



SAINT PATRICK'S DAY - March 17, 2010

## MARCH 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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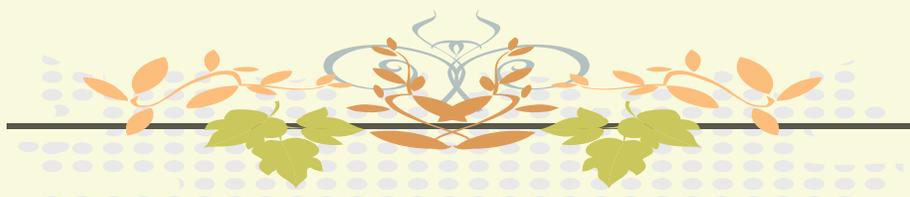
Printed and designed in Canada by  
[www.design2print.ca](http://www.design2print.ca)

# Renfrew-Collingwood Seniors' Society Newsletter March 2010

## *Features*

<b>RCSS Management</b>	2
<b>Message from the Board</b>	3
<b>Message from Donna Clarke</b>	4
<b>Message from Carol Yi</b>	4
<b>Poetry</b>	5
<b>Program Calendar</b>	6
<b>Menu</b>	7
<b>Centre Programs</b>	8 and 9
<b>Tien's Message</b>	10
<b>Member Profile</b>	11
<b>RCSS moments</b>	12
<b>Upcoming Events</b>	13





# RCSS Management

## Board of Directors



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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 Experience of Community for Seniors involved in Community-Engaged Arts*

When I came to UBC to work toward a master's degree in nursing I had already decided I wanted to learn more about older people living in the community and what helped them stay happy and healthy.

In particular, I wanted to learn about the connections seniors made in their community and how these connections contributed to health. For me, community is an important part of my life and is not only those in my neighbourhood but also my friends, family and those I interact with on committees or during activities. I believe that these connections are important to overall health and well-being.

I was lucky enough to find a project that was already underway where I could explore the experience of community; this was the Arts, Health and Senior's program held at RCSS each week on Tuesday morning. The program is part of a bigger one that started about three years ago, and took place at four different centres across the greater Vancouver area and focused on providing arts programs to seniors. This program is unique because it is designed to support community engagement through the art making and provides opportunities to make important community connections outside the senior's centre. Through my work, I sought to describe how this program played a role in the experience of community for the seniors who participated.

The research consisted of my coming to the art program for a number of weeks to see what it was like and talking with seniors and staff about what the program meant to them. This was a wonderful experience for me and I learned some very valuable things. One of the most important things I found was that the program was a way for the seniors to connect with others; both with those who were also in the program as well as those outside the centre. During the program I heard about how the seniors shared their art with family members and friends and saw how grade three students came to the group and enjoyed spending time with the seniors.

Another important finding was that the community valued what was done by the seniors. There were numerous presentations that year where the community came to see the art-work the seniors had created and showed that the art work was meaningful to those outside of the centre.

The last point I wanted to mention was how the art program brought the seniors together as a group. While they worked on the art projects they were able to help each other to create art which lead to a sense of belonging within the group.

I will present more about my research in the coming weeks to the group who are still working with the artists on Tuesday morning. Looking forward to seeing you all again!!

*Elaine Moody*





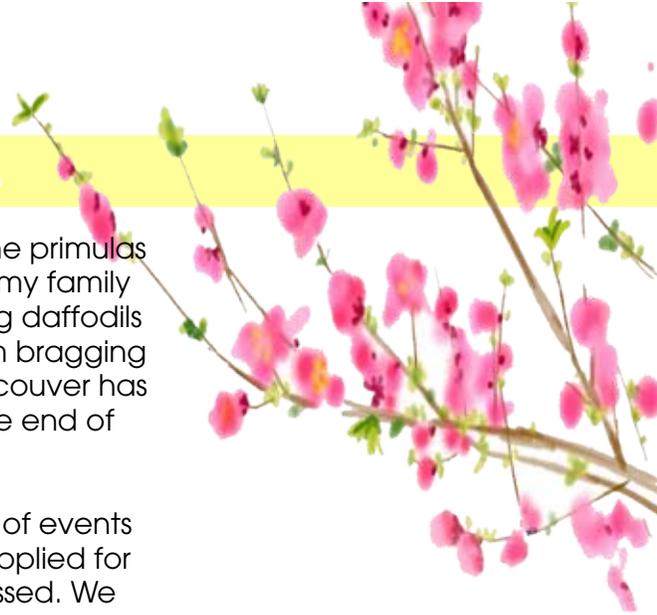
## A Message from Donna....

The smell of forsythia, cherry blossoms lining our street and the primulas in full colour are evidence that Spring is here. When I talk to my family on the East Coast I am reluctant to mention that I am cutting daffodils for my dining room table for fear that they will think that I am bragging again about this beautiful city we live in. I enjoy all that Vancouver has to offer and count my blessings every day as I drive from one end of the city to the other.

The staff and I are in full swing planning next years calendar of events and there are lots of new programs in the works. We have applied for additional funding for more outings so keep your fingers crossed. We are also hoping to start a gardening committee so we can grow some herbs for our kitchen and maybe a few cut flowers to adorn our tables. If you are interested in leading us in our venture for more green space please let one of us know as it would be great to have all of you gardeners involved in this project.

March is an exciting month for us as we end our fiscal year and begin another. We look forward to hearing your opinions on all the ideas that are being put forward for programs. The Think Tank is scheduled for Tuesday, March 16th at 1:00 so please come and have your say.

All is well *Donna Clarke*



## Carol Message

**Heartburn** is an irritating problem we all go through; constant heartburn is a common symptom of Gastroesophageal reflux disease (GERD). Heartburn symptoms can often be relieved with good heartburn treatment, including a few lifestyle changes. Here are seven natural remedies for heartburn. Eat smaller, more frequent meals. Large meals expand your stomach and increase upward pressure against the esophageal sphincter. Limit your intake of acid-stimulating foods and beverages; Caffeinated beverages, carbonated beverages, alcohol, spicy foods, black pepper, citrus fruit and juices (e.g., orange, grapefruit), tomato juice Don't lie down for about two hours after you eat. Gravity helps to keep the stomach juices from backing up into the esophagus and assists the flow of food and digestive juices from the stomach to the intestines.



Don't Let Heartburn Run Your Life Any Longer!

Elevate your head a few inches while you sleep. Lying down flat presses the stomach's contents against the LES. With the head higher than the stomach, gravity helps reduce this pressure. You can elevate your head in a couple of ways. You can place bricks, blocks or anything that's sturdy securely under the legs at the head of your bed. You can also use an extra pillow, or a wedge-shaped pillow, to elevate your head. Maintain a reasonable weight. Obesity increases abdominal pressure, which can then push stomach contents up into the esophagus. According to some statistics, approximately 35% of overweight persons experience heartburn. The good news is that for many people, as little as a 10% decrease in weight will improve their heartburn symptoms. Don't smoke.



## Yarns of Fun

**Who are we, and what do we do?**

**First**, we are a group of experienced and novice knitters, who enjoy getting together to knit, chat and socialize in the pleasant comfort and welcoming atmosphere of the Renfrew Collingwood Seniors' Society Centre.

**Second**, we all have our own projects to work on, but everyone is willing to teach or assist members who may need help with their project.

We welcome new members with open arms; So come out and join us every Tuesday at 1pm for fun, chats, a cup of tea or coffee, and an overall good



## 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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### Poetry Corner

#### St. Patrick's Day Irish Blessing

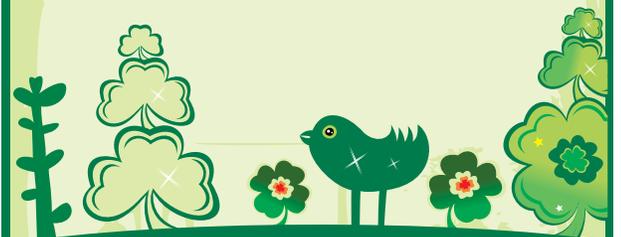
May the road rise to meet you,  
May the wind be always at your back,  
May the sun shine warm upon your face,  
May the rains fall soft upon your fields,  
And until we meet again, may god hold  
You in the palm of His hand

#### Friendship

I'd like to be the kind of friend  
That you have been to me  
I'd like to be the kind of help  
You're always glad to be  
I'd like to mean as much to you  
Each minute of the day  
As you have meant good friend of mine  
To me along the way  
I'm wishing at this special time  
That I could but repay  
A portion of the gladness  
You've strewn along my way  
If I could have but just one wish  
This only would it be  
I'd like to be the kind of friend  
That you have been to me.

Submitted by Lois

Here's to you and  
Here's to me  
The best of friends we'll always be  
But if perchance we disagree  
The heck with you  
Here's to me!  
Submitted by Lois





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

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p><b>1</b></p> <p>11:00 Gentle Yoga 11:30 Brain Teasers 1:00 Spa Afternoon and nail care with IRENE</p>	<p><b>2</b></p> <p>11:00 Arts, Health, seniors 1:00 Confederation Singers 1:00 Yarns of Fun</p>	<p><b>3</b></p> <p>11:00 Sit Fit 11:30 Brain Teasers 1:00 Bingo and table game</p>	<p><b>4</b></p> <p>11:00 Gentle Yoga 11:30 Brain Teasers 1:00 Sedar Cottage Concert</p>	<p> <b>5</b></p> <p>10:30: Shopping and Lunch Outing to Brentwood Mall  No Lunch at center 1:00:PM Bingo</p>
<p><b>8</b></p> <p>11:00 Sit Fit 11:30 Brain Teasers 1:00 Carpet Bowling</p>	<p><b>9</b></p> <p>11:00 Arts, Health, Seniors 1:00 Walking Club 1:00 Yarns of Fun</p>	<p><b>10</b></p> <p>11:00 Gentle Yoga 11:30 Brain Teasers 1:00 Shamrock Card making</p>	<p><b>11</b></p> <p>11:00 Sit Fit 11:30 Brain Teasers 1:00 Sing A Long with Pete Campbell</p>	<p><b>12</b></p> <p>10:30 Coffee and Chat 11:15 Gentle Yoga 1:00 BINGO</p>
<p><b>15</b></p> <p>11:00 Gentle Yoga 11:30 Brain Teasers 1:00 Visit with Mike's Critters</p>	<p><b>16</b></p> <p>11:00 Arts, Health, Seniors <b>1:00 Visit to the Library</b> <b>1:00 Think Tank</b> 1:00 Yarns of Fun</p>	<p><b>17</b></p> <p>11:00 Sit Fit 11:30 Brain Teasers <b>Saint Patrick's Day</b> 1:00 Music and Dancing with Jack Bourne</p>	<p><b>18</b></p> <p>11:00 Gentle Yoga 11:30 Brain Teasers 1:00 Sing A Long with Crow City Singers</p>	<p><b>19</b></p> <p>10:30:News and Views 11:15 3 Hole Golf 1:00:PM Bingo</p>
<p><b>22</b></p> <p>11:00 Gentle Yoga 11:30 Brain Teasers 10 - 1 Nail care with IRENE 1: 00 Bingo</p>	<p><b>23</b></p> <p>11:00 Arts, Health, Seniors 1:00 Shopping for Gardening 1:00 Yarns of Fun</p>	<p><b>24</b></p> <p>10:30 - 11:30 Podiatrist 11:00 Sit Fit 11:30 Brain Teasers 1:00 Active Game</p>	<p><b>25</b></p> <p>10:00 -2:00 Spirng Bazaar 11:00 Sit Fit 11:30 Brain Teasers 1:00:Bean Bag Toss</p>	<p><b>26</b></p> <p>10:00 -2:00 Spirng Bazaar 10:30 Coffee and Chat 11:15 Gentle Yoga 1:00:PM Bingo</p>
<p><b>29</b></p> <p>11:00 Gentle Yoga 11:30 Brain Teasers 1:00 Sing A Long with Steve Warner</p>	<p><b>30</b></p> <p>11:00 Arts, Health, Seniors 1:00 Herbs Gardening 1:00 Yarns of Fun</p>	<p><b>31</b></p> <p>11:00 Sit Fit 11:30 Brain Teasers 1:00 Spa Afternoon and nail care with Irene</p>		

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<b>1</b> BEEF stew VEGETABLE SALAD DESSERT	<b>2</b> Salmon VEGETABLE SALAD DESSERT	<b>3</b> PORK cutlets VEGETABLE SALAD DESSERT	<b>4</b> CHICKEN stew VEGETABLE SALAD DESSERT	<b>5</b> NO LUNCH
<b>8</b> OTHER RICE VEGETABLE SALAD DESSERT	<b>9</b> BEEF burgers VEGETABLE SALAD DESSERT	<b>10</b> baked FISH POTATOES VEGETABLE SALAD DESSERT	<b>11</b> PORK Other Carb VEGETABLE SALAD DESSERT	<b>12</b> salmon RICE VEGETABLE SALAD DESSERT
<b>15</b> roast CHICKEN RICE VEGETABLE SALAD DESSERT	<b>16</b> OTHER POTATOES VEGETABLE SALAD DESSERT	<b>17</b> Irish stew st. Patricks day 17 VEGETABLE SALAD DESSERT	<b>18</b> FISH casserole VEGETABLE SALAD DESSERT	<b>19</b> braised BEEF RICE VEGETABLE SALAD DESSERT
<b>22</b> PORK stew POTATOES VEGETABLE SALAD DESSERT	<b>23</b> CHICKEN al king PASTA VEGETABLE SALAD DESSERT	<b>24</b> Spagetti and meat sauce RICE VEGETABLE SALAD DESSERT	<b>25</b> BEEF RICE VEGETABLE SALAD DESSERT	<b>26</b> stuffedPORK POTATOES VEGETABLE SALAD DESSERT
<b>29</b> PASTA VEGETABLE SALAD DESSERT	<b>30</b> PORK Other Carb VEGETABLE SALAD DESSERT	<b>31</b> CHICKEN RICE VEGETABLE SALAD DESSERT	<b>1</b> OTHER POTATOES VEGETABLE SALAD DESSERT	

Note Menu subject to change for the addition of seasonal products. Thanks

# *MARCH 2010*

## *RCSS CAFE' MENU*



# Centre Programs

## \*Meet and Greet

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

## Active games

We are getting our bodies moving, get a little blood flow!

## 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).

## Brentwood Outing

March 5th going out for shopping and lunch

## Carpet Bowling

Practice your aim and maybe even get a strike!

## Cedar Cottage Concert

Taking a trip to Cedar Cottage to hear some wonderful musical talent is always a great time that can be enjoyed by all.

## Coffee and Chat

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

## Confederation singers

The musical styling of the confederations coming to enlighten our ears



## Gentle Yoga

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

## Herb Gardening

Plant some herbs for a fresh smell and flavor add to your dishes

## Mike's Critters

Mike's coming in to show us some of his animal friends

## 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.

## Musical Bingo

Bingo with a twist

## News and Views

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



St. Patrick's day with Jack Bourne  
Music and dancing with Jack for St. Pat's

### Podiatrist

Coming on Wed. Mar.24th don't forget to sign up !

### 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.

### Shamrock Card Making

Getting ready for St. Patrick's Day, with cards for our Irish celebration

### Shopping Outing and Lunch at Brentwood Mall

We'll be heading out to the mall for a little shopping and lunch.

### Shopping for garden supplies

We are going out to get ready for spring and getting our gardens ready

### Spa days

Get a little spoiled with Irene; get your nails done, look posh!

### Spring Bazaar

This month on the 25th and 26th from 10-2 your chance to buy some novelty knitted items and such.

### Table Games

What is your favourite game to play?

### Visit the Library

We are heading across the street to check out the library!

### Walking Club

With nice weather coming around it's time to go out and enjoy the spring air with a brisk walk

### 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.

### 3-Hole Golf

Fore! Watch out for our heavy hitters; a whole in one is pretty common.





## Hi Everyone!

Can you feel it yet? Spring is coming soon and it's just around the corner. Whoohoooooooooooo! We are at the tail end of winter and it has been a fairly mild one. So far all your wishes of no snow have come true. I shouldn't speak too soon as Old Man Winter may have not left us yet. We have had snow in March before and hopefully I've haven't jinx things by mentioning this fact.

February has been quite a busy month for our city. Years of planning and anticipation for the 2010 Winter Olympics have come to fruition. The torch, athletes & visitors have come and gone. The red maple leaves have been out in full force and can be seen at every turn. Flags have been worn and flown high with pride as our national anthem proudly sung by the old and the young. The neatest thing about this massive event it is contagious and has unified Canadians from coast to coast.

Speaking of red, this year Valentine's Day & Chinese New Year and the 2010 Olympics have all come together on the same weekend. Talk about a memorable month! All this excitement comes with the completion of the Para Olympics as March approaches. So hang in there just a weeeeeee bit longer as we will see whether March "comes in like a Lion or a Lamb."

What is the most progressive day in March? March 4th! Get it?...March Forth! Hehehe. That was brought to you by our very own Chef Fatima. She's one funny cookie.

March 14th we will Spring forward as Day Light Savings begins. The Ide's of March is upon us on the 15th so beware or just wear red and you won't have to do laundry. Saint Patrick's Day, March 17th, is next so whether you're "highrisk" (Irish) or not don't forget to wear GGreeeeeen! Good Luck to all those searching for a four leaf Clover. The weather has been so warm that the crows have been mucking up the lawns all over town to get at those yummy beetles. Even RCSS's front lawn is not immune to the crows. It's a good thing if you want to do some planting but not wanting to do all the digging. It's a win/win situation.

## Upcoming Activities

The RCSS team would like to welcome Irene. She will be with us for March and will be offering Nail Care Sessions. As the days get warmer and dryer a Walking Club and Gardening Club as well as Mini Outings into the community begins. We have singing & dancing, guest speakers, concerts & visits with critters and of course Friday Bingo. The Bingo jackpots are getting bigger and chances are good. The caller, well... she's okay. It's an afternoon full good times and that is what life is all about. See you there!

## Laughter is the best medicine.

When is an Irish Potato not an Irish Potato? When it's a French fry  
Why can't you borrow money from a leprechaun?  
Because they're always short.

\*Two Irishmen, Patrick & Michael, were adrift in a lifeboat following a dramatic escape from a burning freighter. While rummaging through the boat's provisions, Patrick stumbled across an old lamp. Secretly hoping that a genie would appear, he rubbed the lamp vigorously to the amazement of Patrick, a genie came forth. This particular genie, however, stated that he could only deliver one wish, not the standard three. Without giving much thought to the matter, Patrick blurted out, "Make the entire ocean into Guinness Beer!" The genie clapped his hands with a deafening crash, and immediately the entire sea turned into the finest brew ever sampled by mortals. Simultaneously, the genie vanished. Only the gentle lapping of Guinness on the hull broke the stillness as the two men considered their circumstances. Michael looked disgustingly at Patrick whose wish had been granted. After a long, tension-filled moment, he spoke: "Nice going Patrick! Now we're going to have to pee in the boat!"

What is left out on the lawn all summer and is Irish?

Paddy O'Furniture

What do you call a fake stone in Ireland? Sham-Rock

An aging man lived alone in Ireland. His only son was in Long Kesh Prison, and he didn't know anyone who would spade up his potato garden. The old man wrote to his son about it, and received this reply, "For HEAVENS SAKE, don't dig up that garden, that's where I buried the GUNS!!!!!"

At 4 A.M. the next morning, a dozen British soldiers showed up and dug up the entire garden, but didn't find any guns. Confused, the man wrote to his son telling him what happened and asking him what to do next.

His son's reply was: "Just plant your potatoes."

Tien ☺

## Bingo with Charlie

**It's Friday – It must be Bingo Day. Oh, the challenges and that's not just for the players:-there's my job as well. Which of the extra games will we play this week?**

**We do like to try and give you new and exciting games each week, and try not to repeat these games too often. We hope you all enjoy these games and the candy; Best of Luck to all of you!! Come out and join us if you get a chance for fun and maybe even winning a few rounds!**

## Member Profile - Fanny



Fanny was born in Trail, B.C. and spent her formative years in the “Home of the Champions” (Trail). She graduated in 2003 from the Food and Service Worker Program at Selkirk College. At that time, her parents and she moved to Vancouver, where her two sisters also reside.

For the last six years, she has immensely enjoyed spending time with the seniors. Her responsibilities at the Centre have included setting the table, assisting the cook in food preparation, washing the dishes, and hanging out with the seniors. At every opportunity Fanny likes to engage in conversations. Memorable moments include festive occasions like holiday parties and birthday celebrations.

In her spare time, Fanny enjoys doing puzzles and crossword puzzles, going to her social groups, bowling with her team, watching hockey, going out shopping, and visiting Grandma. Her activities have kept her quite busy, so now, Fanny visits the Centre every Monday.

## Member Profile - Kamaljeet



Kamaljeet was born in Lahore, undivided India. In 1967 she came to Vancouver alone to be with her husband. She was married at the age of 23. She has one sister who, once Kamaljeet was settled, she sponsored to immigrate to Canada. Kamaljeet has 4 children two girls and two boys, in Canada her family has expanded to the fourth generation. The last time she went back to where she was born was 11 years ago, as her health does not permit her to travel for long periods of time. Originally she was a teacher, principle of a high school in India, but she was not able to find a job, in her profession, close to home and was unwilling to leave her small children for such jobs she did receive far away. Kamaljeet got involved with the centre because of her passion to volunteer and help seniors. She was referred to the centre and being an active member in the community became involved with the Board as the Liaison for the seniors representing their needs to the Board. Away from the centre Kamaljeet is always taking time out for others she loves to volunteer for example with the Sahara Sisters Women’s organization, the Sanja Vede women’s association, at her local temple, and others. As well she is very hospitable; inviting neighbours, seniors, and friends to her home. In her spare time Kamaljeet loves to shop, write poetry, and write short stories. Also she is our very own movie star she has been in films such as Freddy got fingered and others. Although she faced many hardships and struggles with her health and getting recognized; she has fought through it and continues to share. She is a very giving and fun person to be around.



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# Upcoming Events

## Happy Birthday

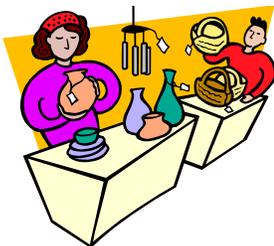
- Mar 2 Gloria
- Mar 11 Natalie
- Mar 19 Dorothy
- Mar 24 Margaret
- Mar 25 Edna  
Michael
- Mar 27 Lily
- Mar 29 Maria

## Important Dates

- Mar 5th  
Brentwood Shopping  
Trip
- Mar.17th  
St Patrick's Day
- Mar 24th  
Podiatrist

## The Spring Bazaar

March 25th and 26th  
From 10am -2pm  
Here at the Centre



## IMPORTANT NOTICE MEMBERSHIP FEES ARE DUE APRIL 1ST

Caregivers Support Group Meetings Every 2nd  
Thursday of the Month  
[www.caregiverbc.ca](http://www.caregiverbc.ca)





# Nurse Next Door

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| ♥ 身心愉快的個人護理    | ♥ Delightful Personal Care     |
| ♥ 專業的綜合護理      | ♥ Specialized and Complex Care |
| ♥ 護士護理         | ♥ Nurse Care                   |
| ♥ 留宿 (24小時) 護理 | ♥ Live-in (24 hour) Caregiver  |

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