



## JANUARY 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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# Renfrew-Collingwood Seniors' Society Newsletter January 2010

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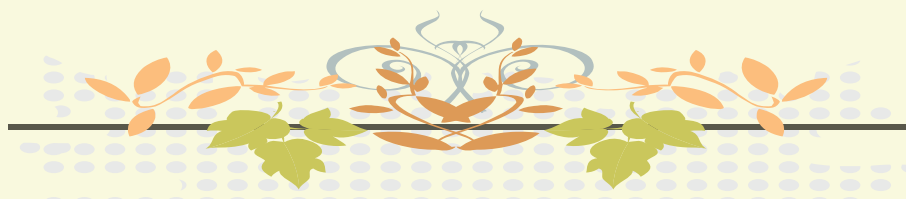


## NEW MEMBERS:

*Teresa Zavaglia*  
*Barbara Tucker*  
*Alice (Babs) Frazell*

## NEW VOLUNTEER:

*Ellison*



# RCSS Management

## Board of Directors



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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



Donna Clarke



Marty McCune



Carol Yi



Laurie Kallin



Olivia Lu



Fatima Kheraj



Tien Vinh



Olga Smirnova



## Thoughts from the Board



The majority of the seniors have enjoyed the past year of improvements and the happy atmosphere at the Centre.

The Christmas party was a success and it was good to have Santa visit us. The pictures in the Christmas cards were much appreciated and the beautiful hats and home-baked goods were

On behalf of the Board of Directors we would like to thank the staff for all their efforts throughout the year but especially during Christmas.

There have been a lot of changes at Renfrew-Collingwood Seniors' Society but I am sure it is for the better. I am looking forward to a Happy, Healthy New Year for all the seniors and staff.

All the Best

*Laura Park*





## A Message from Donna....

Another year is upon us and I hope it proves to be a wonderful one. All the staff and volunteers join with me in wishing you and your families a Healthy 2010!

We had a marvelous Christmas party with 90 people sharing in a lovely meal that Fatima put together for us. The pictures with Santa were a big hit and the sing-a-long got all of us in the Christmas spirit. Thank you for making our luncheon a huge success.

We managed to collect several boxes of food and toys for the Food Bank and Toy Bank and you can all be very proud of our collective effort.

We look forward to serving you in the New Year and sharing in all the good times that are in store for us.

***All is good!***

*Donna*



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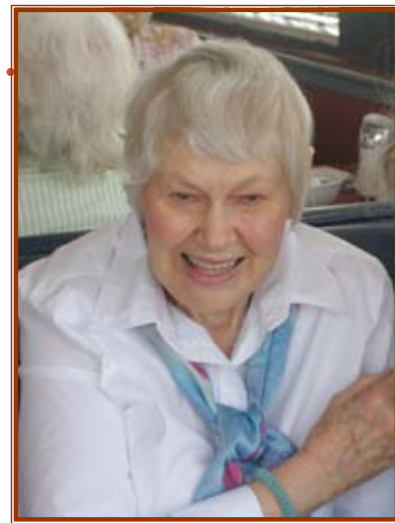
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## .....Member Profile - Joan Cook .....

Joan was born in 1920 in Nottinghamshire, England. If you're wondering why she doesn't have an accent, it's because she didn't stay long. Her family moved to Canada when she was only five. They settled in Prince Albert, Saskatchewan, where her father became the city librarian.

She met her husband in Prince Albert when he came to live with his grandmother. They got married in 1938 and relocated to Vancouver. They had one daughter before the war, and while her husband was fighting overseas, Joan took care of her. When her husband came back, they had four more children.



Joan was very active in her community while her kids were growing up. Along with going to PTA meetings, she ran her neighborhood's Operation Doorstep, which was a program that sent vans with X-ray machines to people's houses so they could find and treat people with tuberculosis. When her children were in school, Joan took after her father and started working in the library at Simon Fraser University.

Joan has seven grandchildren and two great-grandchildren named Galadriel (Gigi, for short) and Arjun. Until she developed an allergy to cats, Joan had a Siamese. She always had dogs growing up, but later found that cats were very affectionate, not to mention easier to take care of.

Joan also enjoyed doing things with her hands. She was very crafty, and loved to knit and make decorative figurines. Some of the figurines are here at RCSS! She also loves to read. Travel books are some of her favourites, as well as the less graphic murder mysteries.

## *New Years Resolutions .....*

Every year we celebrate the new year coming and the old one leaving. Remembering the good and bad of the past year; hoping for good in the new one. We make New Year's resolutions in order to drive us to better our lives for a new start for the coming year. Most commonly people say they will lose weight, stop smoking or drinking, get a better job or even go back to school. You may also have a similar resolution, a different one, or even none at all. Do you ever stop to wonder where this tradition came from? The tradition of the New Year's Resolutions goes all the way back to 153 B.C. Janus, a mythical king of early Rome was placed at the head of the calendar. The Romans named the first month of the year after Janus, the god of beginnings and the guardian of doors and entrances. Depicted with two faces, one on the front of his head and one on the back, he could look backward and forward at the same time. At midnight on December 31, the Romans imagined Janus looking back at the old year and forward to the new. Janus became the ancient symbol for resolutions. Interesting! So as the New Year approaches we look forward to good times and possibly keeping those resolutions. We wish you all a very Happy New Year!





# JANUARY 2010 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
 <h2 style="text-align: center; color: black;">HAPPY NEW YEAR!</h2>				<b>1</b>
				Happy New Year!
				Centre Closed Today
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
11:00 Sit Fit 11:30 Brain Teasers	10:30 Coffee and News and Views 11:00 Sit Fit	11:00 Gentle Yoga 11:30 Brain Teasers	11:00 Sit Fit 11:30 Brain Teasers	 10:30:AM Shopping and Lunch Outing to BrentwoodMall <u>No Lunch at center</u> 1:00:PM Bingo
1:00 Pool Noodle Hockey	1:00 Discussion group 1:00 Yarns of Fun	1:00 Bean Bag Toss	1:00 Lions Den Concert	
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
11:00 Sit Fit 11:30 Brain Teasers	11:00 Arts, Health, Seniors	11:00 Sit Fit 11:30 Brain Teasers	11:00 Gentle Yoga 11:30 Brain Teasers	10:30 AM News and Views 11:30 AM Sit Fit
1:00 3 Hole Golf	1:00 Board Games 1:00 Yarns of Fun	1:00Table Games	1:00 Sing a Long with Crow City Singers	1:00:PM Bingo
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
11:00 Sit Fit 11:30 Brain Teasers	11:00 Arts, Health, Seniors	11:00 Sit Fit 11:30 Brain Teasers	11:00 Sit Fit 11:30 Brain Teasers	10:30 AM Lunch outing to Slocan Restaurant
1:00 Discussion Group or Crafts	1:00 Musical Bingo 1:00 Yarns of Fun	1:00 Music and Dance with Steve Warner	1:00 Bean Bag Toss	<u>No Lunch at center</u> 1:00:PM Bingo
<b>25</b>	<b>26</b>	<b>29</b>	<b>28</b>	<b>29</b>
11:00 Gentle Yoga 11:30 Brain Teasers	11:00 Arts, Health, Seniors 1:00 New Years Tea with Renfrew CC	10:30-11:30 Podiatrist 11:00 Sit Fit	11:00 Sit Fit 11:30 Brain Teasers	10:30 AM Coffee and Chat 11:30 AM Sit Fit
Robbie Burns Day 1:00 Music with John Cronin	1:00 Yarns of Fun	11:30 Brain Teasers 1:00 Pool Noodle Hockey	1:00 Crafts or Discussion group	1:00:PM Bingo

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



<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>
RICE VEGETABLE SALAD DESSERT	VEGETABLE SALAD DESSERT	RICE VEGETABLE SALAD DESSERT	POTATOES VEGETABLE SALAD DESSERT	VEGETABLE SALAD DESSERT
<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>
POTATOES VEGETABLE SALAD DESSERT	VEGETABLE SALAD DESSERT	VEGETABLE SALAD DESSERT	RICE VEGETABLE SALAD DESSERT	POTATOES VEGETABLE SALAD DESSERT
<i>18</i>	<i>19</i>	<i>20</i>	<i>21</i>	<i>22</i>
VEGETABLE SALAD DESSERT	OTHER CARB VEGETABLE SALAD DESSERT	POTATOES VEGETABLE SALAD DESSERT	RICE VEGETABLE SALAD DESSERT	VEGETABLE SALAD DESSERT
<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>
VEGETABLE SALAD DESSERT	RICE VEGETABLE SALAD DESSERT	POTATOES VEGETABLE SALAD DESSERT	PASTA VEGETABLE SALAD DESSERT	POTATOES VEGETABLE SALAD DESSERT

***JANUARY 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



## Board Games

Get together and play some games!

## 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.



## 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 Slocan Restaurant

We're going out for lunch at the Slocan restaurant!

## Music with John Cronin

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



## Music with Steve Warner

Join in holiday singing and dancing with entertainment by Steve Warner.

## Musical Bingo

Put a little music in your life; musical bingo!

## News and Views

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

## Podiatrist

The podiatrist is coming in on Jan.29th; mark it on your calendars.

## 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.



### 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!

### 3-Hole Golf

Golfing fun practice your shot get as good as Tiger!

### \*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.





# *RCSS moments*







## How to Plant Your Garden

First, you come to the garden alone,  
While the dew is still on the roses

For the garden of your daily living,  
Plant three rows of peas:

1. Peace of mind
2. Peace of heart
3. Peace of soul

Plant four rows of squash:

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

Plant four rows of lettuce:

1. Let us be faithful
2. Let us be kind
3. Let us be patient
4. Let us love one another

No garden is without turnips:

1. Turn up for meetings
2. Turn up for service
3. Turn up to help one another

To conclude our garden we must have thyme:

1. Time for each other
2. Time for family
3. Time for friends

Water freely with patience and cultivate with love.

There is much fruit in your garden because  
you reap what you sow.

-- Author Unknown

<http://tbc.livejournal.com/28900.html>



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# CHINESE NEW YEAR

*Happy  
New Year*

In Chinese tradition, there is a twelve year cycle, with each year represented by a different animal. According to legend, Buddha called all the animals to him before he died. The cat was the first to hear the summons, and he told the rat. They decided to go to the meeting together. But the rat was cunning. He wanted to get to the meeting first. So the next morning when it was time to go, he didn't wake the cat. The cat missed the meeting, which is why there is no Year of the Cat in the Chinese zodiac, and also why cats hate rats.

The rat's scheming did not end with the cat. He had to cross the river to get to the meeting, so he convinced the ox to let him ride on his head. When they got to the opposite bank, the rat jumped off the ox's head and reached the meeting first. Only twelve animals came to say goodbye to Buddha. To show his appreciation, he named the years in the cycle after them in the order that they had arrived.

This is why the Year of the Rat is the first of the twelve year cycle, followed by the Year of Ox. Next to reach the bank were the Tiger, the Rabbit, the Dragon, the Snake, the Horse, the Sheep, the Monkey, the Rooster, the Dog, and the Pig.

*2010 is the Year of the Tiger, and it begins on February 14, 2010.*



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# Upcoming Events

## Happy Birthday

### January Birthdays

Marguerite Reilly- January 10

Laura Park- January 27

Danuta Press- January 30

## Important Dates

Jan 8th Brentwood Outing

Jan 22nd Slocan Restaurant

Jan 26th New Years Tea

Jan 29th Podiatrist



*Thank You All for your generous donations for the toy and food banks this year! We are sure they are and will be very much appreciated!*

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