





Celebrating its 35th 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



"Taking Seniors to Heart"



## 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

JUNE 2012

## Features

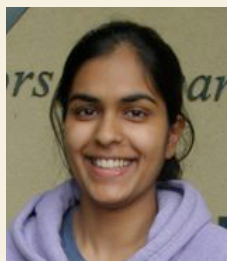
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## BOARD OF DIRECTORS



Poonam Kaila



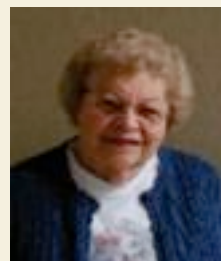
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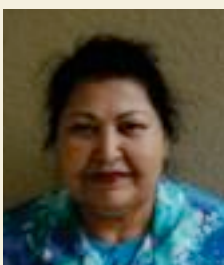
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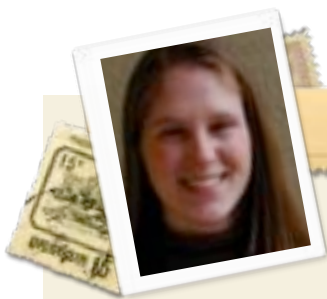
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## THOUGHTS FROM THE BOARD

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By now I hope you all have a spring in your step and a song in your heart. It is June after all, and a time to once again say so-long winter and hello summer. As much as I tried to hold onto winter this year, I've had to let it go. The skis are regrettably stored away and the golf clubs are out and ready for dusting. I have done the spring cleaning and actually tried my hand at some gardening.

Why was I so reluctant to welcome spring this year, you might ask? Well, in all honesty, I was hesitant to let go of a very special winter. On December 30th I got married. After ringing in the New Year in Whistler with friends, I moved into a new home with my husband Maxwell. Setting up a home together has been an amazing adventure with many firsts. By late winter we had a good rhythm going and we were costing on honeymoon highway. Spring did come though, and brought with it a whole new set of changes and challenges for my family. New job's (for both Max and myself), new car, new sport (cycling), new knee joint (for my father) and new neighbours. May was a roller-coaster month, but every challenge has its rewards. Take the new car for example: Although I was a little weary of having to learn how to drive standard in 4 days, the learning curve is now a vague memory, but I'm very much enjoying the convertible with all the good weather we are having. So change is good, and what better time than June. The one thing that hasn't changed, however, is that 'lovin feelin' on honeymoon highway.

Since joining the Renfrew Collingwood Seniors' Society Board of Directors in 2008, I have also seen much change. Together with Donna and the wonderful staff and volunteers, we have created, embraced and managed oodles of change. Change is how we grow, develop and thrive. This change, just like the change of seasons, is inevitable and good. The one thing that hasn't changed however is the centre's great service, working with a grand slogan driving us forward – 'Taking senior's to heart'.

May you all have a blessed summer! May you all stay safe on your journeys, embrace your 'new' and reap the benefits of change.

Sincerely,

*Kim van Wyk*

BOD - Chair





## *Happy Father's Day!*

Happy Father's Day to all my favorite men in the world, you guys here at the Centre. I hope you get lots of loving on your special day.

Last year I told you about my memories of Father's Day as it pertained to my Dad but this year I would like to share my favourite memory of my husband's special day.

I remember back to when my sons played baseball at Trout Lake and the playoffs were always on Father's Day. My husband coached his team, the Cardinals and one year they won the championship trophy; it was the best gift that any father could possibly receive on that day. We have a great picture of all the fathers and sons as they proudly displayed their awards for winning the baseball season. It was one of those special moments that I will never forget; the pride a father has for his son when they see him make a big accomplishment.



I look forward to hearing about your Father's Day special moments leading up to the big day and our celebration of Dads on June 18<sup>th</sup>. You are all wonderful role models for the young men of today.

All is well

*Donna*



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## PROGRAMS ARTICLE

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### *A message from Amber*

***... sometimes the greatest lessons aren't spoken they are learned by looking up to him.***

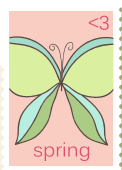
*Welcome to Spring!!!* June is an exciting month with the promise of summer just around the corner. There's a sense of celebration in the world. The first full days of warm weather give us a feeling of freedom and a childlike urge to play. There is the smell of fresh cut lawns and the sight of gardens in full bloom, there's the sound of families playing and the warmth of sunbeams on your skin. It's a magical and beautiful time of renewal and growth and as gardens burst to life so do we. June is also the month that we celebrate the men in our lives, with Father's Day on June 17<sup>th</sup>. Father's Day gives us the opportunity to reward and thank our Dads. It is also a day for Father's to feel proud of what they are in the world.

I have been blessed to have three fathers in my life; one that made me, one that raised me and one that is my friend. The fondest memories of my dad's were usually when we spent time in the outdoors. So for me, June is the perfect month to reflect on how the men in my life supported, loved and directed me as I grew. Take a moment with me to reflect on your father. What did he teach you? Do you remember the sound of his voice? How he smelled? What did you enjoy doing together? Was he tall or short, thin or stocky? Was he a business man or a labourer? What was your first memory of him? What was your last memory? Did you know your father or was there a man in your life who mentored you? I used to stand on my father's shoes and we would dance in the kitchen as he sang The Tennessee Waltz. He would carry me over the hot sand and sea weed at the beach. He would wake me in the morning by shaking my hands and feet, arms and legs until I started giggling. He would take me out for ice cream at night, just the two of us. I still remember the day I grew taller than his belt buckle. The bond between fathers and children is special. It is different than

a mothers' love but equal. It is firm and forward and sometimes the greatest lessons aren't spoken they are learned by looking up to him.





On fathers day I make an effort to remember my grandfather as well. Did you have your grandfather in your life? Are you a grandfather or great-grandfather? My grandpa taught me many things. It was sometimes through a wink or a nod but he approved of me and seemed to have a quiet and wise understanding. Although he passed away 4 years ago I find myself with my grandfather when I plant a seed as he was an avid gardener. Each time I put my hands in the dirt I feel him there with me. He taught me the importance of healthy soil, the patience to let things bloom, he taught me to think big and follow my heart. I feel our loved ones are with us through memories and the wisdom they shared that we still benefit from today. When we continue to spread the seeds that they have sowed within us, they become eternal. I know I have learned from all of you and I am sure that some of that wisdom was passed on to you from your own fathers.

So let's start June off with the sun in our eyes, love in our hearts and music in our souls. We will learn to drum with Ron Stelting on June 6<sup>th</sup> and the Windermere Choir will perform for us on June 11<sup>th</sup>. Then we take a trip into the past with a Vintage Car show on June 18<sup>th</sup>. Be sure to come ready for some fun in the sun as we sip lemonade and reminisce about the vehicles that have moved us through the years. By the end of the month prepare for take off as we travel into space. Look out for alien sightings and meteorites and don't be afraid to wish on all the stars!!! The sky is the limit this June and we are so happy to have you to learn from and to share life with. Happy June everyone.



# JUNE CALENDAR

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Monday	Tuesday	Wednesday	Thursday	Friday
				<p><b>1</b></p> <p>AM- Shopping &amp; lunch Outing to Brentwood Mall <u>No Lunch @ Centre</u></p> <p>PM- Bingo</p>
<p><b>4</b></p> <p>AM- Sit Fit Language Lesson: Cree</p> <p>PM- Warm Hands Craft: Geese Minute to Win It</p>	<p><b>5</b></p> <p>AM- Morning Coffee Arts, Health &amp; Seniors</p> <p>PM- Table Games Yarns of Fun</p>	<p><b>6</b></p> <p>AM- Word Opposites Laughter Yoga</p> <p>PM- <b>Drumming with Ron Stelting</b></p>	<p><b>7</b></p> <p>AM- Beauty Spa Gentle Yoga Pugnacious Visits</p> <p>PM- Wii Games Card Bingo Busy Hands</p>	<p><b>8</b></p> <p>AM- Coffee &amp; Chat Stretch &amp; Stride "What's in a Name?"</p> <p>PM- Bingo</p>
<p><b>11</b></p> <p>AM- Gentle Yoga Language Lessons: Portuguese</p> <p>PM- Windermere Choir performs followed by games</p>	<p><b>12</b></p> <p>AM- Morning Coffee Arts, Health &amp; Seniors <b>Roundhouse Gala</b></p> <p>PM- Yarns of Fun</p>	<p><b>13</b></p> <p>AM- <b>Intergenerational visit with Nootka Elementary</b></p> <p>PM- Balloon Hockey Crafts: Solar System Warm Hands</p>	<p><b>14</b></p> <p>AM- Beauty Spa Movement to Music Honouring Dads</p> <p>PM- Men's Shoe Shine Bocci Warm Hands</p>	<p><b>15</b></p> <p>AM- Morning Coffee "Hungry For Trivia" Stretch &amp; Stride</p> <p>PM- Bingo</p>
<p><b>18</b></p> <p>AM- Sit Fit Language Lesson: Portuguese</p> <p>PM- <b>Celebrating Fathers with a Vintage Car Show</b></p>	<p><b>19</b></p> <p>AM- Morning Coffee Arts, Health &amp; Seniors</p> <p>PM- <b>Guest Speaker: Emergency Preparedness for Seniors</b></p>	<p><b>20</b></p> <p><b>Step Out to Trolls Restaurant</b></p>	<p><b>21</b></p> <p>AM- Gentle Yoga Beauty Spa</p> <p>PM- Golf Wii Games Busy Hands</p>	<p><b>22</b></p> <p>AM- Morning Coffee "Goofinitions" Stretch &amp; Stride</p> <p>PM- Bingo</p>
<p><b>25</b></p> <p>Space Day! AM- Alien Sit Fit "Plan-it" Trivia</p> <p>PM- UFO &amp; Meteor Toss Galaxy Relay Astronomy Show</p>	<p><b>26</b></p> <p>AM- Morning Coffee Arts, Health &amp; Seniors</p> <p>PM- Flower Arranging Yarns of Fun</p>	<p><b>27</b></p> <p>AM- Just for Laughs Gentle Yoga</p> <p>PM- <b>Comical Fashion Show by the Royal Arch Masonic Home</b></p>	<p><b>28</b></p> <p>AM- Beauty Spa Movement to Music Pugnacious Visits</p> <p>PM- <b>A Celebration of Aboriginal Culture</b></p>	<p><b>29</b></p> <p>AM- Morning Coffee Summer Trivia Gentle Yoga</p> <p>PM- Bingo</p>

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





## PROGRAMS

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### Arts, Health and Seniors

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

### Bingo

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



### Brentwood Outing

Friday, June 1st at 10:00 am we will be heading out a shopping trip.

### Busy Hands

A time to reminisce...

### Celebrating Fathers

Thanking our dads for all their hard work with a vintage car show and shoe shines

### Celebrating Aboriginal Culture

We will be celebrating aboriginal culture during aboriginal week in Canada

### Comical Fashion Show

The Royal Arch Masonic Home seniors and staff will be joining us

### Drumming

Ron Stelting will be enlightening us with his musical talents

### Flower Arranging

We will be making floral arrangements for our table centre pieces

### Gentle Yoga

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



### Guest Speaker

We will be discussing emergency preparedness.

### Language Lessons

Learn a new language with us. This month we're doing Cree and Portuguese.

### Morning Coffee

Every morning we enjoy coffee, tea, muffins, and chat before we start the day's activities.

### Movement to Music

Enjoy the songs and get some exercise at the same time.

### Nootka Elementary Visit

Enjoy the company of Nootka Elementary's Grade 3 class.

### Pugnacious Visit

Our new canine friend is coming for a visit on Thursdays.

### Roundhouse Gala

Our Tuesday Art Group will be heading out to display and look at community art projects.

### Sit Fit

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

### Spa Days

Pamper yourself, get your nails done and feel good!

### Space Day

A day filled with out of this world activities

### Step Out

On June 20th we will be heading out to Trolls for lunch

### Stretch and Stride

Exercise using our whole bodies in and off our chairs

### Table Games

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

### Warm Hands

Massage and relax your hands for a moment, a therapeutic experience.

### Wii Games

A fun and innovative way to exercise and stimulate the mind using technology.

### Windermere Choir

Time to enjoy the choral talents of the students of Windermere High School

### 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





## FALL PREVENTION SERIES 防摔倒系列

### Risk factor 5: Muscles and Joints 危险因素5：肌肉和关节

### What Can Cause Weak Muscles & Stiff Joints 什么可导致肌肉无力和关节僵硬

☒ ☒ **Lack of physical activity (e.g. sitting too much or staying in bed).** 缺乏体力活动（如坐的太多或总呆在床上）

☐ **Unresolved injury, pain or discomfort.** 未解决的伤痛或不适

☐ **Conditions affecting the muscles and joints such as arthritis, osteoporosis, Parkinson's and stroke.** 影响肌肉和关节的疾病如关节炎，骨质疏松，帕金森氏症和中风

☐ **Tight muscles.** 紧绷的肌肉

☐ **Energetic physical exercise.** 强力的体育锻炼

#### What you can do 你可以做什么

☐ **Join an exercise program at recreational centres (in water or on land).** 参加康乐中心的水中或地上运动锻炼

☐ **Join an Osteofit program for helping osteoporosis.** 参加帮助骨质疏松症的节目

☐ **Plan a regular activity such as daily walks.** 计划一个定期的活动，如每天散步。

☐ **See a physiotherapist, kinesiologist, or personal trainer for specialized exercises.** 看理疗师，人体运动学家或特殊锻炼的培训师

☐ **Contact local support groups.** 联系当地的支持团体

☐ **Talk with your doctor about your discomfort or soreness, what time of day, what activity you are doing, when the discomfort is the worse, and what you do for the discomfort.** 同你的医生谈你的不适或疼痛，一天中的什么时间或做什么活动时发生，什么时候加重或减轻

It's a good idea to write all the information down and discuss it with your doctor, physiotherapist, occupational therapist, nurse, or kinesiologist. 记下所有的信息并同你的医生，物理和职业治疗师，护士或人体运动学家讨论它们

#### Where to go or Who to Phone 去哪或给谁打电话

☐ **Walking programs in local malls.** 当地商场的行走节目

☐ **Exercise programs for older people: The UBC Changing Aging Program 604-822 0207** 老年人运动项目：**UBC** 改变老化节目

☐ **Check your local community recreation centre.** 检查你当地的社区娱乐活动中心

☐ **Private physiotherapy clinics are listed in the Yellow Pages. No referral required but you may wish to discuss with your doctor before making an appointment. Some may make home visits. 604-736-5130 www.bcphysio.org (click: Find a Physio)**

列在黄页上的私人理疗诊所。不需要转诊，但在预约前最好同你的医生讨论。有些会上门服务。

☐ **Community physical and occupational therapy services in your home for people who are unable to attend outpatient services.** 社区的物理和职业治疗服务会为不能参加门诊的病人提供上门服务

☐ **Massage therapists listed in the Yellow Pages.** 列在黄页上的按摩治疗师

☐ **Arthritis Answers Line Service 1-800-321-1433 604-875-5051 (10:00 am - 4:00 pm)** 关节炎问答线服务

☐ **Arthritis Society of B.C. & Yukon [www.arthritis.ca](http://www.arthritis.ca)** BC省和育空地区关节炎社会

☐ **Osteoporosis Society of B.C. 1-800-463-6842** BC省骨质疏松社会

☐ **B.C. Parkinson's Disease Association 604-662-3240 or 1-800-668-3330** BC省帕金森氏病协会

☐ **Stroke Recovery Association of B.C. 604-688-3603 or 1-888-313-3377** BC省中风康复协会



## BERNIE

Bernie was born in Fort Francis Ontario- a little town in the western edge of Ontario, close to Manitoba and right next to the US border. His mother was English and his father was French and Aboriginal. Bernie is the middle born child in a family of 9 children with 2 brothers and 6 sisters.

For a time Bernie was a sheet metal worker in Winnipeg but in the early 1960's Bernie moved to Vancouver. Bernie is especially proud of his work driving the emergency truck for the city of Vancouver doing maintenance work. Bernie was always prepared to handle any situation that came his way and he knew the city like the back of his hand. Bernie has always been mechanically inclined and is known for fixing things around the house and the neighborhood. He enjoys carpentry, mechanics and is a true problem solver. He can mend just about anything, including hemming his own pants or replacing a zipper. That's impressive!

Bernie knew his lovely wife, Elaine, for many years before they eventually got married in 1989 at the Kingdom Hall in Vancouver. Bernie has two sons who now live in different parts of the country.

Bernie loves to travel and is a big fan of the outdoors. He and his wife have gone on several camping trips over the years. Every summer, they enjoyed a trip up to the hot springs in the Kootenays. He and his wife owned a van that they used for their adventures throughout B.C. Their travels also brought them to Hawaii over a dozen times, as well as, several cruises including the Caribbean and the Panama Canal.

When you have the pleasure of meeting Bernie, you will see that he has a gift for conversation and enjoys talking with people. Chances are, before very long, you'll be in for an interesting conversation.

Thank you, Bernie, for sharing your story with us and welcome to Renfrew Collingwood Seniors' Society!

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## June Birthdays

4 Norman  
11 Alice F.  
13 Joyce  
15 Bob  
23 Joan  
24 Erika  
30 Mercedes  
30 Teresa



HAPPY SUMMER  
EVERYONE!!



## Important Dates:

June 1st Brentwood Outing

June 20th Step Out  
Trip to Trolls

July 4th Podiatrist



## 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.

**OPEN HOUSE**  
7 Days a week  
9am-4pm

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