

"Taking Seniors to Heart"



Happy St. Patrick's Day

MARCH 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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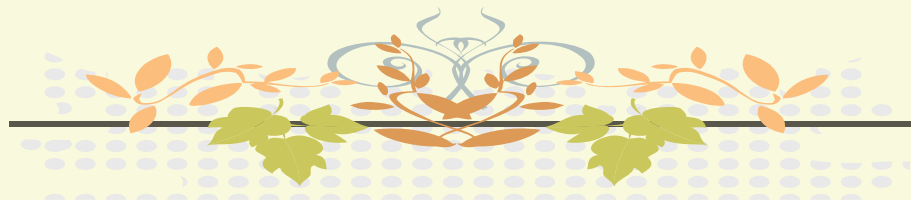
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Renfrew-Collingwood Seniors' Society Newsletter March 2011

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Message from the Board

By Irene Griswold

Goodbye winter, March is here and with March comes spring.

Did you know that in the original calendar, which comes from the Romans, that there were only ten months and a winter season? The year actually began in March. Sort of makes sense as the spring brings the new life and one could therefore consider it bringing in the New Year. The reason for months was only to break up the year into smaller identifiable pieces and the cycle of the moon was easy to see and so was the time measurement used. Unfortunately the cycle was not a nice neat 365 day one and for years changes to the calendar were made.

The original calendar contained these months in this order:

March - Marious or Mars the God of War
April - Ancient root of word means "other"
May - Maia Maistas "a Roman goddess"
June - "Juno" the Roman Goddess who was the wife of Jupiter"
July - Julius Caesar named this month after himself
August - Augustus Caesar also wanted a month so chose this one to have his name
September - Septum "latin word for seven"
October - Octo "latin word for eight"
November - novem "latin word for nine"
December - Decem "latin word for 10"
Winter - the next time period that eventually became January and February

Around 700 B.C. Numa Polpilius, the king of Rome at the time, tried to regularize the year by breaking the winter period into Januarius (January) and Februarius (February) and he put them at the beginning of the year. The rest of the months followed in their original order and so September, October, November and December are not the 7th, 8th, 9th and 10th months any more but are the 9th, 10th, 11th and 12th months of our year. Their names no longer match their positions in the calendar. He made other changes to try to fix the fact that the months still did not equal the moon year but when Julius Caesar became ruler he deleted them. Julius and Augustus Caesar both named a month after themselves. Some writings say Julius took a day from February so that his month could have 31 days instead of 30. Then Augustus did the same for August and that is why February is so short.

Still it is not perfect and so every fourth year we have a "Leap Year" in which poor little February gets an extra day and has 29 days. This is always a year that divides evenly by four so our next leap year will be 2012. For more information go to www.Months of the year.com.

ENJOY. *Irene Griswold*





A Message from Donna....



Outings

are always a favourite activity here at the Centre and starting this month we are going to go out more. There will be several short outings but we would also like to plan a couple of all-day activities. Please make suggestions as to places you would like to go so we can book the buses for the all-day ones and figure out places to go for lunch on the short outings.

On Tuesday, March 8th at 1:00, Kamaljeet and Alice (your senior's liaisons to the Board) will be here to lead another Think Tank. This is your opportunity to offer suggestions and to get to know the people who represent you. Once they get your ideas they will pass them on to us and we will try and plan the activities that you want.

As most of you are aware the first Friday of the month is usually a shopping day. To start the ball rolling we booked the first month but would like your input for the rest of them. There will be at least two outings per month; here are some of the dates:

Friday, March 4th Shopping and Lunch at Capillano Mall in North Vancouver

Tues, March 15th Collingwood Neighbourhood House for Lunch Compliments of CASI

In April we have booked **Friday, 1st** 10:30 – 1:00 and **Tuesday, 12th** 10:30 – 2:00.

Friday, May 7th 10:30 – 1:00, Tuesday 10th 10:30 – 2:00 and **Tuesday 31st** 10:30 – 2:00

We are looking forward to getting the feedback, hearing of your choices and making your desires a reality.

The dates for the Step-out Days are April 13th, June 22nd, July 27th, September 28th and November 30th; they are all Wednesdays.

Please note that there will be no lunch at the Centre on Outing Days.

All is well, Donna Clarke



"HAVE YOU HEARD..." by Marilyn Jennings

WHEN

was the last time you had a special cup of tea from a special cup? WAS it Blossom Time, American Rose or one of the many other beautiful cups? WOULD you like to enjoy a cup of tea from a fine china cup? A blast from the past as is said nowadays! WE are going back a decade or so on June 25th....we will be hosting a STRAWBERRY TEA! The tickets will be ready for sale at the end of April - pre-sold tickets will be \$5.00 (\$7.00 at the door) - invite your friends and neighbours - treat you daughters and granddaughters. Men are very welcome too! We all love strawberry shortcake.

We will be having raffles nearly monthly - watch your newsletter for information. One of our get-togethers will be a RECYCLING sale. I have received gifts that are very nice but I am unable to use them so they sit in the cupboard. I'm sure you have similar articles. We would appreciate receiving them so we can have a sale to raise some funds. Donations will be received until May 15 for our Mothers & Father's Day Raffle May 31st. Later donations will be used at a future event. We would also gladly give a home to any of your beautiful fancy china cups for use at special events. Your donations will be appreciated, useful and of financial value to us.

March Menu for Chinese Program



Chinese Menu for March

Mar 05 糖醋带鱼 (Sweet and sour hairtail), 米饭 (Rice),
炒油菜 (Stir fry the rape), Hairtail Fish

Mar 12 滑溜肉片 (Skidding Sliced Meat), 炒饭 (Fried Rice)
Thin pork

Mar 19 大烩菜 (Braises the vegetable greatly), 米饭 (Rice)
Streaky pork, Tofu, Starch noodles, cabbage

Mar 26 意大利面 (Spaghetti), 沙拉 (Salad), 大蒜多士 (Garlic Toast)
Minced Beef



Chinese Program for March

三月五日

早上十點: 咖啡/茶和英式鬆餅

早上十一點: 節目計劃 會議

中午十二點: 午餐

下午一點: 鋼琴演奏家

三月十二日

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: 預防跌倒講座



March



2011

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Morning Coffee 11:00 Arts, Health & Seniors (kids visit centre) 1:00 Exercise Jewelry Design Yarns of Fun	2 Theodor "Dr Seuss" Current Events Spring Trivia 1:00 Pool Noogie Hockey 	3 Exercise Mind Aerobics 1:00 You be the Judge Group Discussion, Table Games or Stone Bugs Craft	 4 10:30 Capilano Mall Lunch at Tim Hortons <u>No Lunch at Centre</u> 1:00 PM Bingo
7 Exercise for Health Famous Irishmans  1:00 Belly Dancing with Gail	8 Morning Coffee 11:00 Arts, Health & Seniors 1:00 Book Talk with Anne from Ren Library Yarns of Fun	9 Current Events 11:15 Gentle Yoga  1:00 Mask Making or Table Games Mardi Gras	10 Sit Fit Animals & Critters Discussion & Picks 1:00 Crow City Singers Sing a long	11 Coffee & Chat Daily Chronicles 11:00 Bean Bag Toss This & That Trivia 1:00 PM Bingo
14 Weeee Bit O'Irish 11:15 Gentle Yoga  1:00 3 Hole Golf	15 Morning Coffee 11:00 Arts, Health & Seniors Visit to CNH for Lunch & Computer Lab <u>No Lunch at Centre</u> Yarns of Fun	16 <u>Podiatrist Visit</u> Ball Exercises No Blarney Trivia 1:00 <u>Local Artist:</u> Coloring Group or Mexican Train Dominos	17 St Patrick's Day Exercises with an Irish Twist  Leprechan Loot Trivia & Irish Jokes 1:00 Accordion with Jack Bourne	18 Morning Coffee News & Reviews 11:00 Ping Pong Challenge Weee Bit of Humor 1:00 PM Bingo
21 <u>1st Day of Spring</u> Current Events 11:15 Gentle Yoga  1:00 Mike's Critters Animal Visit	22 Coffee & Chat 11:00 Arts, Health & Seniors 1:00 Exercise & Mexican Train Domino Yarns of Fun	23 Exercise for Health Talk Safey with Const. Heather Brown (Community Policing) 1:00 Arm Chair Travel Ireland	24 Exercise Nutrition Talk  1:00 Bean Bag Toss	25 Morning Coffee Horoscopes 11:00 Noodle Fit Group Crosswords 1:00 PM Bingo
28 Sit Fit What I've Learned...  1:00 Lotto Game	29 Coffee & Chat Current Events 11:00 Arts, Health & Seniors 1:00 Water Bottle Curling Yarns of Fun	30 Exercise for Health Soundscapes  1:00 Sing a long with Pete Campbell	31 Sit Fit Mind Benders  1:00 Wii Games, Ping Pong Challenge or Discussion Group	1 Coffee & Chat 11:00 Exercise & Nutrition  1:00 PM Bingo

If you have any questions regarding the program calendar, please call the Centre 604)430-1441

Centre Programs - March 2011

Arts, Health and Seniors

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

Arm Chair travel

We'll be taking a trip to Ireland from the comfort of our seats

Bean Bag Toss

Ready, aim, bulls-eye! A fun target practice game that will keep you fit while having fun.

Belly Dancing with Gail

Watch and try yourself, fancy dancing that works out the core

Bingo

Nerve-wracking 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)

Capilano Outing

Mar. 4th we'll be heading out to the Capilano Mall

Crosswords

Down and across, can you get the words that fit the clue.

Crow City Singers

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

Exercise and Nutrition

Talking about and working on exercise and nutrition

Gentle Yoga

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

Jewelry design

Decorate and make jewelry

Lotto Game

We all enjoy the lottery so we will be trying a fun game about it

Mardi Gras

New Orleans themed fun

Mexican Train Dominos

A special twist on a classic game

Mind Aerobics

Keep your minds moving, staying sharp and alert

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

Noodle Fit

We'll be using the noodles for different and fun exercises

Ping Pong Challenge

Can you get the ping pong ball to bounce into the box?

Podiatrist

Coming on Wed. Mar. 16th don't forget to sign up !

Pool Noodle Hockey

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

Safety with Constable Brown

Heather is coming in to talk to us about seniors' safety

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 Trivia

Trivia about the spring time
St. Patrick's Day
March 17th all activities will be themed on the fun Irish holiday

Table Games

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

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

3-Hole Golf

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



Laurie Kallin's Article

Here we are springing right along into March.

This Month is full of the colors of the rainbow from the colorful Mardi gras necklaces, to the Green of St. Patrick's day and March is National nutrition month so go ahead and eat the colors of the rainbow.

Red Day - tomatoes, radishes, beets, cranberries, red apples, strawberries, cherries, red grapes, kidney beans, lean meat
 Yellow Day - bananas, papaya, lemon, yellow squash, yellow pepper, corn, cornbread, scrambled eggs ...
 Blue/Purple Day - blueberries, blackberries, purple grapes, plums, prunes, eggplant, purple cabbage, blue cheese, purple onions, blue corn tortilla chips (which are a little healthier than yellow chips) ...
 Green Day - lettuce, spinach, broccoli, peas, green beans, celery, green peppers, avocado, green pears, kiwi fruit, honey dew melon, lime, spinach pasta ...
 Orange Day - sweet potatoes, carrots, pumpkin, mangoes, cantaloupe, oranges, orange juice ...
 White Day - cauliflower, milk, yogurt, potatoes (without skin), white grapes, white onions, white chicken meat, white fish ...
 Brown Day - brown rice, lentils, brown beans, potato skins, mushrooms, whole-wheat bread, pumpernickel bread, figs, raisins, nuts ...

St. Patrick's Day is celebrated on March 17, his religious feast day and the anniversary of his death in the fifth century. The Irish have observed this day as a religious holiday for over a thousand years. On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink and feast—on the traditional meal of Irish bacon and cabbage.

Louisiana's Mardi Gras which lands on March 5th, is marked by several lavish parades thrown by Carnival organizations known as krewes. But instead of politely watching the floats go by, spectators belt out the time-honored plea of "throw me something, mister" as they jostle for one of the trinkets tossed by the people on the floats. The most common goodies, or "throws," are strands of plastic beads and toy coins, known as "doubloons."

March activities are full of green trivia, take a guess on the leprechaun loot, Mask making for Mardi gras and much more....Also a special visit from our favorite furry friends, "Mikes Critters and also some belly dancers for some great entertainment. See you there!!!

by Laurie



with Charlie

Hi fellow bingo players, I hope you have noticed how things have changed. Remember when we played our games and only had 1 major jackpot? Now we have 10 games and an early jackpot as well as the last game. Also, we pay out an extra dollar on 2 of the early games; while, we are talking about money we also pay a dollar each on multiple winners. We used to pay less for games but we are doing better on the pay out- don't you agree?? Enjoy the "drinks", candy, the game itself and the company's not bad either...

Your "Bingo Guy" *Charlie*



Recipes of the month



Lemon slices (optional)

Per serving:

Calories: 202
Protein: 8 g
Fat: 7 g
Carbohydrate: 25 g
Fibre: 5.2 g
Sodium: 287 mgs
Calcium: 78 mgs



Preparation time: 30 minutes

Cooking time: 1½ hours

Adapted, with permission, from Dietitians of Canada, Cook Great Food, 2001, published by Robert Rose

Herbed Lentil and Barley Soup (serves 4)

Ingredients:

2 tbsp (25 mL) vegetable oil (canola)
½ medium onion, chopped
1 clove garlic
½ medium carrot, finely chopped
1 tbsp (15 mL) parsley flakes (or 2 tbsp fresh)
½ cup (125 mL) green or brown lentils
2½ cups (625 mL) water
1 tsp (5 mL) dried oregano
1 tsp (5 mL) dried thyme
½ tsp (2 mL) dried sage
¼ cup (60 mL) pearl barley
14 oz (398 mL) tin chopped tomatoes, with juice

Directions:

This soup is easy, healthy, colourful, delicious, and almost as thick as a stew. It's a great source of fibre and protein, which makes it especially good for vegetarians. It is also inexpensive and freezes well. You can serve it with a slice of whole wheat bread, a small green salad and low-fat yogurt or fruit for dessert.



Member Profile Peter Cashin

Peter was born in St. Johns, Newfoundland. He just recently moved to Vancouver and has joined us at the centre. Peter is an only child; however, he has 5 children of his own. Peter has 2 sons and 3 daughters; as well as, 9 grandchildren. Peter worked as a commercial photographer and enjoyed it very much. He especially enjoyed meeting new people. His wife's name was Edna; they were married for 23 years. Their wedding was a small affair. As a young boy Peter liked going to school; one of his favourite teachers was his 7th grade teacher. As well, he loves to travel; he enjoyed every trip he took. An interesting and best birthday gift that Peter ever received was his first car which was given to him by a neighbour. Peter has fit in well at the centre; he enjoys meeting all the nice and friendly people. We are happy to have Peter as a part of the Renfrew Collingwood Seniors' Society.



Member Profile Lillian



Born in Fujian, China, *Lillian* moved with her family to Hong Kong shortly after her birth. Her parents enjoyed travelling around the world and together with her two older brothers and sisters, moved to the United States when she was seventeen years old. They eventually settled in Vancouver as a family, believing that it is one of the best cities in the world. Lillian describes playing the piano as being a major part of her life ever since she learned it at age six. In her early adulthood, she studied music, library sciences, and education in Oklahoma State University. For many years, she has not only taught piano and continues to teach piano to seniors at Renfrew Community Centre, but also played the piano at weddings and community events and for the school and church choir. Seven years ago, she also graduated from the Vancouver Vocational Institute and worked as an on-call nurse aide for two years. As a lifelong learner, Lillian has taken photography, Chinese cooking, and ballroom dancing courses and

attended workshops at her church. She has two sons and lives with her younger son. Lillian believes that "retirement is for yourself—to do things you like to do, to learn something you did not have the chance to, then you'll be happy". She emphasizes the importance of developing interests and hobbies and lives by that philosophy.

在福建出生的Lillian，在出生沒多久就與她的家人移民到香港了。她的父母很喜歡周遊列國。在十七歲的那年，Lillian便和她的爸爸，媽媽，兩個哥哥和姐姐一起移居到美國生活。最後，她們在被認為是世界上最好的城市之一的溫哥華定居了。從六歲開始便學習鋼琴的Lillian，形容鋼琴就像是她生命的一部分。她在美國奧克拉荷馬州立大學修讀了音樂，圖書館學，和教育學等。多年來，除了教琴之外，她還會為婚禮，社區活動，學校和教堂合唱團等彈奏鋼琴。現在Lillian還在Renfrew Community Centre

教長者彈琴。七年前，她在溫哥華社區大學畢業，並擔任了兩年值班護士的助手。作為一個活到老學到老的人，Lillian

更參加了攝影，中華料理，和交際舞等課程。她也會到教堂參加工作坊。Lillian有兩個兒子，她現在正和她的小兒子一同居住。Lillian相信：「退休是爲了你自己的-

去做一些你想做的事，去學一些你以前沒有機會去學的東西，你便會覺得快樂。」Lillian信奉自己的人生哲學，並強調，培養興趣和愛好都是很重要的。

RCSS moments...



Open House
Sundays 2-4pm



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Important Information

Capilano Mall Outing
March 4th

Think Tank March 8th

International Women's Day
March 8th

Podiatrist March 16th

St. Patrick's Day March
17th

Representation Agreement
Presentation March 31st

St. Patrick's Day Raffle

Buy your tickets now

Draw will be on March 17th

1 ticket for \$2 or 3 for \$5

Prizes are a comforter,
blanket, or sets of bed sheets

Happy Birthday!

March Birthdays

Mar 2 Gloria

Mar 9 Rena

Mar 11 Natalie

Mar 18 Edward

Mar 19 Dorothy

Mar 21 Irene

Mar 24 Margaret

Mar 25 Edna

Michael

Mar 27 Lily

Mar 29 Maria



Upcoming Events

Thank You!

Renfrew-Collingwood
Seniors' Society would like
to give a big Thank You to
the Punjab Cloth Ware-
house for their Generous
donations again this year.

Caregiver Support Group

Caregiver Support Group is
featuring
Mr. Tom Klopp from Nidus to
discuss
the Representation Agreement.

The Representation Agreement is
when an adult preselects a person
to make personal and health care
decisions for them.



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 Saint Patrick's Day

