

"Taking Seniors to Heart"



NOVEMBER 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.

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Renfrew-Collingwood Seniors' Society Newsletter November 2010

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RCSS Management

Board of Directors



Charlie Mills



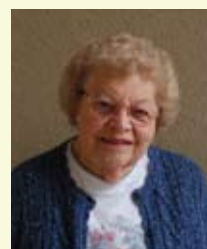
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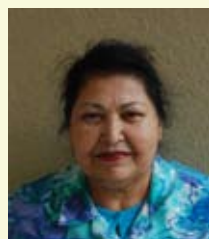
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Thoughts from the Board



Cutting the Cord

STOP! Stop the clocks! Better still, turn back the clocks. My baby is turning one in a couple days and I have to return to work. After spending nearly every waking and sleeping hour with him for the last 365 days (and more if you count the pregnancy!) how am I going to handle the separation? Yes, you heard right. I'm worried about myself not my baby. I will be away from him, possibly missing his first proper word, his first steps and many other "firsts". My baby, on the other hand, will be in the safe hands of his father and grandparents. All of whom he adores and who adore him right back.

But I would like to turn the clocks back to the time he was still a bump on me. Then I could re-live the days of sweet anticipation, waiting for the baby to arrive. Even the thirty-odd hours of labour I would endure to experience again the joy of hearing "it's a boy!" and holding him for the first time, watching my husband holding his son, seeing the pride in my mother's eyes and the tears of joy in my father's and the gratitude in my parents-in-law and watching my baby's uncles and aunts be beside themselves with excitement when they laid their eyes on him. And then the months that followed watching him go from a helpless baby to an inquisitive busybody. From rolling over to pulling himself up to stand, I have not missed much. If he was to fall I was never more than a few feet away. But that's all going to change.

In these days leading up to this impending separation I have realized a few important things that are making the process bearable. First is that our son is blessed to be surrounded with so much love. He has both sets of grandparents close to him and nobody can love him more than them! I have also realized that, as a mother, handing over my baby to his father, grandparents and other relatives and friends and babysitters who might take care of him from time to time is an essential part of his emotional growth and development of a sense of community. And learning how to build community around him may be the most important lesson I could teach him in life!





A Message from Donna....

This Remembrance Day I would like to pay tribute to my dad, Private William Clarke. It did not resonate with me throughout my life that my father was in the army because he was injured while serving and discharged before I could remember. It wasn't until I heard the last post at his funeral, saw veterans putting poppies in his casket, and heard the bagpipes at his graveside that it hit me. I regret not showing him how proud I was of his service to our country. I came away from that experience feeling an amazing admiration for all the vets and how they support each other and their families.

It was a further surprise when I inquired about his pension and whether or not it was transferable to my Mom that I learned that the Last Post was going to contribute to his funeral costs. I also learned of the many services that were available to my Dad that we did not take advantage of when he was alive. For instance, Mom could have had someone do housework while she was care giving. Dad could have had assistance with bathing and Mom could have gotten a well-deserved break. They could have received chairs or mobility devices instead of family members purchasing them out of their own money.

Years ago the Armed Forces did not communicate with Dad and try to assist him in getting what he was entitled to receive. I'll give you an idea of how lack of communication and knowledge resulted in a loss of thousands of dollars. Dad and his colleague were driving in a huge army truck when the driver lost control and rolled down over an embankment. Dad suffered multiple injuries and was in the hospital for a couple of months; he then received an honourable discharge. Dad did not apply for a disability pension until decades later and was approved however there was no retroactive payment or settlement. He could have been receiving the pension for about thirty years if he had pursued it. This was an unfortunate thing as they struggled to make ends meet sometimes.

If anything is to come out of his loss, I would like for it to be that other veterans are more aware of the services there for them when they need it. Please learn from this and if you or your spouse served our country and are in need of support offered by the Department of Veterans Affairs (DVA) I may be able to assist you or at least connect you with someone who knows the criteria for receiving support. In actual fact, services provided by the Adult Day Program are covered by DVA.

Please acknowledge all those wonderful men and women who served for us by wearing a poppy this Remembrance Day.

All is well.

Donna Clarke

A Note from the Nurse - Carol



Hello everyone, it is the flu season again. To prevent the spread of flu, we should wash our hands frequently, cover up when we cough or sneeze, keep shared surface areas such as doorknobs, light switches telephones clean. The most effective way to protect ourselves from flu is to be vaccinated each year in the fall. Our centre is going to have flu vaccination on November 18, 2010 between 10:30 and 12:00. We have sent a consent form together with your bill in the beginning of October. Please sign the form if you want to have flu shot at the centre; otherwise we won't be able to provide flu shot for you. If you get the shot from your doctor or other clinic, you don't need to sign the form. One shot will protect you for the whole season.

- Carol Yi

Brooke's write up

On November 11th, we remember and honour the brave soldiers who fought and fell in the service of peace. This day, known as "Remembrance Day", commemorates soldiers who died in service to their countries dating from the South African War of 1899-1902 till now in Afghanistan.

At 11am we bow our heads, unified not only as a country, but as a global community in silence for two minutes to honour the sacrifices made by the male and female sailors, soldiers, nurses, doctors and airmen who gave their lives so that we may live in peace and freedom.

This Remembrance Day is a special year for the Canadian Armed Forces; it marks the 100th anniversary of the Canadian Navy, which was formed on May 4th 1910 with the passing of the Naval Service Act. One year later in 1911, King George V declared our Naval forces the "Royal Canadian Navy" (RCN). It was known as this until the unification of all our armed forces in 1968, when the army, navy, and air force became known as the Canadian Armed Forces.

We mark this special day, by wearing red poppies, which we place over our hearts to demonstrate to the world that we remember.

On November 10th we will be taking part in a Remembrance Day ceremony at the centre to remember these selfless people, who some of us knew and took part in War with.

In Flanders' Fields

In Flanders' fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders' fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch, be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders' fields.














Major John McCrae, 1915



NOVEMBER

2010

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

Monday	Tuesday	Wednesday	Thursday	Friday
 1 11:00 Sit Fit Crossword Puzzle 1:00 Wreath Crafts or Table Games	2 Coffee & Chat 11:00 Arts, Health & Seniors CASI Launch & Lunch at CNH. <u>No lunch at Rcscs</u> 1:00 Poppy Craft Yarns of Fun	3 Current Events 11:15 Gentle Yoga 1:00 Off to the Races	 4 11:00 Sit Fit Remembrance Day Trivia 1:00 Sing-a-long with Lorraine Smith	 5 10:30 Shopping & Lunch Outing to BrentwoodMall <u>Lunch at Center</u> 1:00 PM Bingo
 8 11:00 Sit Fit Hometown Reminisce 1:00 Music with Steve Warner	9 Morning Coffee Reminiscing 11:00 Arts, Health & Seniors 1:00 Poetry Yarns of Fun	10 11:00 Remembrance Day Ceremony 1:00 Crow City Singers Sing-a-Long	11 Remembrance Day  Center Closed	12 Coffee & Chat Horoscopes 11:00 Chair Aerobics Buzzwords 1:00 PM Bingo
15 Current Events 11:15 Gentle Yoga 1:00 Arm Chair Travel Morocco	16 Morning Coffee Daily News 11:00 Arts, Health & Seniors: Visit Windemere Sec. 1:00 Scavenger Hunt Yarns of Fun	 17 Step Out Trolls & Scenic Drive to Horseshoe Bay \$16	 18 Flu Shot 10:30 am 11:00 Sit Fit Quip & Witticums Vancouver Island Slide Show: UBC Student Dylan 1:00 Piano with Broadway Brian	19 Morning Coffee News & Views 11:00 Sit Fit You Be The Judge 1:00 PM Bingo
 22 11:00 Sit Fit Discussion Pomegranate Month 1:00 Bean Bag Toss or Card Sharks	23 Coffee & Chat News & Views 11:00 Arts, Health Seniors 1:00 Musical Bingo Yarns of Fun	24 <u>Podiatrist Visit</u> 11:00 Sit Fit Quip & Witticums 1:00 Sing-a-long with Pete Campbell	25 Current Events 11:15 Gentle Yoga 1:00 Pool Noodle Hockey	26 News & Views 11:00 Cat Yoga Feline Trivia  1:00 PM Bingo
29 Current Events 11:15 Gentle Yoga 1:00 Festive Card Making or Wii Bowling	30 Morning Coffee True or False 11:00 Arts, Health & Seniors  1:00 2 Mins to Win it! Yarns of Fun			

Monthly Holidays
11 Remembrance Day Centre Closed
7 Day Light Savings

ONGOING ACTIVITIES
11: 15 Gentle Yoga
1:00 Lion's Den Concert
1:00 Cedar Cottage
11:00 Arts, Health & Seniors
1:00 Crow City Singers Sing-a-Long

STEP OUT YARNS OF FUN
\$16.00
PODIATRIST VISIT
1:00 pm bingo
Home Winterization

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<i>1</i> OTHER RICE VEGETABLE SALAD DESSERT	<i>2</i> NO LUNCH	<i>3</i> PORK POTATOES VEGETABLE SALAD DESSERT	<i>4</i> CHICKEN PASTA VEGETABLE SALAD DESSERT	<i>5</i> CHICKEN OTHER CARB VEGETABLE SALAD DESSERT
<i>8</i> OTHER RICE VEGETABLE SALAD DESSERT	<i>9</i> BEEF POTATOES VEGETABLE SALAD DESSERT	<i>10</i> FISH PASTA VEGETABLE SALAD DESSERT	<i>11</i> REMEMBRANCE DAY 	<i>12</i> OTHER NOODLES VEGETABLE SALAD DESSERT
<i>15</i> CHICKEN RICE VEGETABLE SALAD DESSERT	<i>16</i> OTHER POTATOES VEGETABLE SALAD DESSERT	<i>17</i> STEP-OUT NO LUNCH	<i>18</i> FISH OTHER CARB VEGETABLE SALAD DESSERT	<i>19</i> BEEF RICE VEGETABLE SALAD DESSERT
<i>22</i> PORK POTATOES VEGETABLE SALAD DESSERT	<i>23</i> CHICKEN PASTA VEGETABLE SALAD DESSERT	<i>24</i> OTHER OTHER CARB VEGETABLE SALAD DESSERT	<i>25</i> BEEF RICE VEGETABLE SALAD DESSERT	<i>26</i> PORK POTATOES VEGETABLE SALAD DESSERT
<i>29</i> FISH PASTA VEGETABLE SALAD DESSERT	<i>30</i> PORK OTHER CARB VEGETABLE SALAD DESSERT			

Menu subject to change for the addition of seasonal products.

NOVEMBER 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.

Arm Chair Travel

Sit back and relax off we go to travel the world from the comfort of our seats

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

November 5th we are going out to the mall.

Buzzwords

We will give you a word and you use it to finish off the phrase

Cat Yoga and Feline Trivia

Stretching like a cat and thinking about cats

Coffee and Chat

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

Crosswords

Lets work together to solve some tricky puzzles; 4 down a dog.

Crow City Singers

The Crow City Singers are coming in to sing and dance with us come join in the fun.

Gentle Yoga

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



Musical Bingo

Bingo with a musical twist.

Music and Dance with Steve Warner

Steve is always a joy; we here at RCSS love our singing and dancing

News and Views

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

Off to the Races

Come and see what we'll be doing at the races. Trivia, betting, or maybe even some racing?

Piano with Broadway Brian

Brian is coming in to enlighten our ears with his musical stylings.

Podiatrist Visit

The podiatrist is coming in on Nov.24th. Book your appointments.

Pool Noodle Hockey

Get out your noodles and start shooting those balloons at the net; He shoots He scores!!

Poppy Crafts

In the spirit of Remembrance Day we will be making our interpretation on the poppy.

Remembrance Day Trivia

Looking back at the past remembering the good and the bad. How well do you know one of our most revered days

Scavenger Hunt

the search is starting! Can you find the hidden objects from the list?

Sing-a-long with Lorraine Smith

Lorraine's coming in to entertain us with song.

Sing-a-long with Pete Campbell

Pete is coming in to help us kick off May time to celebrate with some singing and dancing!



Sit Fit

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

Step Out

We are heading out to Trolls at Horseshoe Bay for some fish and chips on Nov.17th.

Table Games

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

Vancouver Island Slide Show:

UBC Student Dylan

One of the UBC students will be showing us a slide show on the Vancouver Island.

Wii Bowling

The latest video game technology is interact, fun, and helps us get some exercise

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.

2 minutes to win it

You have minutes to do an activity, such as stacking up cups. Practice your speed and agility.



RCSS moments....



Bingo with Charlie

OMIGOSH! November already, where have the months gone? Seems like only yesterday, we were all enjoying that beautiful summer weather. It maybe gone for now, but I'm sure we will see some sunny days after the fog and/or rain!

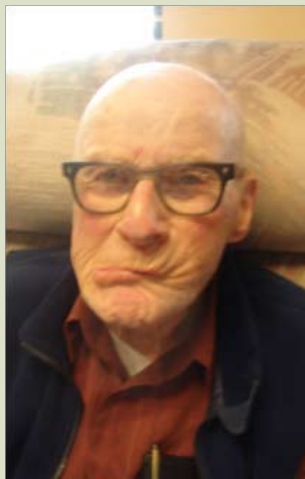


I was listening to a radio station from Hawaii, and thought, gee, the "foreign" language sounds sometimes like Tien when she is calling all these "foreign" numbers that don't correspond with my cards. Laura will attest to that, as she will tell you "I haven't won in 15 years", and there are Fridays when it does seem just like that - for everybody!!

But the law of the averages does work, and you are winners on every table, if not monetary- then by smiles. Good Luck to all and please enjoy.

Aloha – Your Bingo Guy, Charlie

- *Charlie*



Member Profile Addie

Addie has been a member of the Renfrew Collingwood Seniors' Society for 4 years. She was born in Regina, Saskatchewan on July 2nd. She has 3 sisters. Her only living sister lives in Port Moody, BC. Addie met her husband at work in Vancouver. They both worked for the same moving company. They were married in Vancouver and were together for 55 years. They have three children 2 boys and 1 girl; their children live in Northern BC, Ontario, and the Okanagan. Addie has 8 grandchildren. She enjoys the centre because of all the great companions she has made. She is part of our knitting club, yarns of fun. Knitting is one of Addie's hobbies as well as classical music, specifically opera.



Upcoming Events

Important Dates

CASI Lunch at CNH
Nov. 2nd

Brentwood Mall
Outing Nov. 5th

Remembrance Day
Centre Closed
Nov. 11th

Step Out to Trolls
Nov. 17th

Flu Vaccinations
Nov. 18th

Podiatrist Visit
Nov. 24th

Reminders

**Flu
Vaccinations**

Nov. 18th
10:30am-
12:00pm

Please Bring In
Your Consent
Forms

November Birthday

Angelina
Cathie
Ella
Carol G.
Cecilio
Carol Y.



Nov. 5th
Nov. 7th
Nov. 9th
Nov. 18th
Nov. 22nd
Nov. 22nd

happy birthday



Location, Location, Location. Chelsea Park has it all!

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Christmas Luncheon

Monday Dec. 13th, 2010
Please register,
seating is limited
Entertainment:
Bob York on the Piano
And
Santa Clause



Open House
Sundays 2-4pm



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