



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

# NEWSLETTER



January 2014

2970 East 22nd Avenue, Vancouver BC

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



Happy New Year!



## ABOUT RENFREW COLLINGWOOD SENIORS' SOCIETY

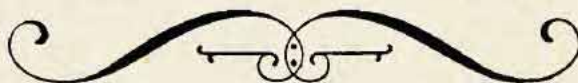


Celebrating its 38th Anniversary this year, the Renfrew-Collingwood Seniors' Society is a non-profit organization with charitable status. It is devoted to creating a welcoming environment for the seniors in our community. We have a volunteer Board of Directors that ensures the Society runs efficiently 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





# TABLE OF CONTENTS

## 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

### Photography:

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](mailto:rcss@shawbiz.ca)

Or visit our website at:

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

## Renfrew Collingwood Seniors' Society

### January 2014 Newsletter

About Renfrew Collingwood Seniors' Society.....	2
Board Members and Staff.....	4
A Message from Donna.....	5
A Word from Chris.....	6
Member Profile: John.....	7
Calendar.....	8
Programs and Events.....	9
Health Talk: Healthy Eating.....	10
RCSS Moments.....	11, 12 & 13
Upcoming Events.....	15
More Moments.....	back cover



## Board of Directors



Madeleine MacIvor



Matthew Brikis



Ellison Fernandez



Alice Frith



Poonam Kaila



Tara Abraham



Elaine Moody



Kamaljeet Kler



Marilyn Jennings



Charlotte Tsang

## Staff



Donna Clarke



Carol Yi



Wai Yee Chou



Fiona Lastoria



Olga Smirnova



Amber Stinson



Ernest Quansah



Chris York





Happy New Year Everyone!

Reflecting back on 2013, it was a very busy year for us here at the Centre, starting with an increase in the number of seniors that attended our program on a daily basis. We went from twenty to twenty-five. After proving that we were ready to expand our programs, we ended the year with our Adult Day Program growing from three to five days a week. This amounted to an overwhelming work load that had to be completed in a very short time. We had to familiarize our staff with the care plans (know

the seniors medically), set up computer systems, communicate with six new case managers and new health units, and arrange transportation for thirty new seniors.

Effective Saturday, January 4th our Community Day Program will move from Friday to Saturday with hours 10 – 3, and it will be later on Tuesday from 3:00 – 6:00. The meals will be cooked by Rose and served at 4:30 (Tuesday) and noon on Saturday. The programs will be run by Cassandra, Marilee and Micheli.

I would like to thank all the participants in the programs for your understanding and flexibility. I know it has been difficult to change times, arrange rides and get used to new staff, but trust me, in the long run it will all pay off. Your community will have more resources to offer you as you age.

Our staff, although exhausted by the expansion, deserves to be commended for a valiant effort, their commitment and a job well done. We survived the challenge and more than lived up to the expectations set out for us by Vancouver Coastal Health. We are so blessed to have such an awesome team.

The Board has been so supportive throughout this journey and so instrumental in guiding us through this success. Our organization's leadership is outstanding and one to be proud of.

As we embark on another year together let's pledge to continue to look after each other, share the good and bad times and surround ourselves with love and laughter.

I wish nothing more than to share my life with people that are open-minded, trustworthy and full of goodness. How lucky am I to have those dreams come true. We are so fortunate to have found each other.

Here's to many more years of friendship.

Donna





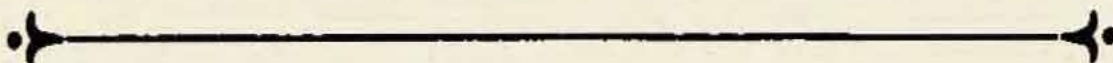


Hello everybody!

Here we are in 2014! The years just keep going by, don't they? Then 1999 turned in to 2000 and we had arrived at that magical number. Hard to believe that was 14 years ago! I can remember when thinking of the 2000s was like thinking of the distant future and the space age. Last time I checked none of us are teleporting to Paris or using jetpacks to fly to the grocery store. Remember the old shows of Buck Rogers and Flash Gordon? The future portrayed in those shows isn't what we live in today, but we are advanced in different ways. Cell phones, hand-held computers, 3D movies and the internet are examples of how drastically things are changing and although these are fascinating developments, they really do make one think about "the good old days". It's true that things were generally simpler in decades gone by. Things continue to speed up in our present day, and although the children who have grown up with the recent technological developments find this normal, for those of us with the perspective to recall the past, things have definitely gotten more hectic and complex.

That is why I love coming to Renfrew Collingwood Seniors Centre- it's less hectic and more reminiscent of a simpler time. A time where neighbours took the time to chat with each other, a time when people enjoyed each other's company, listened to music, sang and played games. That's why RCSS is so special and so vital for our community- it gives all a chance to come together and connect in the quiet, warm environment of the Senior's Centre.

Enjoy January everyone! We are starting our climb out of Winter and back towards Spring so hang in there and enjoy the programs and the warm comradeship of Renfrew Collingwood Senior's Society.







For those of you who have met John, you may agree that the greatest first impression of him is the broad, beautiful smile that he shares with everyone. He was born in Saskatchewan in a family of eleven children. This must be the reason why he is so sociable and friendly with everyone he comes into contact with. John made his career as a baker at various catering companies and he still shares his skills in our baking programs now.

John also served in the Canadian Forces and we honoured him as a veteran at our recent Remembrance ceremony. John is the proud father of two children, a son and a daughter named Tom and Diane. Since arriving at RCSS, John has been active in all sorts of activities. He enjoys the carpet bowling and also likes to bet on his favorite horse at our make shift horse track. John has demonstrated a passion for dancing during our special events. This love of dance emerged from his experience at lunch box socials and barn dance days in his younger years in the prairies. It is obvious that John can really "cut a rug" and that he is loads of fun. Renfrew Collingwood Seniors' Society would like to extend a warm welcome John. We are so happy to have you here with us!





# JANUARY CALENDAR

8

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>New Year's Day</b>  <b>Centre Closed</b>	2 <b>AM- Sit Fit</b> Inner Peace  <b>PM- Polar Bear</b> Swim & Cilly Games Warm Hands	3 <b>AM- Sit Fit</b> Charades  <b>PM- Colour Fun</b> Bingo Warm Hands	4 <b>AM- Morning</b> Coffee Tai Chi with Michelle  <b>PM- Bingo</b>
6 <b>AM- Gentle</b> Yoga  <b>PM- Enter-</b> <b>tainment</b> featuring <b>Harlem</b> <b>Nocturne</b>	7 <b>AM- Arts, Health</b> & Seniors Chinese Lanterns  <b>PM- Horse Races</b> Request that Tune Yarns of Fun	8 <b>AM- Sit Fit</b> Nutriton & Wellness  <b>PM- Card</b> Bingo Baking Warm Hands	9 <b>AM- Sit Fit</b> Memory Game  <b>PM- Men's</b> Group Velcro Darts Warm Hands	10 <b>AM- Sit Fit</b> Word Games  <b>PM- Senses</b> Bingo Warm Hands	11 <b>AM- Coffee &amp;</b> Chat Sit Fit  <b>PM- Bingo</b>
13 <b>AM- Sit Fit</b> Pictionary  <b>PM- Craft</b> Bottle Shuffle- boards Warm Hands	14 <b>AM- Tai Chi with</b> Wayne  <b>PM- Wii</b> Red Hat Tea Party Beauty Spa Yarns of Fun	15 <b>AM- Pyjamas</b> & Pancakes Gentle Yoga  <b>PM- Crafts &amp;</b> Stories with Nootka Class Warm Hands	16 <b>AM- Sit Fit</b> Hot Potato  <b>PM- Golf</b> Request that Tune Warm Hands	17 <b>AM- Sit Fit</b> Funnies  <b>PM- Entertain-</b> ment with Lory <b>White</b> Warm Hands	18 <b>AM- Coffee &amp;</b> Chat Sit Fit  <b>PM- Bingo</b>
20 <b>AM- Sit Fit</b> Charades  <b>PM- "Winter</b> Sleigh Ride" Warm Hands	21 <b>AM- Sit Fit</b> Word Games  <b>PM- Sculpting</b> Card Bingo Beauty Spa Yarns of Fun	22 <b>AM- Gentle</b> Yoga  <b>PM- Ceramics</b> Minute to Win it Warm Hands	23 <b>AM- Sit Fit</b> Language Lesson  <b>PM- Artist's</b> Corner Marble Challenge Warm Hands	24 <b>AM- Sit Fit</b> Winter Sports  <b>PM- Celebrat-</b> ing Robbie <b>Burns Day</b>	25 <b>AM- Coffee &amp;</b> Chat Tai Chi with Michelle  <b>PM- Bingo</b>
27 <b>AM- Sit Fit</b> Nutrition <b>PM- Bean Bag</b> Toss What Makes a Building Warm Hands	28 <b>AM- Gentle</b> Yoga <b>PM- Mad</b> Hatter's Tea Party A Tribute to Lewis Carroll	29 <b>AM- Sit Fit</b> Safety Talk  <b>PM- Bowling</b> Iron Chef Warm Hands	30 <b>AM- Sit Fit</b> Doodle Brain Game  <b>PM- Bocci</b> Sing-a-long Warm Hands	31 <b>AM- Sit Fit</b> Traditions of Chinese New Year <b>PM- Chinese</b> New Year Celebration	

**Drop-in  
from 3-6**

**Drop-in**

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, Wednesday, Thursday and 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 featuring Harlem Nocturne

Monday, January 6

### Pyjamas & Pancakes

Wednesday, January 15

### Entertainment with Lory White

Friday, January 17

### Celebrating Robbie Burns Day

Friday, January 24

### Mad Hatter's Tea Party: A Tribute to Lewis Carroll

Tuesday, January 28

### Chinese New Year Celebration

Friday, January 31





## Healthy Eating

It seems like every January we make New Year's resolutions to eat healthy, but never follow through. The easiest way to move towards healthy eating every day is to set goals that we really can meet. For example, we can say to ourselves:

- I will eat one more piece of fruit and one more vegetable today.
- I will try a fruit or vegetable this week that I have never tried before.
- I will eat fish once this week.
- I will choose whole grain bread for my sandwich.
- I will drink one more glass of water each day.
- I will be more active today.
- I will throw out my deep fryer.

A few small changes can mount up to a very big difference to your health – before you even know it's happening!

### 健康飲食

想要每天都能朝著健康飲食的目標邁進, 最簡單的方法, 就是訂立一個可實現的目標。例如, 您可告訴自己:

- 今天我會多吃一個水果和一份蔬菜。
- 這星期我會嘗試一種以前從沒吃過的水果或蔬菜。
- 這星期我會吃次。
- 這星期我要嘗嘗糙米。
- 我會吃全穀麵包。
- 我會每天多喝一杯水。
- 我今天會做運動。
- 我不會用油炸的方式烹調肉類。

生活習慣的一些小改變, 會在不知不覺間, 顯著改善您的健康, 何樂而不為呢!

***Happy New Year!***

















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](http://www.shannonoaks.com)





## Christmas Raffle Winners

1st Prize, Crocheted Afghan ~ Nelly

Porcelaine Doll ~ Francis

Four Tea Mugs with Coasters ~ Cathie

Crystal Bowl Set ~ Francis

Wallet ~ Frank

Cup and Coaster Set ~ Marilyn

Bedside Drinking Set ~ Rena

Christmas Mug and Spoon Set ~ Vaughn

Shopping Bag ~ Ena

*Congratulations to the winners and  
thank you to all who participated!*

## Important Dates

New Year's Day, January 1  
**Centre Closed**

Pyjamas and Pancakes, January 15  
**Wear your PJs!**

Chinese New Year Celebration,  
January, 31



## 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](http://www.chelseaparkbc.com)  
Suites available from \$1795 a month • 1968 East 19th Avenue, Vancouver

## January Birthdays

7 ~ Neda

Ileen ~ 26

9 ~ Henry

Nina ~ 27

10 ~ Marguerite

Laura ~ 27

23 ~ Joan M.

Dora ~ 28

25 ~ Stephen

Vaughn ~ 31





## RCSS MOMENTS

