



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

# NEWSLETTER

April 2014

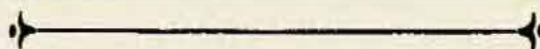
2970 East 22nd Avenue, Vancouver BC

[www.rencollseniors.ca](http://www.rencollseniors.ca)





## ABOUT RENFREW COLLINGWOOD SENIORS' SOCIETY



Celebrating its 38th 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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## RENFREW COLLINGWOOD SENIORS SOCIETY

*Taking Seniors To Heart*

Since  
1976

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,  
Chris, Amber, Fiona & Wai Yee

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Olga, Fiona

### Editorial:

Donna, Olga,  
& Stephanie

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

### Hours

9:00 AM - 4:00 PM

Monday & Wednesday - Saturday

9:00 AM - 6:00 PM

Tuesday

Telephone: 604.430.1441

Fax: 604.437.1443

Email: rcss@shawbiz.ca

Or visit our website at:  
rencollseniors.ca

## Renfrew Collingwood Seniors' Society

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## Board of Directors



Tara Abraham



Matthew Brikis



Ellison Fernandez



Alice Frith



Poonam Kaila



Madeleine MacIvor



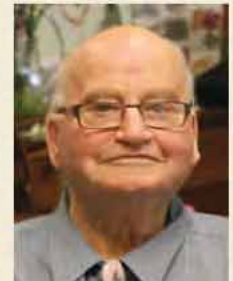
Kamaljeet Kler



Charlotte Tsang



Marilyn Jennings



Francis Tierney

## Staff



Donna Clarke



Carol Yi



Wai Yee Chou



Fiona Lastoria



Olga Smirnova



Amber Stinson



Ernest Quansah



Chris York





It's that time of year again folks. Membership renewals are due on April 1st; but do not despair because the \$10.00 fee will be added to your bill for convenience. I would like to thank you for being supportive members of the Society and review the benefits of being part of this fantastic organization.

As you know we are a member-driven organization. That means we have a Board of Directors that is elected from the membership to represent you and they are ultimately responsible for the governance of our society. Our philosophy is to be a centre where seniors take a leadership role and are involved in decisions that affect their lives. So that is one of the benefits: you get a vote or you can run for the Board or any committee that operates at the Centre. Another benefit of membership is you can participate in programs, outings, enjoy home cooked meals and purchase take-out meals to bring home. You must admit having a sense of belonging to a community organization feels good.

It's almost Easter again and as usual we will be having our famous Turkey Dinners. We will host two Easter Lunches for the Adult Day Program; Tuesday April 15th and Wednesday April 16th at noon. The Community Day program will have their Easter Supper on Tuesday, April 15th at 5:00.

I'm looking forward to seeing all of you at our celebrations. Happy Easter everyone!



Hello friends, I would like to introduce a new participant of RCSS, his name is Roger. Roger has been coming since December and has been a great addition to our family here at the centre. He was born in Edmonton Alberta and moved to Vancouver in 1939 when he was 8 years old. He had a wonderful family. He says his parents had a great marriage, were very social and didn't miss any invitations in their community. Their life was full of laughter and friendship.

Roger grew up with four sisters and one brother, as he was the oldest and his brother the youngest, he says that his family was like a "sandwich" with his sisters in the middle. His father was a great business man who sold life insurance, giving his mom the opportunity to stay home with her children.

Although one of Roger's greatest enjoyments in life is music, he did not get the influence at home. He says that the radio was always playing in his house but his true love and appreciation of music was from the years he spent in downtown Vancouver. Roger was a paper-boy and he sold newspapers to local businesses up and down Granville and Hastings Street. He claimed that it was during a time when there was a jukebox in every club, and as he went in and out selling his papers he was exposed to the best tunes and many interesting people. He claims that he met all kinds of famous people over the years as many of the stars visited Vancouver regularly. One story he shared was when he met Roy Rogers...be sure to take some time with Roger and have him tell you all about it! Have you met anyone famous?

Roger is a peaceful character and boasts that he is always happy. Other than music, one of the activities that Roger enjoys is watching movies. He says that it is nice that they show so many great movies on T.V. and that he no longer has to go to the theatre to watch them. He also really likes coming here to the centre, to get away from his house and "spend time with all of you." I am sure that you will all do your best to welcome Roger to RCSS and help him feel comfortable here at the centre.

Welcome Roger!





Just a month ago we all witnessed what our friend Cecilio called "the Celebration of Sport". I am talking about the 22nd Winter Olympic Games that took place in Sochi, Russia. The Sochi games were successful for both Russia (1st place) and Canada (3rd place). Watching the Games brought back the memories from 2010 Olympics here in Vancouver that I was lucky to be a part of.

Many of you know that I was a volunteer interpreter during the 2010 Olympics assisting all Russian speaking delegations at the Athletes' Village in Whistler. Most of the time I spent at the polyclinic and the doping control station. At the polyclinic, my job was to assist athletes who needed to see a doctor or a dentist but could not communicate in English. At the doping control, they preferred to have an interpreter at every doping test to assure the validity of the procedure. Now, when I say "Russian speaking delegations", I don't only mean Team Russia. All fifteen former Soviet Union countries still speak Russian language, some of them as their first language. So I was working sometimes up to 12 hours a day, providing language services for athletes and officials from about nine countries. I was surprised to learn that most of the doctors, nurses, and doping control staff were also volunteers.

The 2010 Olympics were one of the brightest and most meaningful events of my life. It was incredible to meet the athletes. Although they appear to be celebrities on TV, in real life they are very human and down-to-earth. Just like us they miss their families, crave burgers, have pain from injuries, like to go out and have fun. But to me they are real life super heroes who push themselves to the limits, set new records, and then raise the bars again demonstrating that limitations are only set in our minds.

Volunteers were a huge part of the 2010 Olympics' success. People came from all over the world to donate their time and support the Games and the athletes. It was incredible to see people overwhelmed with emotions, hear different accents, and receive hugs from complete strangers. Volunteering is always rewarding, but volunteering at the Olympics is once-in-a-lifetime experience. That feeling of unity, being a part of something so positive and big was extremely inspiring and life-changing for me.

~ Olga





<p>Tuesday (3-6 PM)</p> <p>1</p> <p><b>VANCOUVER &amp; CANADA HISTORY WEEK</b></p> <p><b>PM-</b> Body Works Exercise</p>	<p>Saturday</p> <p>5</p> <p><b>AM-</b> Tai Chi City Trivia</p> <p><b>PM-</b> Bingo</p>
<p>8</p> <p><b>SONGS WEEK</b></p> <p><b>PM-</b> Easter Eggs Stretch &amp; Stride</p>	<p>12</p> <p><b>AM-</b> Guest Artist: Neelam Khane Humdinger Game</p> <p><b>PM-</b> Bingo</p>
<p>15</p> <p><b>EASTER WEEK</b></p> <p><b>PM-</b> Joint Works Exercise</p>	<p>19</p> <p><b>AM-</b> Egg &amp; I Word Game Baking</p> <p><b>PM-</b> Bingo</p>
<p>22</p> <p><b>ENVIRONMENT &amp; SUSTAINABILITY WEEK</b></p> <p><b>PM-</b> Stretch &amp; Stride</p>	<p>26</p> <p><b>AM-</b> Tai Chi Power-saving Tips Gardening</p> <p><b>PM-</b> Bingo</p>
<p>29</p> <p><b>ARMCHAIR TRAVEL TO ITALY</b></p> <p><b>PM-</b> Stretch &amp; Stride</p>	



## Drop-Ins Welcome

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



# ADULT DAY PROGRAM APRIL CALENDAR

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Monday	Tuesday	Wednesday	Thursday	Friday
	<sup>1</sup> <b>AM-</b> Gentle Yoga Laughter Therapy  <b>PM-</b> Creative Writing Minute to Win It Beauty Spa	<sup>2</sup> <b>AM-</b> Sit Fit Memory Game  <b>PM-</b> Card Bingo Baking Beauty Spa	<sup>3</sup> <b>AM-</b> Sit Fit Charades  <b>PM-</b> Cowboy Crafts Computer Travels Warm Hands	<sup>4</sup> <b>AM-</b> Sit Fit Word Play  <b>PM-</b> Shuffleboard Grandma's Attic
<sup>7</sup> <b>AM-</b> Sit Fit Brain Games  <b>PM-</b> Entertainment with Harlem Nocturne	<sup>8</sup> <b>AM-</b> Tai Chi with Wayne Western Trivia  <b>PM-</b> Bean Bag Toss	<sup>9</sup> <b>AM-</b> Gentle Yoga Word Play  <b>PM-</b> Volunteer Appreciation Party: Western Theme	<sup>10</sup> <b>AM-</b> Sit Fit Nutrition & Health  <b>PM-</b> Bocci Sing-a-long Warm Hands	<sup>11</sup> <b>AM-</b> Sit Fit Memory Game  <b>PM-</b> Bingo Easter Bonnets
<sup>14</sup> <b>AM-</b> Sit Fit Word Play  <b>PM-</b> Lunch Bag Project Volleyball Warm Hands	<sup>15</sup> <b>AM-</b> Sit Fit Easter Reminisce Easter Lunch  <b>PM-</b> Easter Egg Decorating Bunny Races	<sup>16</sup> <b>AM-</b> Sit Fit Pictionary Easter Lunch  <b>PM-</b> Easter Party with Lory White	<sup>17</sup> <b>AM-</b> Gentle Yoga Word Play  <b>PM-</b> Crow City Singers Warm Hands	<sup>18</sup> <b>Good Friday Centre Closed</b>
<sup>21</sup> <b>Easter Monday Centre Closed</b>	<sup>22</sup> <b>AM-</b> Sit Fit Saving Our Planet Earth Day  <b>PM-</b> Recycle Game Gardening	<sup>23</sup> <b>AM-</b> Sit Fit Nutrition & Health  <b>PM-</b> Stories & Games with Nootka Class	<sup>24</sup> <b>AM-</b> Sit Fit Brain Games  <b>PM-</b> Music with Luna Rossa	<sup>25</sup> <b>AM-</b> Gentle Yoga Spot the Difference  <b>PM-</b> Bingo Cartooning
<sup>28</sup> <b>AM-</b> Sit Fit What makes a car?  <b>PM-</b> Dream Boards Golf Warm Hands	<sup>29</sup> <b>AM-</b> Sit Fit Spot the Difference  <b>PM-</b> Colour Fun Bowling	<sup>30</sup> <b>AM-</b> Sit Fit Pictionary  <b>PM-</b> Marble Challenge Grandma's Attic Beauty Spa		

If you have any questions regarding the program calendar 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 through Friday)

(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 (3-6) and Saturday -- 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。



## Event Highlights

### Entertainment with Harlem Nocturne

Monday, April 7

### Volunteer Appreciation Party

Wednesday, April 9

### Easter Lunches

Tuesday, April 15 and Wednesday, April 16

### Easter Party with Lory White

Wednesday, April 16

### Crow City Singers

Thursday, April 17

### Earth Day

Tuesday, April 22

### Music with Luna Rossa

Thursday, April 24







## Healthy Eating

A healthy diet provides the ingredients to build and repair bones and tissues and keep the complex workings of the human body functioning optimally. It also provides the mental and physical energy necessary for daily life. It is clear that a healthy diet also protects us from infectious illnesses and chronic diseases so that we may age with a minimum of ill health, pain and disability.

The challenge is to eat in a way that helps you maintain a healthy weight, while providing you with the nutrients you need for good health. The best place to start is with Canada's Food Guide.

Canada's Food Guide explains that the four main food groups are:

1. Vegetables and fruit
2. Grain products, including bread, rice, pasta and cereals
3. Milk and alternatives, such as cheese, yogurt, kefir and fortified soy beverages
4. Meat – fish, shellfish, poultry, lean meat – and alternatives, such as eggs, beans, lentils, chickpeas, tofu, nuts and nut butters.

健康的飲食，不單為骨骼和組織的生長與修復提供營養，同時為維持人體複雜機能的運作，創造理想條件；它更為我們的日常社交活動提供身心所需能量。眾所周知，健康的飲食能讓我們免傳染病及慢性疾病侵襲，使我們年老時，能盡量避免疾病、疼痛與喪失身體機能所帶來的痛苦。

要確保自己攝取一切所需養分，最簡單的方法，就是遵照《加拿大飲食指南》Canada's Food Guide。確保您的日常飲食包含了對健康有益的四大類食物：蔬菜水果類，谷類，奶制品和肉類。









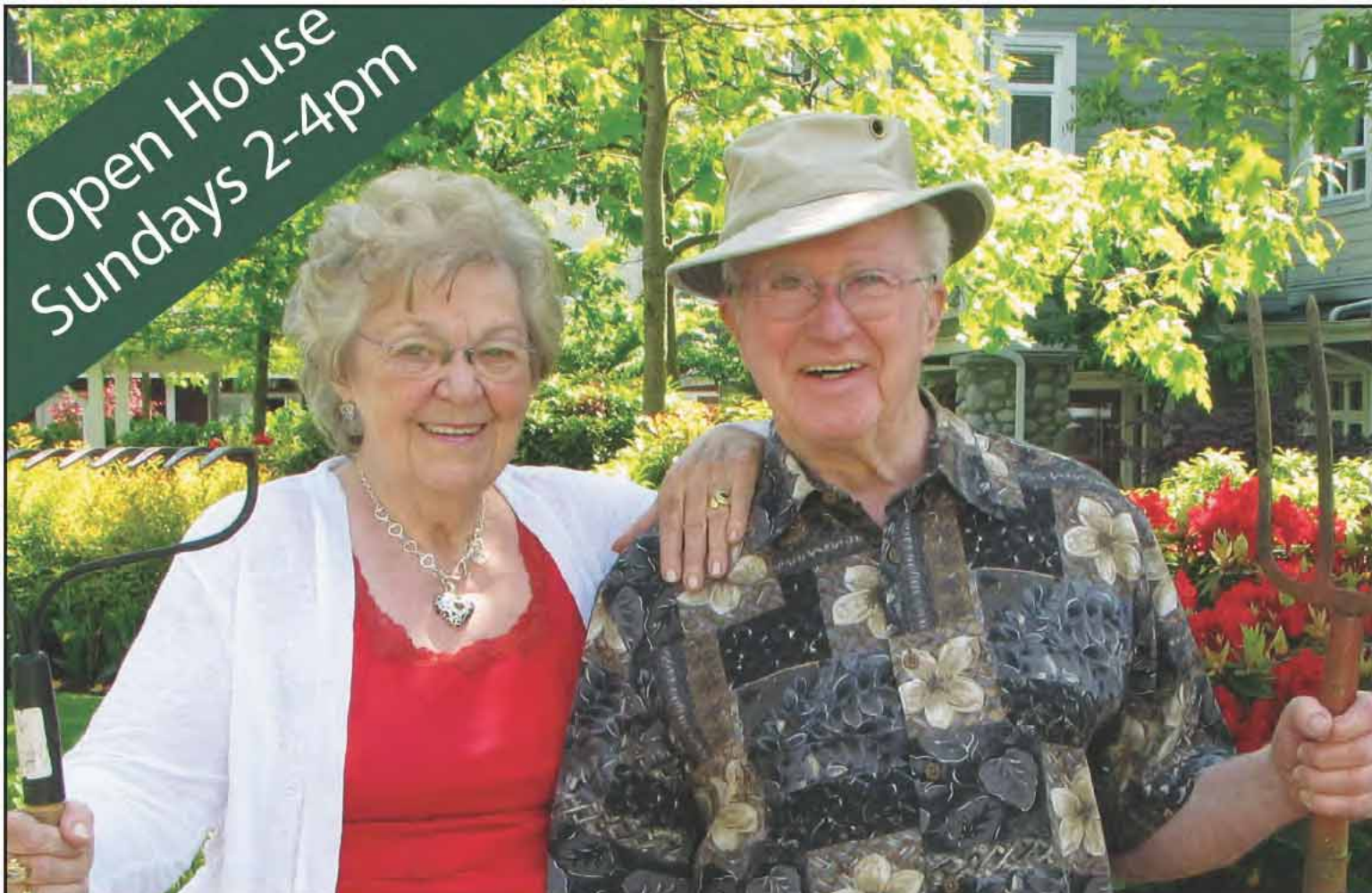








Open House  
Sundays 2-4pm



# Enjoy Life to the Fullest

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## Birthdays

Teresa ~ April 6

Rosa ~ April 12

Marylin ~ April 15

Ena ~ April 15

Doris ~ April 20

Anna M. ~ April 28



## 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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9am-4pm

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## RCSS MOMENTS

