



RENFREW COLLINGWOOD SENIORS' SOCIETY
蘭菲高靈活耆英會

NEWSLETTER

July 2013

2970 East 22nd Avenue, Vancouver BC

www.rencollseniors.ca



ABOUT RENFREW COLLINGWOOD SENIORS' SOCIETY



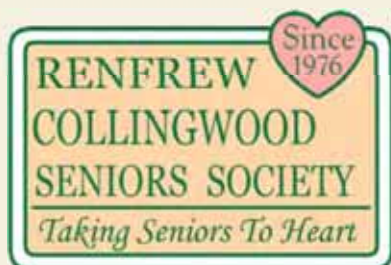
Celebrating its 37th Anniversary this year, the Renfrew-Collingwood Seniors' Society is a non-profit organization with charitable status. It is devoted to creating a welcoming environment for the seniors in our community. We have a volunteer Board of Directors that ensures the Society runs efficiently 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 by assisting us in the delivery of our programs.

The Centre aims to create a warm, caring environment for seniors to enjoy socializing, sharing healthy 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 a cheque or money order along with your return address to:

Renfrew Collingwood Seniors' Society
2970 East 22nd Avenue, Vancouver BC, V5M 2Y4





The Renfrew Collingwood Seniors' Society's Newsletter is produced by the staff and volunteers with the help and support of all seniors and

distributed to a wide number of people in the community.

To advertise in this newsletter, please contact Donna Clarke (contact info below).

Contributors:
Donna, Olga, Carol,
Kevin, Fiona & Wai Yee

Photography:
Olga, Fiona

Editorial:
Donna, Olga,
& Stephanie

Visit our Seniors' Centre at
2970 East 22nd Avenue
Vancouver BC, V5M 2Y4

Hours
9:00AM to 4:00PM
Monday to Friday

Telephone: 604.430.1441
Fax: 604.437.1443
Email: rcss@shawbiz.ca

Renfrew Collingwood Seniors' Society July 2013 Newsletter

About Renfrew Collingwood Seniors' Society.....	2
Board Members and Staff.....	4
Messages from Donna and Kevin.....	5
A Word from Cassandra.....	6
Chinese Seniors Program	7
Calendar.....	8
Programs and Events.....	9
Health Talk: Hip Abduction.....	10
Member Profile: Charlie.....	11
RCSS Moments.....	12 & 13
Upcoming Events.....	15
More Moments.....	back cover



Board of Directors



Madeleine MacIvor



Matthew Brikis



Ellison Fernandez



Alice Frith



Poonam Kaila



Charlotte Tsang



Elaine Moody



Kamaljeet Kler



Marilyn Jennings



Tara Abraham

Staff



Donna Clarke



Carol Yi



Wai Yee Chou



Chris York



Olga Smirnova



Fiona Lastoria



Ernest Quansah

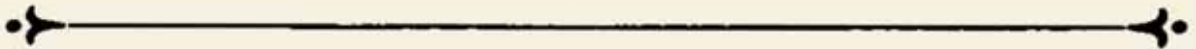


Amber Stinson



Happy 146th Birthday Canada! How lucky are we to live in this beautiful land. The thing I love most about our country is how diverse and accepting we are as a nation. The multicultural makeup of our country is also reflected here in the Centre as we have people from seventeen different countries represented. I feel so blessed to be surrounded by seniors and staff from the many different cultures. It is a real learning experience.

The thing that is so wonderful about all of our differences is that it creates tolerance and acceptance. As my mother said to me on my first day of high school, "You are just as good as everyone there, but no better." Those words became my guidance through life because I learned that what my mother was really saying was that we are all equal. So enjoy all the things we have and count our blessings that our country is the best place on earth. Next month we will celebrate again with Diversity Days. If you would like to share something about your culture let us know and we will put it on display.



I Thank You



I would like to thank all seniors, staff and volunteers at RCSS. You made my volunteer experience a very meaningful one. I am very grateful to be part of the team. I've learned a lot from this centre that sharpen my skills well. My communication skills really challenged me because English is not my first language.

I learned from the seniors by sharing their wisdom and life experiences to me that will help me throughout my life. I hope that they learn from me too. I will miss the smiles, laughs and hugs to every senior, staff member, and volunteer. I hope that I will see you soon. Thank You!

"Make it a habit to tell people thank you. To express your appreciation, sincerely and without the expectation of anything in return. Truly appreciate those around you, and you'll soon find many others around you. Truly appreciate life, and you'll find that you have more of it."

- Ralph Marston



你好!我的名字叫Cassandra Ly (李佩儀),是今年的暑期學生.我的工作是希望能夠融入社會與長者一起交談和邀請他們來到蘭菲高靈活耆英會參加活動.我的組織是中國耆英活動每逢星期六,會提供機會給中國青年和耆英一起交談和做有趣的活動.而在今年九月,我將會在UBC開始大學第三年級的課程.我對能夠學習環保方法和糧食安全是非常的興奮.我的家庭是從越南和中國來到加拿大,所以我在成長當中能夠學習中文也能說廣東話...不像我的父親他能說四種語言!我很喜歡做義工所以我有很多的時間也在社區度過,我也很喜歡拍照及做出新的食譜和徒步旅行.我非常感謝和高興能夠來到蘭菲高靈活耆英社做暑期學生!

Hi there! My name is Cassandra Ly and I am this year's summer student. My role is to do outreach work in the local community by connecting with seniors and inviting them to participate in various activities offered here at the centre. I am also coordinating the Chinese Seniors Program on Saturdays, providing opportunities for Chinese youth and seniors to chat and share experiences with one another. I will be starting my third year of post-secondary education at UBC in the fall in the Global Resource Systems program. I am extremely excited to get started as I have a strong passion in learning about sustainability, local food systems, and capacity-building within the community. My family is originally from Vietnam and China, so I grew up learning Cantonese...unlike my dad who speaks four different languages! I really enjoy volunteering and spend most of my time out and about in the community. I also love photography, baking new recipes, and going on spontaneous hikes when the sun is out. I am really looking forward to meeting everyone and am extremely grateful for the opportunity to be working here at the Renfrew-Collingwood Seniors' Society.



我們的中國耆英活動將會為長者和青少年帶來一起交談和做有趣的活動,例如遊戲和食午飯.活動會在每週星期六,從上午十一時正開始至下午二時正.而早上十一時正會是黃師傅教大家太極拳,中午十二時正會提供午餐,午飯後的活動例如藝術,棋盤遊戲,和椅子瑜伽等等會開始,跟青年志願者一起做.太極費用是\$2和午餐是\$5.如您成為蘭菲高靈活耆英會會員就可以購買急凍午餐.會費每年\$10和每個急凍的午餐只須\$2.50.如果您有任何疑問,請聯繫Cassandra Ly (李佩儀): 604 430 1441.希望能夠在每週星期六與你們見面!

Chinese Seniors Program

The Chinese Seniors Program will bring youth and seniors together to chat, mingle, and share a variety of experiences together, from fun games and activities to sharing a delicious lunch with everyone. The program runs every Saturday from 11:00 AM - 2:00 PM. Tai Chi, led by instructor Anita, starts at 11:00 AM and lunch will be served at 12:00 PM. Activities including Wii, arts & crafts, board games and more, are planned for after lunch with the student volunteers. The program is \$7.00; \$2.00 for Tai Chi and \$5.00 for lunch.

Frozen meals are available for purchase if you are a member of the centre. The membership fee is \$10.00 a year and meals are \$2.50 each. If you have any questions, please feel free to contact Cassandra Ly at 604 430 1441.



JULY CALENDAR

8

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Centre Closed</p> <p>PROUD TO BE CANADIAN</p>	<p>2</p> <p>AM- Morning Coffee Tai Chi with Wayne Brain Teasers</p> <p>PM- Beauty Spa Warm Hands</p>	<p>3</p> <p>AM- Sit Fit Memory Games</p> <p>PM- Warm Hands Gardening Shuffleboard</p>	<p>4</p> <p>AM- Beauty Spa Sit Fit Word Search</p> <p>PM- Warm Hands Self Care Trivia Puzzle</p>	<p>5</p> <p>AM- Shopping & Lunch at Brentwood Mall</p> <p>No Lunch at Centre</p> <p>PM- Bingo</p>
<p>8</p> <p>AM- Gentle Yoga</p> <p>PM- Choir Bean Bag Toss</p>	<p>9</p> <p>AM- Shopping Trip to Value Village</p> <p>Lunch at ABC Restaurant</p> <p>PM- Yarns of Fun</p>	<p>10</p> <p>AM- Sit Fit Brain Games</p> <p>PM- Horse Races Computer Travels Warm Hands</p>	<p>11</p> <p>AM- Beauty Spa Sit Fit Creative Writing</p> <p>PM- Warms Hands Crafts Bocci</p>	<p>12</p> <p>AM- Morning Coffee Word Games Stretch & Stride</p> <p>PM- Bingo</p>
<p>15</p> <p>AM- Sit Fit Word Game</p> <p>PM- Golf Drawing</p>	<p>16</p> <p>AM- Morning Coffee Picnic to Burnaby Mountain</p> <p>PM- Yarns of Fun</p>	<p>17</p> <p>AM- Step Out to Trolls Restaurant</p> <p><i>No Lunch at Centre</i></p>	<p>18</p> <p>AM- Beauty Spa Sit Fit Word Game</p> <p>PM- Crow City Singers</p>	<p>19</p> <p>AM- Morning Coffee Memory Game Stretch & Stride</p> <p>PM- Bingo</p>
<p>22</p> <p>AM- Sit Fit Nutrition</p> <p>PM- Marble Challenge Music Reminisce</p>	<p>23</p> <p>AM- Morning Coffee Stretch & Stride</p> <p>PM- Artist's Corner Yarns of Fun</p>	<p>24</p> <p>PODIATRIST</p> <p>AM- Gentle Yoga</p> <p>PM- Music with Linda Lujan</p>	<p>25</p> <p>AM- Beauty Spa Sit Fit Hot Potato</p> <p>PM- A DAY AT THE "BEACH"</p>	<p>26</p> <p>AM- Morning Coffee Beach Memories Gentle Yoga</p> <p>PM- Bingo</p>
<p>29</p> <p>AM- Sit Fit Pictionary</p> <p>PM- RCSS Slideshow Presentaion</p>	<p>30</p> <p>AM- Morning Coffee Tai Chi with Wayne Brain Teasers Beauty Spa</p> <p>PM- Yarns of Fun</p>	<p>31</p> <p>AM- Gems with Francis Gentle Yoga</p> <p>PM- Warm Hands Minute to Win It Baking Men's Group</p>		

Drop-In

Drop-In

Programs We Run 我們提供的服務

Adult Day Program 成人日間活動

Assisting seniors who require support because of health related issues.

協助那些因健康問題而需要支助的長者。

(Every Monday, Wednesday, and Thursday.)

(逢星期一, 星期三, 及星期四。)

Community Day Program 社區日活動

Providing isolated seniors an opportunity to socialize and get involved in the community.

提供孤立的長者一個機會來交流, 學新東西, 和參加社區活動。

(Every Tuesday and Friday -- Drop-Ins Welcome!)

(逢星期二, 星期五 -- 無需預約!)

Caregiver Support Program 護理人員支援計劃

The program connects caregivers with other caregivers to share skills, ideas and resources.

這計劃是與其他護理人員交流意見和資源。

Chinese Seniors Program 中國耆英活動

The Chinese Seniors Program will bring youth and seniors together to chat, mingle, and share a variety of experiences together.

我們的中國耆英活動將會帶來耆英和青年人一起交談和做有趣的活動。

(Every Saturday) (逢星期六)



Event Highlights

Shopping & Lunch at Brentwood Mall

Friday, July 5 at 10 AM

Shopping Trip to Value Village & Lunch at ABC Restaurant

Tuesday, July 9 at 10 AM

Step Out to Trolls Restaurant

Wednesday, July 17

Crow City Singers

Thursday, July 18

Music with Linda Lujan

Wednesday, July 24

RCSS Slideshow Presentation

Monday, July 29





髋关节外展运动

加强稳定髋部的肌肉，这将有助于改善平衡

- 1，将右腿滑向外侧。
- 2，保持膝盖朝向天花板。
- 3，慢慢将腿再移向中间。
- 4，确保腿部仅轻微离床。
- 5，完成动作10次，然后左腿重复10次。

Hip Abduction

Strengthens hip stabilizers which will help improve balance

1. Slide right leg out to the side.
2. Keep kneecap pointing toward ceiling.
3. Slowly bring leg back to middle.
4. Make sure leg barely lifts off bed.
5. Complete a set of 10 with one leg then repeat with the other leg.





Charlie was born in Fiji into a big family of eight children; he had five sisters and two brothers. Charlie is the fifth child.

In 1957 Charlie and his beautiful wife Mary got married in China. They wanted to make sure that all of his friends and family in Fiji were part of the celebration so they had another reception when they returned to his beloved island.

In 1961, Charlie and Mary together with their three children decided to leave Fiji and migrate to Canada. There was some unrest in their country due to a coup that was trying to get independence from Britain. Charlie and Mary wanted a safe place for their children so they moved to beautiful British Columbia.

They have three children named Annie, Dick and Judy. They also have six grandchildren ranging from age eight to twenty four. They are all doing well.

Before retiring, Charlie worked as a sales representative for Warner Lambert in the Vancouver area. He learned that the "customer is always right" and because of that he was very successful in his career.

One of Charlie's favourite things to do is travel and he certainly has been around the world. His favourite place is Florida; he calls it heaven on earth. Charlie has also been to Hawaii, Alaska and China.



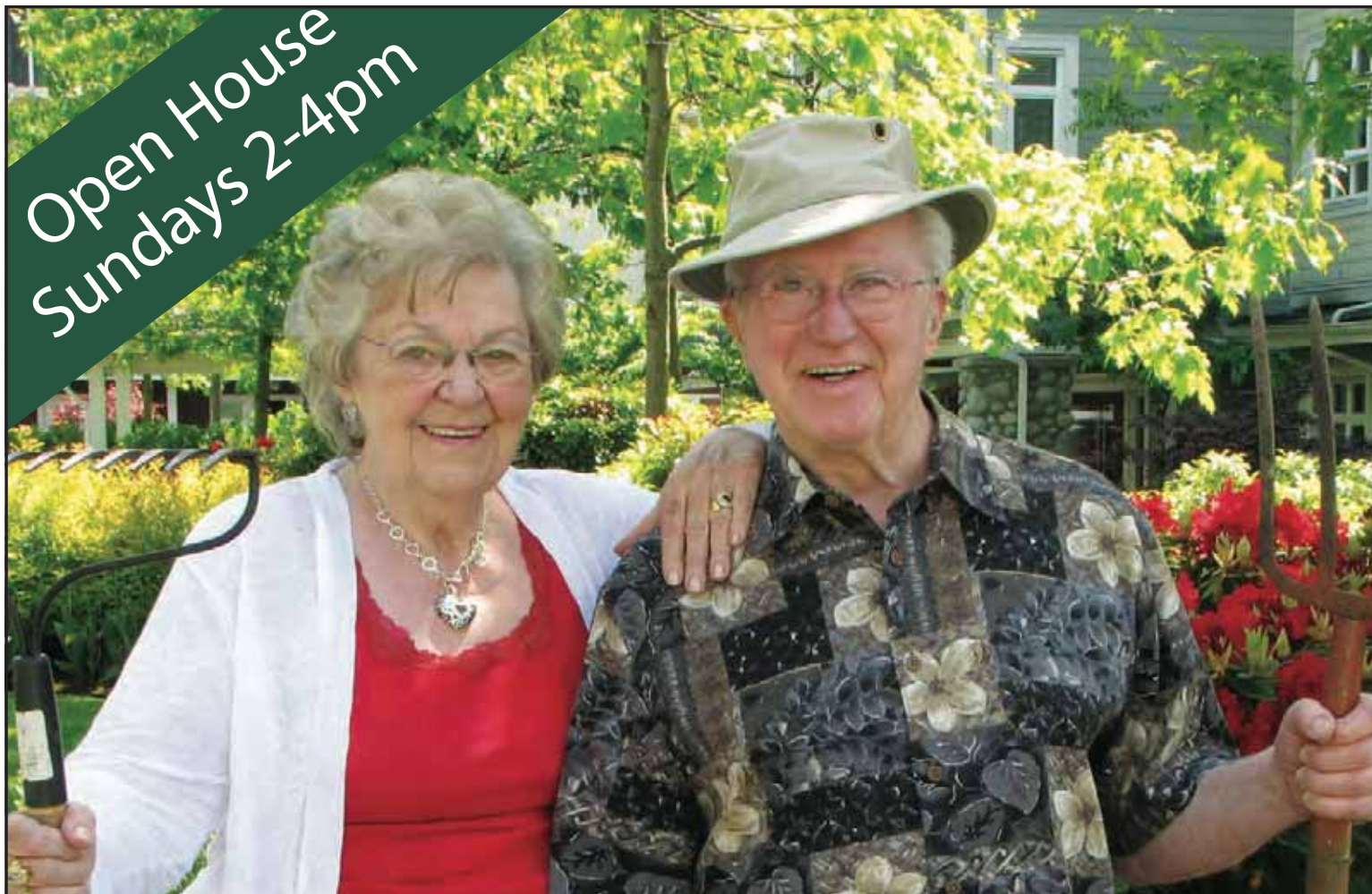
A very big 'thank you' to
A Flower's Touch florists!
(2980 East 22nd Avenue)
604.439.0272







Open House
Sundays 2-4pm



Enjoy Life to the Fullest

When you live at Shannon Oaks you'll have more time to smile.

An independent seniors living community, experience the freedom and independence to do exactly what you want, when you want.

Stay active and live well. Life at Shannon Oaks includes a great selection of daily activities to choose from, delicious home-cooked meals, and weekly-housekeeping of your private suite.

Visit us today for a personal tour and come see why you'll want to make Shannon Oaks your home.

VANCOUVER | 604.324.6257
www.shannonoaks.com



A Garden to Plant

Plant four rows of peas:

1. Presence
2. Promptness
3. Preparation
4. Perserverance

Then plant three rows of squash:

1. Squash gossip
2. Squash criticism
3. Squash indifference

Next sow three rows of lettuce:

1. Lettuce be unselfish and loyal
2. Lettuce have good fellowship
3. Lettuce be kind to one another

And no garden is complete without
turnips:

1. Turnip with a smile
2. Turnip with determination to make everything count for something worthwhile

~Author Unknown, submitted by Bea

Important Dates

Canada Day, July 1

Centre Closed

Shopping Trip to Value Village and Lunch at ABC Restaurant, July 9

No Lunch at Centre

Picnic to Burnaby Mountain, July 16

No Lunch at Centre

Step Out to Trolls Restaurant, July 17

No Lunch at Centre



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

OPEN HOUSE
7 Days a week
9am-4pm

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

For a personal visit today, contact Joan Mitchell at 778.689.1422 • www.chelseaparkbc.com
Suites available from \$1795 a month • 1968 East 19th Avenue, Vancouver

July Birthdays

Addie ~ July 2

Alma ~ July 6

Lois D. ~ July 10

Nelly ~ July 12

Kam ~ July 27



...MORE MEMORIES

