts this month, cards, ornaments, and much more.

Christmas Eve

We'll be celebrating with reminiscing and egg nog.

Christmas Party

Monday Dec.13th Lunch, Santa, Bob York, and much more holiday fun.

Christmas Movie

Sit back and relax part of the fun of the holidays is the time to watch some of our favourite holiday movies!

Coffee and Chat

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

Festive Trivia

How well do you know Christmas?

Gardening with Windemere Students

The Windemere students are coming in to help us out with our gardening project.

Gentle Yoga

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



Holiday Mystery Drive

Where will Tien be taking you? Show up and find out the surprise!

Name that lyric

How well do you know your favourite Christmas songs, fa la la la la la la la la!

New Years with John Cronin

Bring in the New Year with cheer, singing and dancing with John.

New Years Thoughts

What are your hopes for the New Year, any resolutions?

News and Views

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

Pond Noodle Hockey

Bring out the noodles and balloons, its time to play!

Recap and Highlights of 2010

Remember the good times of past year we have had at the centre and in the world.

Renfrew Elementary Choir

The kids of Renfrew elementary are coming in to sing carols with us.



Rocking New Years Eve

Celebration to bring in the New Year!

Singing and Dancing with Gary Tom

Bring your dancing shoes and singing voices Gary is going to lift our holiday spirits.

Sit Fit

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

So you think you know your music?

How many songs do you really know? Quick what's this? You are the angel glow that lights the stars... someday my happy arms will hold you...

Table Games

Sit around the table chat and play one of your favourite games, anyone for scrabble?

Tree and Centre Decorations

Its Christmas time, time to decorate the centre and our tree!

Winter Solstice Celebration

The first official day of winter, let us celebrate!

Wii Winter Games

We will be using our video game technology to play some virtual sports.

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.



Open House
Sundays 2-4pm



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Bingo with Charlie

Some of us were sitting around the lunch tables discussing the weather. Some people have really good memories; others such as myself need reminders. So in 2003 I started to keep track of it (the weather) Every Day!!



Just to let you know most Novembers were without snow and those that had snow were very few and far between.

From December 2003 – 2006 very little snow. It was being saved for 2007!!! And in 2008 it tried again, while last year we only had 4 days of it. Very much like our bingo cards!!!

Sometimes the numbers just seem to come all at once, and then there is none at all. That is what makes Bingo exciting.

We are coming up to the last games of the year and we have started a trend. Our games will be in the Christmas Spirit and as True Canadians some are English and others are French.

I do hope all of you have a safe and healthy Christmas season.

Your Bingo Guy,

- *Charlie*



Member Profile Lee Bong Fam

Lee is a new edition to the centre. He was born in Malaysia on Jan.28th, he came to Canada in 1991. Lee is from a small family just him and his late brother. He is currently 94 years old. He has one son, who is lives with, and three grandkids, two girls and one boy. Lee worked as a pottery salesman in Malaysia. He was married for 60 years to his loving wife. He had a big traditional Chinese wedding. In his 19 years in the lower mainland he really enjoyed the 2010 Olympic festivities. Lee enjoys Kung Fu and Tai Chi. He loves spending time with his family.





Hi Everyone

It's that time of year again, Christmas Holidays and New Years! This will be a month of celebration. We will be having our annual Christmas party at the centre on Monday, December 13th from 10am-2pm; be sure RSVP and join us to spread the cheer. As well, we will celebrate New Years Eve on the Dec. 31st. Please make a note of the days the centre will be closed for the holidays: Dec 27th, 28th & Jan.3rd. I wish everyone a Merry Christmas and Happy New Years! Christmas around the world:

In Italy, children receive gifts from the good witch La Befana, old, bent and dressed in black. La Befana was a widowed, childless woman. When the Three Kings passed on their way to see the Christ child, they asked her the way to Bethlehem she was busy cleaning and sent them away. Realizing her mistake, she left to search for the Baby Jesus. To this day she is still searching going from house to house on Epiphany, January 6, leaving a gift for good children.

Russian children await gifts from Babouska, a farmer's wife who offered food and shelter to the Three Wise men on their journey to Bethlehem, Baboushka declined their offer of travelling with them to visit the Christ child. Realizing her error on the eve of Epiphany, she tried unsuccessfully to find them, but handed the presents she had intended for the infant Jesus to children she passed along the way.

In Spain, Mexico, Puerto Rico and South America, the Three Kings or Wise Men bring Christmas gifts to children, while in France children eagerly await the coming of Father Christmas or Pere Noel who brings their gifts.

In some cultures, Saint Nicholas travels with an assistant. The old bishop Sinterklass arrives in Holland on December 6 in his red bishop's costume astride a white horse. In many port towns, he is said to have sailed in on a ship from Spain. Beside him walks Black Peter with a black sack and a book recording each Dutch child's behavior through the year. Good children receive a gift

from the bishop while bad children may be carried away in Black Peter's sack. In Germany Saint Nicholas also travels with a helper, known as Knecht Ruprecht, Krampus, or Pelzebock, and comes with a sack on his back and a rod or switches in his hand. Saint Nicholas gives gifts to good children, while those who have been bad are punished by the assistant with a few hits of a switch.

Swedish children wait for the gnome Jultomten, also called Julemanden or Julenisse, who dresses in red and carries a sack of gifts on his back. He flies in his sleigh pulled by the Julbocker, the goats of Thor, the god of thunder. Elves, called the Juul Nisse, hide in the attics of families throughout the year, eagerly waiting to help him. Children leave bowls of milk or rice pudding in the attic for the elves, hoping they will be empty in the morning.

In Austria and Switzerland it is Christkindle or the Christ Child who arrives bearing gifts. In some towns children await the Holy Child and in others Christkindle is a beautiful girl-angel who comes down from heaven bearing gifts.



In England a thinner version of Santa Claus known as Father Christmas, wearing long red robes with sprigs of holly in his hair, delivers gifts to children.

~ Laurie

Closure for bad weather:

The basic rule of thumb is if HandyDart is not running, then we are not opened. One of the staff members will call you by 8:30 – 9:00 to confirm that we are closed.



Upcoming Events

Important Dates

Brentwood Outing
Dec.10th

Christmas Party
Dec.13th

Christmas Eve Celebration
Dec. 24th

New Years Eve Celebration
Dec 31st

Podiatry Session
Jan 19th

Special Notice:

Centre hour changes
for December 24th
and 31st.
The Centre is open
from 11-1pm.
Centre CLOSED
Dec 27th, 28th, and
Jan 3rd

December Birthday

3 Margaret Peterson
7 Laurie Kallin
11 Sandra Iormetti
13 Emily Kuzik
14 Tien Vinh
25 Valerie Tickell
28 Kamaljeet Kler



Donate

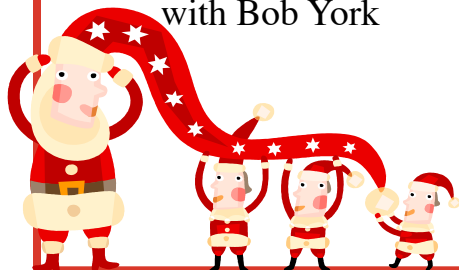
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Less Fortunate

Please Donate
New or Lightly Used Toys
for the Less
Fortunate
Children



Christmas Party

Monday December 13th
10am -2pm
Please RSVP
By Thursday Dec 9th
Entertainment:
Santa Claus and Caroling
with Bob York



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