



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

NEWSLETTER

October 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



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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).

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Visit our Seniors' Centre at
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Vancouver BC, V5M 2Y4

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

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rencollseniors.ca

Renfrew Collingwood Seniors' Society

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Ernest Quansah



Chris York



Hallowe'en

October and fall always remind me of Halloween. It inevitably brings back cherished childhood memories of trick or treating in Newfoundland. Years ago we did not put as much thought into costumes, decorations and pumpkins; as a matter of fact the only pumpkin I was aware of was that little plastic one that we carried around to collect our treats.

Our costumes were usually what we found in Dad or Mom's closet; an old jacket, an ugly dress or a ripped housecoat. Nobody ever asked what you were dressed up as because you couldn't buy a costume even if you could afford one. The biggest challenge was how to keep the elastic on your mask from snapping or coming out of the one staple that held it together. Despite our Mother telling us to not leave the community, we always headed to the rich area of town, hoping for bigger bars or the ultimate treat...a big bag of chips. At the end of the evening exhaustion would set in, and we would drag our treasured treats up the hill where we handed them over for inspection before we were allowed to dive into sugar heaven. Once we got the all clear from Mom the trading began. My brother was the easy one to get deals from, but my older sister was ruthless, she always came out on top in the dealings. Oh what fun it was to be collecting those bars and caramel candies. I wish I could harness that joy and share it with you on a daily basis.

Although those days are long gone I still like reminiscing about my traditions but it is even more of a thrill for me when I hear about and share in your celebrations. Keep those stories coming, it bring so much pleasure to those around you.

All is well,

Donna





Hello my friends of RCSS. Another beautiful summer has passed and I look forward to embracing fall and all of its splendor with you. When I say splendor I see fall colours. What colours do you see when you think of fall? Crimson, gold, orange, amber, scarlet? Falling leaves, harvest moons, golden sunsets? It's the time of year for shorter days, foggy mornings and warmer clothes. In my family we begin to enjoy family gatherings around the dinner table and bigger heartier meals. My most favourite celebration during the season is Thanksgiving.

When we sit down to Thanksgiving dinner with our family and friends, we are practicing one of the oldest customs of the human race. The Thanksgiving we celebrate today is, in many ways, a harvest festival. The ancient Greeks celebrated Thanksgiving festivals throughout the year to give thanks for many different things. The Bible has many stories about how the Hebrews offered thanks to God. Moses tells Hebrews how to celebrate the "Feast of the Tabernacle" in the book of Deuteronomy. For seven days every fall, the Hebrews feasted and gave thanks to God for His many blessings. The Romans celebrated "Cerealia" harvest in honour of Ceres- the Roman goddess of grain and harvests. The Chinese celebrate the festival of the Harvest Moon – the moon being at its fullest on the 15th day of 8th month. The Chinese call this the moon's birthday and celebrate the day by feasting and partying.

The first American Thanksgiving is perhaps one of the best known Thanksgiving celebrations. In 1620, a group of pilgrims left England to found a new colony that would allow them to practice their religion as they wished to. They eventually landed on November 21st. Throughout the winter, they suffered many hardships. However, in the spring, with Native Indian assistance, they planted crops, learned how to catch fish and trap game. They learned what plants had medicinal properties and how to plant vegetables. When they enjoyed their first plentiful harvest they wanted to show their gratitude to God and the Native people for their good fortune. The governor at that time chose a day to be set aside for feasting and celebrating and giving thanks. Hunters brought deer, wild turkeys and geese to accompany the crops of the land and everyone was welcome to join in the celebration. Thanksgiving was finally proclaimed as a national holiday in 1863. It is recognized in Canada on the second Monday in October. In the United States it is recognized on the last Thursday in November.

The reasons for giving thanks in 1620 have remained to this day. What are you thankful for this year? Many recognize all the blessings in their life, having a bounty of fresh and nourishing foods to eat, for peace and prosperity. Thanksgiving is a day for rejoicing and celebrating all that we have to be thankful for. I am thankful to have all of you in my life and to grow in gratitude every day. I look forward to celebrating Thanksgiving with you and feasting on October 10th.

Try this Thanksgiving dinner word scramble to peak your appetites.

PEKINPPUMI

RARCNYBRE

RUTEYK

VRGYA

MILAFY

Thank you my friends, Amber

...on gratitude and forgiveness.



"I am thankful that I am here right now."
"Acceptance."
~Enid



"I am grateful for having a loving mother."
"I am grateful for how beautiful Amherst, Nova Scotia is. I love the marshlands, the way the trees sway in the wind, and the million shades of green."
~ Hilda



"I am thankful for Canada, for freedom."
"Don't worry about it."
~Eunice

"Be the first to embrace others and love will follow."
"If you make someone happy then you will be happy yourself."
"If you think you are right, then you are right."
~Kamaljeet



"Love costs nothing."
"Let it go. Take your own path."
~Bruno



In general... thankful to be in this country, many blessings, people, sharing, laughter, ability to enjoy life, feeling different inside with love, Vancouver, green forests, seeing mountains from the windows, accessibility, community, immigration, pensions, resources, and having needs met.

OCTOBER CALENDAR

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Monday	Tuesday	Wednesday	Thursday	Friday
	AM- Morning ¹ Coffee Stretch & Stride Brain Games PM- Artist's Corner Flower Making Yarns of Fun	AM- Sit Fit ² Memory Game PM- Card Making Bowling Warm Hands	AM- Sit Fit ³ Doodle Brain Game PM- Golf Thanksgiving Craft Beauty Spa	AM- Morning ⁴ Coffee Shopping & Lunch at Brentwood Mall PM- Bingo
AM- Gentle Yoga ⁷ PM- Banana Grams Shuffleboard Warm Hands	AM- Coffee & Chat ⁸ Stretch & Stride Brain Games PM- Artist's Corner: Card Crafts Yarns of Fun	AM- Sit Fit ⁹ Generational Understanding PM- Oktoberfest Party with "Heart & Soul"	AM- Sit Fit ¹⁰ Gratitude Chat Thanksgiving Feast PM- Beauty Spa Turkey Races Armchair Travel to Germany	AM- Morning ¹¹ Coffee Turkey Trivia Stretch & Stride Thanksgiving Feast PM- Bingo
¹⁴ Thanksgiving <i>Centre Closed</i>	¹⁵ AM- Coffee & Chat Arts, Health, & Seniors: Diwali Decoration PM- Beauty Spa Yarns of Fun	¹⁶ AM- Sit Fit Word Puzzle PM- Visit from Nootka Grade 3 Class "Lunch Bags for the Homeless" Project	¹⁷ AM- Gentle Yoga PM- Crow City Singers	¹⁸ AM- Morning Coffee "Lunch Bags for the Homeless" Project PM- Bingo
²¹ AM- Sit Fit Nutrition PM- Seniors Acting Up Performance	²² AM- Coffee & Chat Tai Chi with Wayne PM- Artist's Corner: Diwali Decoration Yarns of Fun	²³ AM- Sit Fit Favourite Family Recipes PM- Bean Bag Toss Warm Hands	²⁴ AM- Sit Fit Memory Game PM- Bocci Puzzle Trivia Beauty Spa	²⁵ AM- Gentle Yoga PM- Bingo
²⁸ AM- Sit Fit Nutrition PM- Card Bingo Driftwood Warm Hands	²⁹ AM- Morning Coffee Stretch & Stride Brain Games PM- Hallowe'en Party Yarns of Fun	³⁰ AM- Gentle Yoga PM- Marble Challenge Hallowe'en Craft Warm Hands	³¹ AM- Spooky Sit Fit Ghost Stories PM- Hallowe'en Party	

Drop-In

Drop-In

If you have any questions regarding the program calendar or the Saturday Chinese Seniors` Day Program (the events of which are not shown here), please call the Centre at 604-430-1441.

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, October 4

Oktoberfest Party with "Heart & Soul"

Wednesday, October 8

Thanksgiving Feasts

Thursday, October 10 and Friday, October 11

Crow City Singers

Thursday, October 17

Seniors Acting Up Performance

Monday, October, 21

Hallowe'en Parties

Tuesday, October 29 and Thursday, October 31



Eat Well, Age Well 飲食得宜, 健康長壽

Eating well is important at any age, but it is especially important as you get older.

適當的飲食對任何年齡的人士都非常重要, 在您年事漸高時尤其如此。

Why do I need to eat well? 為什麼我需要健康的飲食習慣?

No matter when you start, healthy eating can help you maintain and even improve your health – especially if you combine it with exercise. Together, healthy eating and regular physical activity can mean the difference between independence and a life spent relying on others. It can give you the energy you need to stay active and do the things you want to do – like working or volunteering, playing with your grandchildren or enjoying a walk around the block. It can also prevent or slow down the progress of many chronic illnesses, such as heart disease and diabetes, osteoporosis and some forms of cancer. And it can help you cope better with both physical and mental stress, surgery, and even the common cold or flu.

不論何時, 只要您開始選擇健康飲食, 都有助於維持或甚至改善您的健康, 尤其再配合運動, 效果更佳。只要保持健康的飲食習慣, 經常運動, 您就能獨立自主, 保養身體, 在日常起居方面無需依賴他人。因為, 健康飲食可提供身體所需的能量, 讓您既能保持活躍, 又可隨心所欲地享受生活。不管是去工作、當義工、含飴弄孫, 或是在住家附近散步, 您都能悠然自得。此外, 健康的飲食亦能預防許多慢性病, 例如心臟病、糖尿病、骨質疏鬆症和各類癌症, 也可減緩這些慢性病進一步惡化, 同時還能幫助您維護身心健康, 以處理各種壓力、面對傷風和流感等疾病; 在手術之後, 也可使您復原得更快更好。



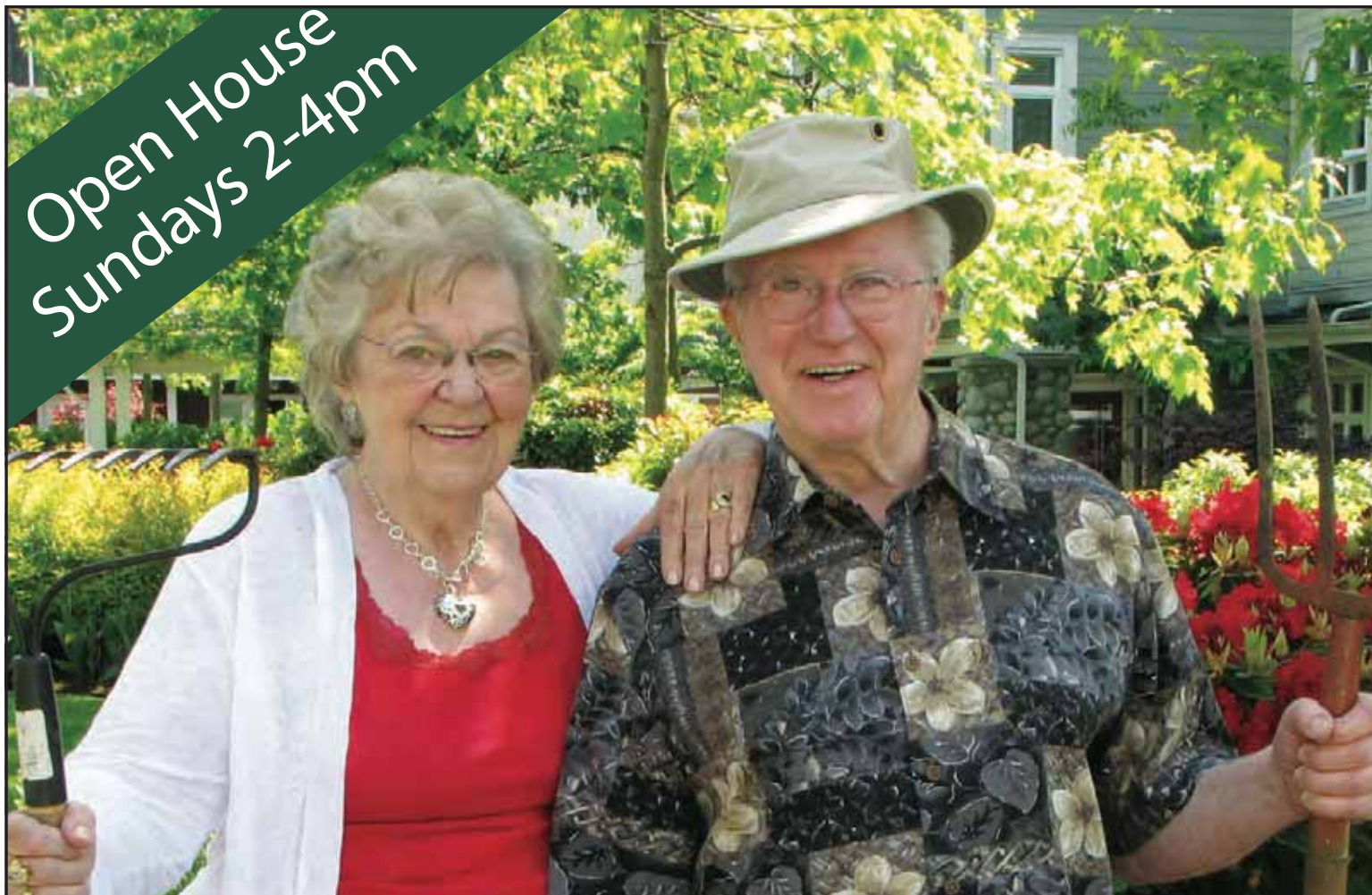




RCSS MOMENTS



Open House
Sundays 2-4pm



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Thank you God for giving me such a wonderful life and wonderful family. Thanksgiving is the day when you can thank each and everyone who make a difference in our life. People who give us lots of love and happiness you should thank these people too who gave you lots of pain and suffering because they made you stronger and tougher than what you are today. So I thank these people especially.

-Kamaljeet

Important Dates

Thanksgiving Feasts

October 10 & 11

Thanksgiving Monday

October 14 **Centre Closed**

Hallowe'en Parties

October 29 and 31



October Birthdays

Anna W. ~ October 9

Eunice ~ October 21



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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