



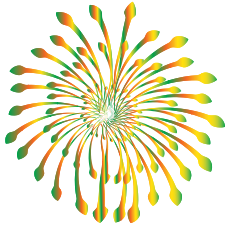
Happy New Year!

"Taking Seniors to Heart"



JANUARY 2011 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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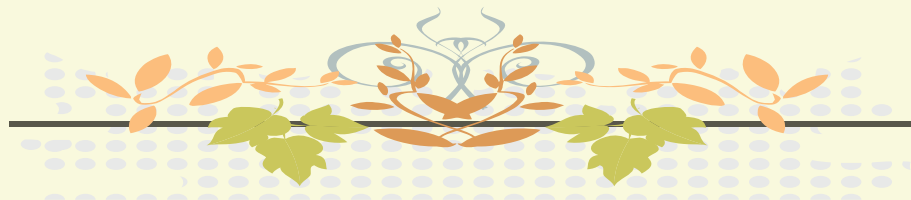
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Renfrew-Collingwood Seniors' Society Newsletter January 2010

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Follow Your Dreams

Highlights of my trip across Canada



Normally

I'm a homebody but the year 2010 saw me travelling to many places in Canada. After a few months of planning a trip across Canada with my cousin John and my friend Eva, September 6th finally arrived and off we went - the 3 of us left Vancouver aboard the Rocky Mountaineer Railroad to Banff where we rented a car to drive to Lake Louise then to catch Via Rail in Jasper to Toronto. While in Toronto we took a City Tour and Harbour Cruise. (Taking an organized tour when visiting a strange city, we found, is the best way to familiarize with your surroundings.) Next we were in Halifax enjoying our first east coast seafood! When not on the train we were visiting one of 9 different Canadian cities. We flew to St. John's, Newfoundland - visited Cape Spear, Signal Hill, Cabot Tower, etc. We returned to Halifax, rented a car to drive through New Brunswick to Prince Edward Island (fabulous lobster!) then back to Moncton, NB. We then visited Quebec City, Montreal, Ottawa

(we arrived at the Parliament Building just as the newly appointed Governor General David Johnston emerged) and back to Toronto to visit Niagara Falls and board the Maid of the Mist (we got wet indeed!). Our journey then took us to Winnipeg where we caught the train to Churchill, Manitoba. What an experience - we went in tundra buggies over the landscape to see the polar bears. We got to within about 30 feet of them - they are magnificent! We also saw Arctic Hare, Black Fox and Ptarmigan. As we left it started to snow and turn very cold. There is no road to Churchill but in winter it is reachable by "ice road". If the train is on schedule (we were 7 hours late arriving in Churchill), it is a 31 hour trip to or from Churchill/Winnipeg. Once back in Winnipeg (only 2-½ hours late), we caught Via Rail for our return to Vancouver. I have so many wonderful memories of "a trip of a lifetime". As you can imagine, it's very hard to condense 45 days into a few lines! I was so fortunate..... *Dreams do come true!*

Bingo with Charlie

Well, my good friends, that was some Christmas party, wasn't it? It is always a shame that in a 50-50 draw, that there can only be one winner, and yet I don't believe our Marilyn will agree with that! -And while I'm on the money subject, I, your favourite "bingo guy" have unfortunately been visited by the Grinch! (The one who lives in Whoville) If we wish to continue to have decent jackpots, for "minus 2" and the last full house, plus give out no less than \$1.00 for multiple ties on the regular bingo games, then it has to go up. Not much, mind you, just 25 cents per card.

When I started, just over 3 years ago, it was 50 cents per card, then somewhere down the road it went down to 25 cents, well now it's time to go back up. So bingo will cost you 4 dollars for 4 cards. We just don't have

the extra money anymore, so it is up to us! It IS our game- I know, I know everybody wants more money, for this, that, or the other thing. But if we keep it the same, and there are multiple winners (as there are at times) on the regular games, the pay out will be far less than what you put in. It's up to you -and you-and you!

I do hope you all had a good Christmas and that the New Year is even better than the last!

Your Bingo Guy,

- *Charlie*



A Message from Donna....



Happy New Year Everyone! I wish you much love, good health and lots of joy in the coming year. The staff and I look forward to being your extended family and place of refuge for yet another year.

Good news; we received funding from the SMART Fund for a Cantonese-run program on Saturdays from January 8th – March 26th, 2011. We will be running the program similarly to Community Days where the seniors in the community drop-in for socializing and coffee and muffin in the morning, lunch at noon will be Chinese food and activities will be geared toward cultural activities for Chinese speaking seniors. Some suggestions that we received so far are; Tai Chi for Exercise, Sing-a-longs and Karaoke, Chinese entertainers, Calligraphy classes, Mah Jong, Art Programs with focus on Chinese culture, an outing to the classical Chinese Gardens and shopping in Chinatown. We would definitely like to include some Preventative Health Workshops and await the group's input on the topics that they would like to discuss. We will also be planning a Chinese New Year Celebration and hope to form a committee to plan that event. Wai Yee will be overseeing the program and she is excited to get it going. Please spread the word to all your friends. Brochures will be out soon.

All is well at our bustling Centre.

Donna Clarke



Introduction to Cristina

Hi everyone my name is Cristina Borjas. I am 19 years old. I want to thank you for allowing me to volunteer here. I am going to be taking my home care aide program in September 2011 at Douglas College. From the experience I want to be able to learn a lot for the near future.



Introduction to Wai Yee

Hi everyone!

My name is Wai Yee. I am a new addition to the RCSS team. My hometown is Montreal, Quebec, although I am originally from Hong Kong. I was educated in Montreal and Vancouver. My studies were in special education and nursing. Now that the joyous Christmas season is upon us I am so happy to be here to share with all the wonderful people I have got to know these past few months. Thank You for including me into your happy and supportive circle.

A Note from the Nurse - Carol



Dementia is a brain disorder that makes it hard for people to remember, learn and communicate. These changes eventually make it hard for people who have dementia to care for themselves. Dementia may also cause changes in mood and personality. Early on, lapses in memory and clear thinking may bother the person who has dementia. Later, disruptive behavior and other problems can create a burden for caregivers and other family members.

Caring for a person with dementia at home is a challenging task that can become overwhelming at times. Each day brings new demands and opportunities as the caregiver copes with changing levels of ability and new patterns of behavior. To help the caregivers in our community have a better understanding of dementia, we will have a "Sharing the Dementia Journey" session at the centre on Jan 20, 2011 between 4 and 5:30 pm.

Judy Bourne, Support & Education Coordinator, Alzheimer Society of B.C., will facilitate this presentation. Judy accompanied her Mom on a 10 year journey with dementia and consequently feels passionate about providing public awareness about dementia and support and education to family caregivers. Come to join us to share your experience and have your questions answered!

- Carol Yi

Member Profile Cathie Folkard

Cathie was born in Merritt, B.C. she lived there for 17 years before coming to the Lower Mainland. Cathie has one sister. Cathie's father worked on the Connaught tunnel, now known as the 5 mile tunnel, for the CPR. As a child growing up in the small town of Merritt, Cathie would swim in the river during the summer with her sister and friends.

During the winter children would often go skating on the river or in the rink for 15 cents. The school would hold a winter carnival during Christmas time. Children would perform ice dances like the minuet for their parents'. Hockey games were also part of the fun, Cathie and her friends would watch and cheer for the players whom they knew from the small communities.

Initially Cathie came down to Vancouver to help her sister get settled in after marriage. However, Cathie really liked the city and decided to stay longer. Cathie's sister and brother-in-law moved to Port Alberni, B.C. and she went with them. Here she met her husband at a Halloween dance. Frank and Cathie were married soon after. Frank worked as an army man, a long shore man, and with the CNR.

In Port Alberni Cathie worked at the Alberni Pacific boarding house helping with meals. She was paid a dollar a day, which was pretty good in that day. Cathie has been to Maui, Hawaii 4 times with her husband; as well, Cathie and Frank went to the Montreal Expo 1967. Cathie has 4 children of her own: 3 girls and 1 boy. She has 11 grandchildren and currently 16 great grandchildren and counting. Cathie joined the Renfrew-Collingwood Seniors' Society about 6 years ago. She had heard from a man at the 100 club about the place. She told her daughter about it and called to find out about the place. A staff member invited Cathie in for the next day. She has been coming in since. Cathie enjoys the centre for many reasons; the friends, activities, outings, and good time.





JANUARY 2011



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

Monday	Tuesday	Wednesday	Thursday	Friday
 3 New Year's Holiday <u>Centre Closed</u> 	4 Morning Coffee Breathing & Muscle Relaxation 2011 Brainstorm 1:00 Aromatherpy & Hand Massage Yarn of Fun	5 11:00 Sit Fit "Firsts" for Everything 1:00 World Music with Luna Rossa	6 New Year's Superstitions 11:15 Gentle Yoga 1:00 Hand Massage or Table Games	 7 10:30 Shopping & Lunch Outing to Brentwood Mall <u>No Lunch at Center</u> 1:00 PM Bingo
10 Brain Teasers 11:15 Gentle Yoga 1:00 Card Bingo or Chinese New Year Wreaths	11 Morning Coffee Daily Chronicle 11:00 Art, Health & Seniors 1:00 New Year's Tea Music with Gary Tom Yarns of Fun	12 Sit Fit Gadgets & Inventions 1:00 Water Bottle Curling	13 11:00 Sit Fit Namits Game 1:00 Crow City Singers	14 10:30 Morning Coffee Sit Fit You be the Judge 1:00 PM Bingo
17 Martin Luther King Day Morning Exercise "I have a dream" What are your dreams? 1:00 Grade Eight Windermere Choir	18 Morning Coffee 11:00 Art, Health & Seniors 1:00 Safety with Const. Heather Brown Yarns of Fun	 19 <u>Podiatrist Visit</u> Exercise & Stretch Travel The World Trivia 1:00 Chinese New Year Card Making or Marble Challenge	20 11:00 Sit Fit Cat Facts & Trivia 1:00 Men's & Women's Shopping Search 4:00 Presentation on Dementia	21 Morning Coffee News & Views 11:00 Sit Fit Brain Teasers 1:00 PM Bingo
 24 11:00 Sit Fit Scotland & Celtic Culture 1:00 3 Hole Golf at St. Andrews	25 Robby Burns Day 11:00 Art, Health & Seniors 1:00 Book Talk with Anne from Ren Library Yarns of Fun	26 11:00 Sit Fit New Year's Resolution Review 1:00 Cracker Craft	27 Current Events 11:15 Gentle Yoga 1:00 Bocci Ball Match	28 News & Views 11:00 Exercise Tongue Twisters Challenge 1:00 PM Bingo
31 Current Events 11:15 Gentle Yoga 1:00 Pool Noodle Hockey				

Recipes of the month



Sweet Potato Chocolate Cake

Ingredients:

1 bag (454g) frozen sweet potato chunks
180g bittersweet chocolate chopped
150ml unsalted butter softened
175ml packed brown sugar
2 eggs
10 ml vanilla
500 ml all purpose flour
5ml baking powder
2ml baking soda
Pinch of salt
75ml chocolate chips
75ml toffee bits
50ml chopped pecans

Steps:

- 1) Preheat your oven to 180C (350 F). Boil water add sweet potatoes cook until tender. Place cooked sweet potatoes into a bowl and mash, add chocolate and let stand for 2 minutes, until chocolate melts. Stir together and let cool.
- 2) In another bowl beat butter and sugar until fluffy. Beat eggs in one at a time, and then add the vanilla. Beat in the sweet potato mixture.
- 3) In another bowl whisk together flour, baking powder, baking soda, and salt. Stir this into chocolate mixture until combined well. Scrape into a 13 by 9 inch baking pan, spread evenly.
- 4) Bake for about 25 minutes
- 5) Immediately after it comes out sprinkle chocolate chips, toffee, and pecans over top evenly. Let cool and serve to 12-16.



Joyce's Sugar Cookies

Ingredients:

$\frac{3}{4}$ Crisco
1 cup sugar
1 egg
 $\frac{1}{4}$ cup molasses
2 cups flour
2 tsps soda
1 tsp cream of tartar
 $\frac{1}{4}$ tsp salt
1 tsp cinnamon
1 tsp Ginger
1 tsp Cloves

Roll into balls and then in sugar
Bake 15 mins 400 degrees F



Centre Programs - January 2011

3 Hole Golf at St. Andrews

We are going golfing; practice your swing and aim.

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

Bocci Ball

Practice your aim and throwing control with a game of Bocci

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)

Breathing and Muscle Relaxation

Practice claim breathing and muscle relaxation techniques

Brentwood Outing

January 7th we are going out to the mall

Cat Facts and Trivia

How well do you know cats?

Chinese New Year Wreaths

We'll be making Chinese New Years decorations

Crow City Singers

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

Grade 8 Windermere Choir

Students from Windermere School are coming in to sing to us

Gentle Yoga

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



I have a dream

What are/were your aspirations; let us know

Meet and Greet

Every morning from 10:30-11:00 coffee and chat. Share your news and views

New Years Superstitions

What are your superstitions and traditions for the New Year?

New Years Tea with Gary Tom

Celebrate the New Year with music, tea and snacks

New Years Resolutions

What are your plans for the New Year?

Podiatrist Visit

The podiatrist is coming in on Jan. 19th. Book your appointments.

Pool Noodle Hockey

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

Presentation on Dementia

4-5:30pm Jan. 20th with Judy Bourne, Education Coordinator of Alzheimer Society of B.C

Safety with Const. Heather Brown

Const. Brown is coming in to tell us about safety for seniors

Scotland and Celtic Culture

We'll be learning about Scottish and Celtic culture

Sit Fit

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

Table Games

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

Tongue Twister Challenge

Can you say Sally sells seashells by the sea shore 3 times fast!

Water bottle curling

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

World of Music Luna Rossa

Luna is coming in to entertain us with a multicultural musical tour

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

2011 Brainstorm

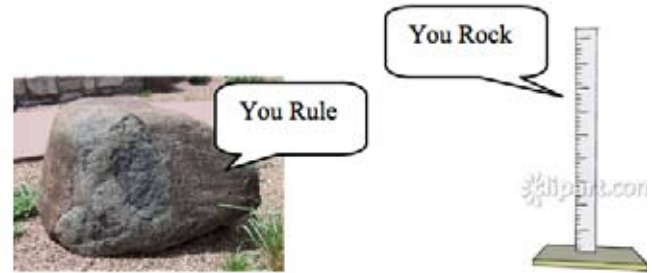
We want to hear from you; give us your comments, ideas and suggestions



Well, another year has begun.....I am still thinking of 2010 and how it was soooo much fun! Thanks everyone for all the memories. It has been a pleasure getting to know you and spending most of my days with all of you rain or shine. Speaking of weather, believe it or not, I actually miss the cold & wetness while I was away in Hawaii. It was nice, sunny and hot that I was showering all the time. I would shower to get the salty ocean water off; shower to get the sweat off, shower to get the stickiness of the sun block & lotions off my skin, shower after playing golf, and so on. What was my point with all this? I like the variety of weather that we have here in Vancouver. We can have rain, snow, wind, sleet and sunshine ALL IN ONE DAY!!! Now, that's pretty cool! Don't you think? I love this beautiful West Coast city of ours along with the seasonal changes. Okay, what I am really saying is that while I was away I miss you all and I was glad to be home for the holidays. Spending Christmas holidays in a warm place does not have quite the same feel. What do you think? We are now into the New Year. Wow! Where did this past year go? There was many good times had by all at RCSS. And it was time well spent. Let us continue this trend into 2011, okay. Everybody's on board. Great!!

And back to the weather thing, summer 2010 was cooler than usual. Maybe we'll be lucky and have the reverse happen for January. So here is to lots of sunshine & warmer temperatures for June-uary. It makes perfect sense! I have been warned by some of you not to say the "S" word. So staff members, "Beware!" Either way, there's a variety of fun things happening at the centre for you to get involve in no matter what it is like outside. For all those who want to relax and soak in the New Year aromatherapy & hand massage for your cold and tired hands. I have a feeling that staff will be the first in line for this activity so have to beat us in a game of "rock, paper scissors" if you want to go first (best two out of three, ok?).

We have assortment of interesting brain teasers, facts & trivia to keep the learning going and things interesting. Challenging games like, water bottle curling, 3 hole golf at St. Andrews, highland games and pond noodle hockey are all good ways to keep active.



And if that is not enough than we have gentle yoga, mystery shopping searches, discussion & reminiscing groups, travel getaways and arts and crafts. All of which promote healthy living and happiness for a grrreat start to the New Year!

The beginning of the New Year means that many people will be making their resolutions in hopes for a better New Year. Resolutions like better health, weight loss, self improvement, happiness, quit smoking, get together with friends and family more, etc...etc...No matter what your resolutions are we have a variety of activities at the centre that you can get involved to kick start the New Year in the direction want to go. If anyone has ideas please share them with us. We would love to make it happen if possible.

I just want to thank the seniors, volunteers, the board, and all the people in the community involve with our centre for a wonderful 2010. And of course our hard working and talented staff, you rock therefore our centre rules! Thanks everyone for making it fun and for the wonderful memories of this past year.

Community Guests visiting us this month:

-Constable Heather Brown from Collingwood Community Policing will visit us for a discussion on safety. -Anne from Renfrew Library Branch will be here on our community days for some "Book Talk."

Martin Luther King Day. He had a dream..., what are your dreams? Share your dreams with us on that day.

Robbie Burns was a famous Scotsman. We will be looking behind this famous man and finding out what he is all about. We will visit his homeland, learn about Scottish culture, and attempt to speak Scottish. And through Fatima's cooking we will explore Scottish cuisine.

RCSS Christmas memories...





Open House
Sundays 2-4pm



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Upcoming Events

“Sharing the Dementia Journey”

A 1.5 hour interactive presentation. Join us for a general discussion on the following topics and have your questions answered! Understanding the disease Handling overwhelming feelings Changing roles/new roles. Staying connected

Date: Thursday, January 20th, 2011

Time: 4:00 – 5:30 pm

Place: Renfrew-Collingwood Seniors' Society
2970 East 22nd Avenue

Speaker: Judy Bourne, Education Coordinator of Alzheimer Society of B.C.
Tea / Coffee and Snacks provided

January Birthdays

Yatsheung Jan. 6th

Neda Jan. 7th

Henry Jan. 9th

Don Jan. 10th

Marguerite Jan. 10th

Laura Jan. 27th

Madeline Jan 27th

Danuta Jan. 30th



Important Dates

Centre Closed
Jan. 3rd

Brentwood
Outing Jan. 7th

Podiatrist
Jan. 19th 10:30-11:30 am

Jan. 20th
Dementia Presentation
4 pm



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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Happy New Year!



www.rencollseniors.ca