

Happy Valentinesí Day

## FEBRUARY 2010 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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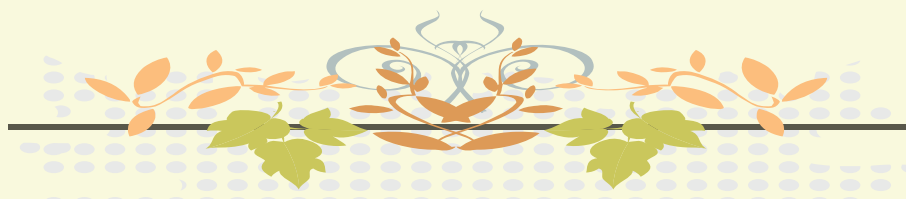
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# Renfrew-Collingwood Seniors' Society Newsletter February 2010

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# RCSS Management

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Donna Clarke



Marty McCune



Carol Yi



Laurie Kallin



Olivia Lu



Fatima Kheraj



Tien Vinh



Olga Smirnova





## Thoughts from the Board

### *Changing Residence, Life Changing*

Winter 2008/2009 was very difficult. The snow and ice pointed out to me that I was unable to look after my home by myself. I could no longer manage to clear the piles of snow or get out of my home to buy groceries. An honest evaluation was "move and get help." I continued to enjoy my home until the end of the summer then laid plans for my "next life." Not an easy task-memories and emotions took a toll. To begin I contacted family members to visit and express their desires for any items I had – please take them and enjoy. In total I had to reduce from 10 rooms and a garage to my new place of 2 rooms and small storage locker! It took approximately 2 months to find new homes for all my furniture, cooking items and china/glassware- and a well used snow shovel! My new home is safe and wonderful! They cook my meals, do the cleaning, wash and change towels and sheets! All I have to do is show up with a smile on my face; there are lots of friends to talk to and many activities to participate in. Now, when I visit friends and relatives I feel very much at home because I'm also re-visiting my cherished belongings. Don't be afraid to open a new door- the process has been very liberating! I must stop here as I have travel plan to make!

*Marilyn Jennings*







## A Message from Donna....

Gung Hay Fat Choi! We will celebrate this event by making lanterns on February 16th and on the 17th we will have some delicious Chinese food from Fatima's Kitchen. Please join us for another beginning. For our Chinese seniors and family members I am still working diligently to get funding for another staff member that can speak Cantonese. It is our dream to have programs run in two languages especially the ones that are prevalent in our community. The funding for this, however, is more difficult to get than we thought as there are lots of cutbacks happening all around us. But I am not discouraged and will continue on my quest until we find the money. In the meantime, if any family members would like to come in for a couple of hours a week to help run a Cantonese program (mah jong, reading the Chinese newspaper or poetry to our seniors) we would certainly welcome you.

In the next month or so we will be planning our outings for the summer and would like to have your input on what to do and where to go. Please attend our next Think Tank in March so we can evaluate how we are doing and get our plan in place. Until then please give me your feedback and suggestions.

An update on other issues relevant to seniors in the Renfrew-Collingwood area is a project called CASI (Community Action for Seniors' Independence). The plan is to offer non-medical home support to seniors and we are hoping to be involved with the pilot project that is in the initial stages of development. I will keep you posted on that in our upcoming newsletters.

In the meantime I am always available to discuss any issues of importance to you so feel free to pop in my office and have a chat anytime.

All is well *Donna Clarke*



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## Carol Message

This year, Chinese New Year will be on January 14th. It is also called the Spring Festival and is the most important holiday for most traditional Chinese. The festival traditionally begins on the first day of the first month in the Chinese calendar, which is based on the moon's cycle, and ends on the 15th. The last day is called the Lantern Festival. Within China, regional customs and traditions concerning the celebration of the Chinese New Year vary widely. People will generously spend their money to buy presents, decoration, material, food, and clothing. It is also a tradition, that every family thoroughly cleans the house to sweep away any ill-fortune in hopes to make way for good incoming luck. On the Eve of Chinese New Year, the family supper is a feast. In northern China, it is customary to make dumplings after dinner and have them around midnight. Dumplings symbolize



wealth because their shape is like a Chinese tael, which is a type of currency or weight. By contrast, in the South, it is customary to make a New Year cake, Niangao, after dinner and send pieces of it as gifts to relatives and friends in the coming days of the New Year. Niangao literally means increasingly prosperous year in year out. According to tales and legends, the beginning of Chinese New Year started with the fight against a mythical beast called the Nien. Nien would come on the first day of New Year to devour livestock, crops, and even villagers, especially children. To protect themselves, the villagers would put food in front of their doors at the beginning of every year. It was believed that after the Nien ate the food they prepared, it wouldn't attack any more people. One time, people saw that the Nien was scared away by a little child wearing red. The villagers then understood that the Nien was afraid of the colour red. Hence, every time when the New Year was about to come, the villagers would hang red lanterns and red spring scrolls on windows and doors.

By Carol Yi

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# February



# 2010

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

## MONDAY

### 1

11:00 Sit Fit  
11:30 Brain Teasers  
1:00 Pool Noodle Hockey

## TUESDAY



### 2

10:30 Outing to Richmond Oval  
1:00 Yarns of Fun

## WEDNESDAY

### 3

11:00 Sit Fit  
11:30 Brain Teasers  
1:00 Table Games

## THURSDAY

### 4

11:00 Sit Fit  
11:30 Brain Teasers  
1:00 Lions Den Concert

## FRIDAY



### 5

10:30: Shopping and Lunch Outing to Brentwood Mall  
No Lunch at center  
1:00:PM Bingo

### 8

11:00 Sit Fit  
11:30 Brain Teasers  
1:00 **Sing A Long with Pete Cambell**

### 9

11:00 Arts, Health, Seniors  
1:00 Table Games  
1:00 Yarns of Fun

### 10

11:00 Gentle Yoga  
11:30 Brain Teasers  
**1:00 Chinese Lantern Making**

### 11

11:00 Sit Fit  
11:30 Brain Teasers  
**1:00 Sing A Long with Crow City Singers**

### 12

10:30:News and Views  
11:30 Sit Fit  
1:00:PM Bingo

### 15

11:00 Sit Fit  
11:30 Brain Teasers  
**1:00 Valentines Stories and Tea**

### 16

11:00 Arts, Health, Seniors  
**1:00 Chinese Lantern Making**  
1:00 Yarns of Fun

### 17

11:00 Sit Fit  
11:30 Brain Teasers  
**1:00 Armchair Safari to China**

### 18

11:00 Gentle Yoga  
11:30 Brain Teasers  
**1:00 Olympics Discussion**

### 19

10:30 Coffee and Chat  
11:30 Sit Fit  
1:00 BINGO

### 22

11:00 Gentle Yoga  
11:30 Brain Teasers  
**1:00 Sing A Long with Steve Warner**

### 23

11:00 Arts, Health, Seniors  
**1:00 Presentation Depression and the Elderly**  
1:00 Yarns of Fun

### 24

11:00 Sit Fit  
11:30 Brain Teasers  
**1:00 Mini Olympics**

### 25

11:00 Gentle Yoga  
11:30 Brain Teasers  
1:00 Bean Bag Toss

### 26

10:30:News and Views  
11:30 Sit Fit  
1:00:PM Bingo



<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<i>1</i> Quiche VEGETABLE SALAD DESSERT	<i>2</i> Spaghetti & Meat Sauce VEGETABLE SALAD DESSERT	<i>3</i> Fish and Scallop VEGETABLE SALAD DESSERT	<i>4</i> Ground Pork Tourtier VEGETABLE SALAD DESSERT	<i>5</i> NO LUNCH
<i>8</i> Easy Italian Chicken II Rice VEGETABLE SALAD DESSERT	<i>9</i> Baked chickpea patties Potatoes VEGETABLE SALAD DESSERT	<i>10</i> Meat Loaf Potatoes VEGETABLE SALAD DESSERT	<i>11</i> Baked Salmon Other Carb VEGETABLE SALAD DESSERT	<i>12</i> Teriyaki Beef Rice VEGETABLE SALAD DESSERT
<i>15</i> Meat Loaf Potatoes VEGETABLE SALAD DESSERT	<i>16</i> Roast Chicken with Rosemary Pasta VEGETABLE SALAD DESSERT	<i>17</i> Chinese Noodles VEGETABLE SALAD DESSERT	<i>18</i> Mexican Casserole VEGETABLE SALAD DESSERT	<i>19</i> Fatima's Special
<i>22</i> Tuna casserole VEGETABLE SALAD DESSERT	<i>23</i> Cheddar and Apple Stuffed Pork Chops Other Carb VEGETABLE SALAD DESSERT	<i>24</i> Chicken Cacciatore Rice VEGETABLE SALAD DESSERT	<i>25</i> Perogie Potatoes VEGETABLE SALAD DESSERT	<i>26</i> Fish Fillets Provence Pasta VEGETABLE SALAD DESSERT

## *FEBRUARY 2010*

### *RCSS CAFE' MENU*



# 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).

## Chinese Lantern Making

Chinese New Year is coming around; we'll be making our own traditional lanterns!

## Chinese New Year

Get ready to celebrate Chinese New Year!

## 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.



## 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.

## Mini Olympics

With the Olympics coming to town get in the spirit with some fun events!

## Music with Pete Campbell

Some singing and maybe even dancing with Pete



## Music with Steve Warner

Join in singing and dancing with entertainment by Steve Warner.

## News and Views

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

## Olympic Discussion

Have you ever been to an Olympic event? What is your favourite event? Or just give your two cents on what you think about the games

## 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 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.

### Table Games

What is your favourite game to play?

### 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.

### Valentines Tea

Who is your sweetie pie? Join together to celebrate the day of love!

### Word Games

Get together and play some games; challenge your mind!

### \*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.



Hello everyone!

The Olympics are not too far off now. So I thought I'd share some interesting facts with you. The Official Olympic Flag was created by Pierre de Coubertin in 1914; the Olympic flag contains five interconnected rings on a white background. The five rings symbolize the five significant continents and are interconnected to symbolize the friendship to be gained from these international competitions. The rings, from left to right, are blue, yellow, black, green, and red. The colors were chosen because at least one of them appeared on the flag of every country in the world. The Olympic flag was first flown during the 1920 Olympic Games.

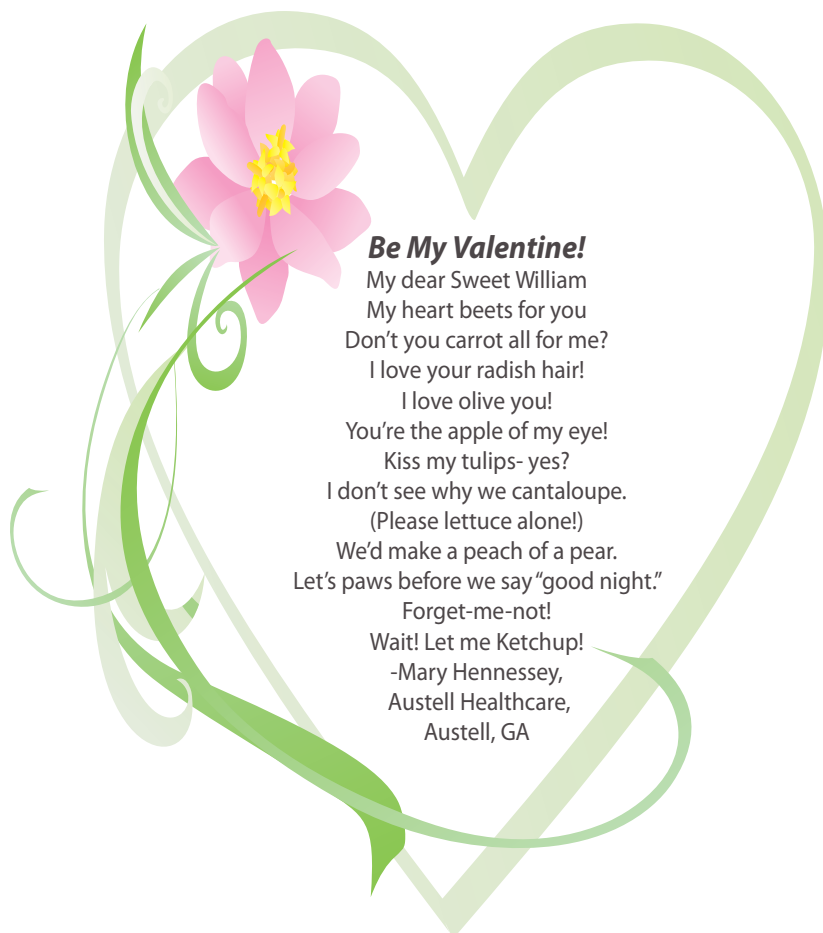
And now a little closer to home!

Vancouver:

The estimated number of volunteers at the games is 2500. The number of tickets that are available are 1.8 million Over 80 countries will be participating in the Olympic Winter games. The dates of the Paralympic Winter Games are from March 12th to 21st, 2010. The dates of the Olympic Winter Games February 12th to 28th, 2010. The estimated amount of media reps is 10,000 or more. Over 40 countries will be participating

in the Paralympic Winter games. The number of officials and athletes is 5000. The number of Paralympic officials and athletes is 1700. I know that is a lot to take in, but isn't it amazing?

*Laurie Kallin*



**Be My Valentine!**

My dear Sweet William  
My heart beets for you  
Don't you carrot all for me?  
I love your radish hair!  
I love olive you!  
You're the apple of my eye!  
Kiss my tulips- yes?  
I don't see why we cantaloupe.  
(Please lettuce alone!)

We'd make a peach of a pear.  
Let's paws before we say "good night."  
Forget-me-not!  
Wait! Let me Ketchup!

-Mary Hennessey,  
Austell Healthcare,  
Austell, GA



## Member Profile - Madelaine Thibault



Madelaine, as you might be able to tell from her name, is of French descent. Her father is from France, and her mother is from a French settlement outside Winnipeg, so she is French through and through. Her parents started their family and moved to Salmon Arm, British Columbia, where Madelaine was born on Jan 27th in 1925. She had two sisters and was the baby of the three. They never got along though. Anyone with sisters will understand that all too well. Madelaine never liked school. She says that if her father could have sent her to university, it would have a waste of his money and her time. When asked by her teachers what she wanted to be when she grew up, she said wife and mother, and she got her wish.

Her family moved to Kelowna when Madelaine was about five, and that's where she put her roots down for good. Her husband Jerry, came to Kelowna from Salmon Arm for the weekend, met Madelaine, and never went back. They got married in 1943. It was a small wedding in their living room, but that was all they needed. They built their life together in Kelowna, and had three children. David is their oldest, and they later adopted two baby girls from Vancouver, Shirley and Sheila. Jerry worked in a sawmill, and Madelaine stayed home and raised the kids. She still says that being a mother is the most important thing. She never had much interest in travelling. She was happy being at home with her family and fishing on Okanagan Lake.

Madelaine moved to Vancouver just a year ago, and she is our newest member. She lives with her son, David. It hasn't been easy adjusting to life in the city, but she enjoys coming to the Centre and meeting new people.

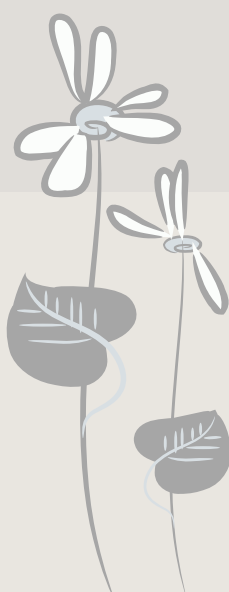


## Member Profile - Barbara Tucker

Barbara was born in Croatia in September 29th, 1921. She had a big family growing up, with three brothers and three sisters. She was the baby of the seven of them, a couple of whom were married before she was born! Her family had a farm, and she spent most of her childhood helping out at home. She only went to school for four years.

She met her husband, Jim, in Croatia, and they got married in 1942. They had a small wedding with only ten guests. She didn't need a big, fancy show to celebrate her marriage. Barbara and Jim moved to Canada in 1955 and settled in Vancouver immediately. They had one son, also named Jim, in 1960. Jim Senior worked as a tailor and Barbara picked up work wherever she could to help support their family. She worked in a shoe factory for four years.

Barbara lives next door to her son, his wife Zdenka, and their little son Anthony. He is two and a bit, and calls Barbara "Baka," which is Croatian for grandma. Barbara, Jim, Zdenka, and Anthony are planning a trip to Hawaii. Barbara seems to like it there, she has gone twice before. She never had any pets, but she always loved gardening.



## RCSS moments





# Upcoming Events

## Happy Birthday

### FEBRUARY Birthdays

Mary Mielczarek Feb 5th

Irene Griswold Feb 13th

Daisy Phillips Feb 15th

Jovita Albania Feb 15th

Estelle Demers Feb 27th

## Important Dates

Feb.5th Brentwood Mall Outing

Feb.15th Valentines Tea

Feb.17th Chinese New Year



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