

*Happy Valentine's Day
and Happy Chinese New Year!*

FEBRUARY 2011 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 34th 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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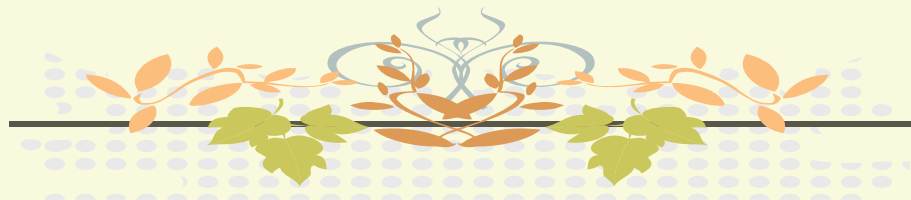
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Renfrew-Collingwood Seniors' Society Newsletter February 2010

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Message from the Board

By Irene Griswold

Well, we made it through January. How tough can February be, after all it is the shortest month of the year and the last full month of winter. Soon we can look forward to spring flowers and more rain showers. For now, though, let's figure out what to do about February.

For me it is an enjoyable month. My daughter, Brenda, has her birthday on Feb 4th and then my birthday is on Feb 13 and, of course, Valentine's Day follows on the 14th. I am fortunate that my family all still live in the lower mainland so we can get together and celebrate special days. Brenda and I used to have separate birthday parties but as we have both matured and no longer need the individual attention that one gets at a party for one, we share a birthday party. It allows the whole family to come out and see each other one weekend in the month instead of two of them so close together.

Valentine's Day really does not require much to be done and that is more or less what I do, not much. My husband and I might go out for lunch or a movie and maybe we share a chocolate but that is about all. However, it is a day that makes me happy. I guess I am a romantic but I like to think of young and not so young, people getting all mushy and proposing or at least declaring their love for each other. I like to call or email old friends and relatives and let them know that I am thinking of them and love them. Even my dogs get a special hug.

Another thing I like to do in February is make soup. I guess it is the cold weather warmer upper from my childhood. In fact, one of the soups I make is from a recipe out of my old "The all new Fannie Farmer Cooking School Cookbook". I don't know exactly how old it is but the covers are long gone and I have had it for about 50 years. My new cookbooks that I get as gifts get

neglected in my cupboard until I finally recycle them with the full knowledge they will never replace "Fanny". Here is one of my favourite recipes:

MANHATTEN CLAM CHOWDER



- Put in a deep pan 1 ½ -inch cube fat salt pork diced. Cook slowly until the fat melts
- Add 1 onion, sliced thin. Cook and stir 5 minutes.
- Add 1 cup cubed potatoes, 1 teaspoon salt, 2 cups boiling water. Boil 10 minutes.
- Add 2 cups stewed or canned tomatoes. Cook until the potatoes are soft (5 to 10 minutes).
- Add 1 pint fresh or canned clams chopped fine, ¼ teaspoon dried thyme, salt and pepper to taste. Simmer 3 minutes. Serves 4 For variety you could add ¼ cupped chopped celery and a bit of bay leaf.

This might be my favourite soup because I not only like its taste but also because it brings back warm memories as my father would make for the family on a cold winters' day.

ENJOY. *Irene Griswold*



A Message from Donna....

Gung Hi Fat Choy

to all of our Chinese seniors and families (or to anyone else who takes the opportunity to honour another celebration). I hope the Year of the Rabbit is a restful and healthy one for you.

Our Chinese Program is off and running and the number of people attending is increasing as the weeks pass. There will be a Chinese New Years Celebration at the Centre on Saturday January 29th, the cost is \$5.00 – everyone is welcome.

I would also like to point out that there will be an outing to Steveston on Saturday February 5th. The cost will be \$5.00 for members \$15.00 for non members. You pay for your own lunch at your restaurant of choice.

Regarding other programs; the students from Windermere were here the end of December to construct the flower boxes on the boulevard and they did an awesome job. Sometime during this month we will have a consultation with a landscape company to determine the use of crushed granite or pavers as we would like to have the boxes wheelchair accessible and used by seniors in our Centre and

Three Links. The soil will be delivered the end of February so the students will be meeting with you shortly to discuss your preference of shrubs and flowers.

The City of Vancouver renewed our Social Services Grant and the SMART Fund continues to support us in every way possible. Oh yes we finally got our contract with Vancouver Coastal Health for the current year funding.

CASI program is doing very well for the most part but we would really like to get the transportation component utilized more in the near future. Remember the van will pick you up and drive you to the Centre, Neighbourhood House, Community Centre, Safeway or London Drugs for a donation of \$1.00 each way. So please consider taking the Van for one of your outings. There is an old saying “if you don’t use it, you loose it” and we do not want this to apply to the community van. Call Carmen at 604 435-0375 to book a ride somewhere in the community. As always, give us your feed back on ways to make this service work better for you.

All is well, Donna Clarke



A Note from the Nurse - Carol

Healthy eating is important for healthy aging for adults. Choosing healthy foods for meals and snacks can help you feel your best every day and prevent some chronic and other illnesses.

As you get older you may need fewer calories, but the same amount of or more nutrients. To maintain a healthy weight, it is important to eat foods that are high in nutrients, but not high in calories. There are many nutrients in the foods and fluids you enjoy everyday. These include carbohydrates, protein, fat, vitamins, minerals, fibre and water. The daily requirements for calcium, vitamin D, and vitamin B6 are higher for older adults.

Healthy eating means choosing foods that meet your daily nutritional needs. Here are some tips:

- Get enough calories to have a healthy weight and to be physically active.
- Eat a variety of foods.
- Eat fibre-rich, whole grain products, fruits and vegetables to keep your bowels healthy.
- Drink plenty of fluids, including water.
- Enjoy eating by sharing meals with family and friends.

February Menu for Chinese Program

Feb 05 Steveston

Feb 12 肉丝炒面(Shredded Meat Roast Noodle), 小米粥 (Millet Gruel)
Thin pork

Feb 19 红烧排骨(Red-roast Spareribs),米饭 (Rice)
Spareribs, Green, Red pepper

Feb 26 阳春面 (Plain Noodles)



February Programs

<p><u>二月五日 – 外出</u></p> <p>早上十點: 咖啡/茶和英式鬆餅 早上十點四十五分: 巴士出發到Steveston 享用午餐 中午十二點: 午餐 下午一點半: 巴士起行回到長者中心</p>	<p><u>二月十二日</u></p> <p>早上十點: 咖啡/茶和英式鬆餅 早上十一點: 太極 中午十二點: 午餐 下午一點: 營養學家</p>
<p><u>二月十九日</u></p> <p>早上十點: 咖啡/茶和英式鬆餅 早上十一點: 太極 中午十二點: 午餐 下午一點: 書法</p>	<p><u>二月二十六日</u></p> <p>早上十點: 咖啡/茶和英式鬆餅 早上十一點: 太極 中午十二點: 午餐 下午一點: 娛樂家</p>

Feb.5th Outing: 10am Coffee/Tea and Muffins
10:45am Bus leaves for lunch at Steveston
12pm Lunch
1:30 Bus Departs for Centre

Feb.12th: 10am Coffee/Tea and Muffins
11am Tai Chi
12pm Lunch
1pm Dietician

Feb.19th 10am Coffee/Tea and Muffins
11am Tai Chi
12pm Lunch
1pm Calligraphy

Feb.26th 10am Coffee/Tea and Muffins
11am Tai Chi
12pm Lunch
1pm Entertainer

The Disability Tax Credit; are you eligible? You may be if;

- A. You are blind.
- B. You receive life-sustaining therapy.
- C. The impairment restricts you in one of the following basic activities of daily living:
 - speaking
 - hearing
 - walking/elimination (bowel or bladder functions)
 - feeding
 - dressing

Talk to your accountant as it may save you thousands of dollars.

















Canada Revenue Agency

www.cra.gc.ca

FEBRUARY

2011

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Coffee & Chat 11:00 Arts, Health & Seniors 1:00 Felting  Yarns of Fun	2 Current Events 11:15 Gentle Yoga  1:15 Chinese Dance	3 11:00 Sit Fit Groundhog Day  1:00 Table Games	4 10:30 Shopping & Lunch Outing to Brentwood Mall <u>No Lunch at Center</u> 1:00 PM Bingo
7  11:00 Top 10 Exercises Lunar Traditions 1:00 Water Bottle Curling or Valentine's Day Décor	8 Morning Coffee 11:00 Arts, Health & Seniors 1:00 Spring Planting Yarns of Fun	9 11:00 Sit Fit LOVE-ly Trivia 1:00 Delicious Edible Art 	10 Poetry 11:15 Gentle Yoga 1:00 Crow City Singers Sing a long	11 Coffee & Chat 11:00 Let's get physical Plant Talk with Windemere Students 1:00 PM Bingo
14 Valentine's Day Love Songs Quiz 11:15 Gentle Yoga 1:00 Seniors Showing Their Art Workshop	15 Morning Coffee 11:00 Arts, Health & Seniors 1:00 Book Talk with Anne from Ren Library Yarns of Fun	16  Step Out Knight & Day Restaurant \$16 	17 11:00 Sit Fit Brain Teasers 1:15 Magic with Jay O Dex	18 Morning Coffee Horoscopes 11:00 Poetry  1:00 PM Bingo
21 Family Day 11:00 Sit Fit Reminisce 1:00 Seniors Showing Their Art Workshop	22 Coffee & Chat 11:00 Arts, Health Seniors  1:00 Jewelry Design Yarns of Fun	23 Mind Aerobics 11:15 Gentle Yoga 1:00 Art: Painting & Coloring or Olympics Toss	24 11:00 Let's get physical Family Feud 1:00 Sing-a-long with Steve Warner	25 News & Views 11:00 Top 10 Exercises News & Views 1:00 PM Bingo
28 11:00 Cat Yoga Brain Joggers 1:00 Seniors Showing Their Art Workshop				

Centre Programs - February 2011

Arts, Health and Seniors

We're lucky to have Carmen come in to work with us on creative art projects!



Bingo

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

Book talk with Anne

Anne from the Renfrew Library is coming in to tell us about books

Brain Teasers

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

Brentwood Outing

We are going out to the mall on Friday Feb.4th

Chinese Dance

We'll be celebrating Chinese culture with some dancing

Crow City Singers

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

Cat Yoga

A twist on yoga, using cat positions as inspiration

Edible art

Art you can eat, beautiful and sweet!

Family feud

Teams competing to see who is better at trivia

Felting

We will be using felt paper to create art

Gentle Yoga

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

Groundhog Day

We'll be looking at the origins and facts about groundhogs day on Feb.3rd

Jewelry design

Decorate and make jewelry

Let's get physical

Let's get our bodies moving; physical activity helps keep us healthy

Love-ly trivia

In the spirit of Valentines, let's talk about love

Lunar Traditions

We'll be talking about superstitions and traditions

Magic with Jay O Dex

Jay is coming in to show us the slight of hand and illusions of magic

Mind Aerobics

Keep your minds moving, staying sharp and alert

Olympic Games

In memory of the Olympics will be playing some games

Plant Talk

The Windemere students are coming to talk to us about plants.

Poetry

Bring your favourite poems or write some poetry of your own

Pool Noodle Hockey

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

Seniors showing their art workshop

Displaying the art we have created at the centre

Sit Fit

Sit Fit is a good way to get our bodies moving while having fun at the same time without leaving our seats

Spring Planting

Working to make our garden project ready for spring

Step Out

We'll be going to Knight and Day on Feb. 16th

Steve Warner

Steve is coming in to entertain us with song and dance

Steveston Trip

Trip to Steveston on Saturday February 5th Cost \$5.00 for Members \$15 for Non-Members

Table Games

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

Water bottle curling

Our special version of curling, aim and slide, can you get the right targets?

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 thoughts and views



Article Wai Yee

I can't believe

we're in year 2011, first year of another decade! Already the month of January had come and gone and we're into the second month of the year! Time sure flies when all is busy....anyone having the same thoughts as I?

We are somewhat in to our daily routines and trying very hard to keep and remember our New Year resolutions. For many of us, New Year has started, but there are many others whom are anticipating and preparing for the Lunar New Year or Spring festival. There are many ethics or geographic neighbors in Asia such as China, Korea, Vietnam, Mongolia, and Japan that follow the old calendar for the New Year. Some calls it the Lunar Year or many may know it as the "Chinese New Year". The New Year day will be on Thursday, February 3, 2011 (day after Groundhog Day) of this year. Every Chinese New Year lands on a different day depending on the new moon or lunar phase of the year. The festival will start on the first day of the lunar year and last for 15 days. There are many traditions, manners and suspicions which reflect on this centuries old celebration.

Each Chinese year is designated to one of the twelve animals. This year will be the year of the Rabbit. This animal is the fourth animal of the 12 years cycle zodiac. People born within the year of the Rabbit are to be articulate, talented and ambitious. They are often admired, can be trusted and are usually lucky in financial matters. They are generally very kind and rarely lose their temper. They are most compatible with people who are born in the year of Sheep, Pig or Dog. The years of Rabbit are 1915, 1927, 1939, 1951, 1963, 1975, 1987, and 1999.

Do you feel the love in the air, or see red hearts everywhere? It is the time of the year for us to acknowledge and appreciate families, friends and all our loved ones. February 14 is Valentine's Day. It is a day for flowers, candies, greeting cards, hearts and cupids. Many places such as Europe, Central & South America, Asia and Middle East honor this day. On the flip side of the coin, there are India, Pakistan, Saudi Arabia, and Iran where they conflict with this day because of religious issues.

Having the Chinese New Year and Valentine's Day this month, we will definitely be seeing many shimmery red and gold colorings in the centre. The bright, bold color of prosperity, and love for all to enjoy!

I want to take the opportunity to thank all people involved in making this centre available to public every Saturday. The Chinese senior program has started on January 8, 2011 from 10am to 2pm. Let's make this year as exciting and memorable as 2010! Thank you all for the supports!!!

Wai Yee

Recipes of the month



Butter Tarts from Addie

Ingredients:

- 2 eggs
- 2 cups brown sugar
- 2 tbs vinegar
- 1 tsp vanilla
- ½ cup melted butter
- 1&1/3 cup currants, chopped raisins, figs, or dates

Directions:

- 1) Beat eggs add sugar vinegar and vanilla
 - 2) Stir in butter and fruit or nuts
 - 3) Pour into prepared pastry
 - 4) Bake 450 degrees for 10 minutes
 - 5) Then 350 degrees until filling is firm
- I use currants and also bake at 375 degrees

Tips from the kitchen

Some basic tips for making your favorite recipes healthier include:

- Decrease the meat and increase the vegetables called for in stews and casseroles.
- Choose whole-grain versions of pasta and bread; substitute whole-wheat flour for bleached white flour when you bake.
- Serve imaginative whole-grain side dishes like bulgur or kasha instead of white rice or pasta.
- Cook with less fat by using non-stick skillet.
- Blot all fried meats on paper towels. Or better yet, try baking instead of frying.
- Avoid cooking with soy or Worcestershire sauce and products that contain monosodium glutamate (MSG).
- Use garlic or onion powder instead of garlic or onion salt, and use unsalted or low-salt vegetable broths & products.
- Buy reduced-fat cheese or use mozzarella, which is naturally lower in fat.
- In recipes calling for milk or cream, substitute reduced fat versions or try using other “milks” such as rice milk, nut milks or soy milk.
- Also use low-fat cream cheese, yogurt, and mayo.
- Unhealthy fats like certain oils, butter, or margarine can usually be cut by 1/3 to 1/2 in recipes. At first try a small cut-back and then use less and less over time; you’ll hardly notice the difference.
- You can also use fat substitutes like prune purees and applesauce in baked goods.
- Use fresh-frozen fruit without added sugar if fresh is unavailable.
- Cut the sugar called for in most recipes by 1/3 to 1/2.
- Sweeten waffles and quick breads with cinnamon, cardamom, vanilla or almond extracts in order to cut the sugar content.

Member Profile Lisa and Fred

Lisa and Fred are a couple from Taipei, Taiwan, who immigrated to Vancouver in 1987 to start a small business. They came with their two young boys who were aged 6 and 10 at that time. Fred was an air traffic controller while Lisa was a homemaker in Taiwan. When they arrived, they started a small coffee shop, but experienced much difficulty with making a living and sold it a year later. Given their experiences in the food industry, they found jobs in the kitchen at fast food restaurants, worked at minimum wage, and experienced the difficulties and challenges of supporting their children through university. In spite of this, they managed and explained that their sons graduated from SFU in kinesiology and biochemistry and now work with WCB and American Company in the research department. Children aside, Lisa states that March of this year will be their 41st anniversary. Fred described that he met Lisa through a friend who was Lisa's cousin's husband. Their relationship developed as they first became mutual friends and spawned into a romantic relationship. Lisa and Fred are retired now and enjoy participating in activities in the community, including the gardening club, cooking, walking, and learning to use new technology. Specifically, they have used the computers to email fellow friends and family abroad and used digital cameras to capture memories of their travel. They can also be found frequently at New Lakeview Seafood & Wonton Restaurant in Burnaby and Chinatown for some grocery shopping.



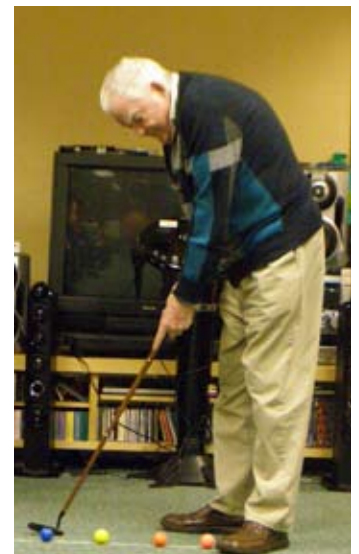
Lisa和Fred是一對從台北移民到溫哥華的夫婦。他們把兩個分別六歲及十歲的兒子帶到了溫哥華，並在一九八七年，開設了他們的小生意。Fred在台灣的時候是一個航空交通管制員，而Lisa則是一個全職主婦。他們剛來到溫哥華的時候，開設了一間小型的咖啡店，但由於經營困難，在一年之後就將舖子轉賣了。對食品產業有些認識的他們，到了一間快餐店的廚房工作，但他們的工資只有當時的最低時薪(約四元左右)。爲了讓兩個兒子能夠在大學就讀，他們歷盡了艱辛。經歷了重重困難之後，他們的兩個兒子終於從沙門菲沙大學的運動學系及生物學系畢業了。他們的兩個兒子分別在加拿大的勞工賠償局及一家美國公司的研究部門工作。另一方面，從Lisa口中得知，今年的三月將會是她和丈夫的四十一週年結婚紀念。Fred則說，他第一次遇見Lisa的時候是透過一個朋友，而碰巧的，這個朋友便是Lisa的表親的丈夫。成爲朋友之後，他們很快便墮入了愛河。現在，Lisa和Fred正在享受退休的生活。他們經常會參與社區的活動，包括園藝小組，烹飪，散步和學習使用新的科技產品。他們經常寄電子郵件給他們的親人及朋友，更會使用數碼相機去紀錄他們的旅行回憶。他們也常常會到本拿比的新翠湖海鮮食家及到唐人街購物。

Member Profile Elaine Hinson

Elaine is one of our newer members joining us this past year. She was born in Lilydale, Australia. She has one brother and two sisters; all of whom are living in Australia presently. Elaine came to Canada in 1952 and was married the year after her arrival. Soon after her marriage she was blessed with her eldest daughter. Then, Elaine had one more daughter and a son; three children altogether. Elaine has two grandchildren. In her youth she worked as a ledger keeper doing accounts receivable and payable. Elaine has had dogs as pets. She enjoys knitting and dancing. Elaine has travelled to many places. She has been to various places in Canada; as well as, Alaska, Florida, and the Panama Canal. We enjoy her humorous ways here at the centre, always bringing smiles on peoples faces.



RCSS moments...



Open House
Sundays 2-4pm



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Upcoming Events

Happy Birthday!

Irene Feb.13th

Daisy Feb 15th



Bingo with Charlie

Some people see things in a window and say "Oh! I just have to have that!" Well this is something the same, only I saw this in a book; and thought I can use that, if I just add a few lines here and there.

So here it is – it's called "FRIENDSHIP BELIEVES ALL THINGS" and it's adapted from Corinthians 1 FRIENDS are patient and kind. They are not jealous or boastful. They are not arrogant or rude. – Like Bingo Players!

FRIENDS do not insist on having their own way. They are not irritable or resentful. They do not rejoice at wrong, but delight in what is right. – Like Bingo Players!

FRIENDSHIP bears all things, believes in all things, hopes all things, endures all things. – Like Bingo Players!

FRIENDSHIP NEVER ENDS. – Like Bingo Players!
We are all Bingo Players –
ENJOY!

Your "Bingo Guy"

Charlie



Important Dates

Brentwood Outing Feb.4th

Trip to Steveston on Saturday February 5th
Cost \$5.00 for Members \$15 for Non-Members

Step Out Knight and Day Feb 16th

Foot Care on Wednesday, March 16th

Saturday April 9th trip to Minter Gardens
\$30.00 (includes lunch + entrance) for Members
\$35.00 for Non-Members

Feb 22 The Nookta Elementary will be visiting



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!



The SkyTrain is on our doorstep!

Public transportation is close at hand. Chelsea Park is within easy reach of Vancouver, Burnaby and Coquitlam.



CHELSEA PARK

Inspired Lifestyles for Seniors

New Chelsea Society: proud to be a locally owned and operated Canadian non-profit society.

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7 Days a week
9am-4pm

For a personal visit today, contact Joan Mitchell at 778.689.1422 • www.chelseaparkbc.com
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Happy Valentines' Day & Happy Chinese New Year!

