



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

# NEWSLETTER

July 2014

2970 East 22nd Avenue, Vancouver BC

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



Happy Canada Day!

## 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







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  
Or visit our website at:  
rencollseniors.ca

## Renfrew Collingwood Seniors' Society

### July 2014 Newsletter

About Renfrew Collingwood Seniors' Society.....	2
Board Members and Staff.....	4
A Message from Donna .....	5
A Welcome to Edwin and a Story from the Seniors.....	6
Community Day Program Calendar.....	7
Adult Day Program Calendar.....	8
Monthly Menu.....	9
Programs and Events.....	10
Health Talk with Carol.....	11
RCSS Moments.....	12 & 13
Upcoming Events.....	15
More Moments.....	back cover



## 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



Cassandra Ly



Stephanie Thompson



Marilee Sinlao



Micheli Franca





Happy Canada Day everyone – enjoy this wonderful holiday and let's celebrate how lucky we are to live in this beautiful country we call home.

Speaking of home, I'm heading to "The Rock" at the end of the month. I have two nieces getting married and my mom will have her 75th birthday. There are lots of things to celebrate but I am looking forward to seeing my beloved mother the most. I'll take lots of pictures for you to look at when I return.

Mark the date down for our Annual General Meeting; it has been set for Saturday, September 20th at 11:00 and, yes, lunch will follow. I understand from the Nominating Committee Chairperson that only one of the ten current board members will not be running again. That will give you a sense of how committed the current board members are to our Society. If you are interested in running for the Board of Directors please leave a message at the front desk or on the phone for Madeleine MacIvor and I am sure she will be happy to return your call.

Enjoy the hot weather and remember drink lots of water!

All is well,  
Donna





It's hard to believe Edwin has been with us for more than six months already. It didn't take him long to adjust to our fun-filled days at the Centre. He was born in India and moved to Vancouver in 1967 where he married his wife, who is from Singapore. She taught English and Math in Richmond. They have a son and a daughter who also live in Vancouver. Edwin has recently become a proud grandfather of a brand new baby girl.

Edwin is a well-rounded travelling man. During his younger days he worked on ships as a Marine Engineer. He has traveled to India, Hong Kong, Japan, Germany, Italy and few other places. He then settled in Vancouver and worked for 25 years at Burrard Dry Dock repairing ships.

Edwin speaks three languages: Hindi, Cantonese and English. He loves gardening and doing exercises at our Centre. His enjoyment of keeping fit came from his many years as a weight bench pressing competitor.

It is such a pleasure to see Edwin with a hint of a smile when he's among friends at our Centre. Welcome to Renfrew-Colloingwood Seniors' Society, Edwin. We hope you will have a great time with us for many years to come!

## A STORY FROM THE SENIORS

### The Long Ride Home

It was a beautiful summer evening in 1947. Chester Fields and his girl Girda Beltt caught the Central Park Line Tram to go downtown Vancouver. The first open-air movie was playing at the Malkin Bowl in Stanley Park. It was called "Gone With The Rain", starring Clark Gable and Jane Mansfield.

Chester and Girda paid the ten cent fare to get on the tram and enjoyed the ride through Renfrew Collingwood's picturesque neighbourhoods. After about half an hour they arrived downtown and walked the rest of the way to Stanley Park. Chester bought the movie tickets and they went in to get their seats in the Malkin Bowl. As they waited for the movie to start they noticed the clouds rolling in off English Bay. The movie started and they were enjoying it until it began raining.

Chester grabbed Girda's hand and they ran to the nearest beer parlour. It was called "Lillian's Suds" and it looked like a bit of a rough place. Chester and Girda didn't mind- they were out of the rain at least. They bought a couple beers and it wasn't long before they were tipsy. A fight broke out nearby and soon everyone except Chester and Girda were brawling.

It was at this ill-advised time that Chester got down on bended knee and asked Girda "Will you marry me?"

Girda replied, "Not a chance! Now take me home!"

It was a long ride home on the Central Park Line Tram back to Renfrew Collingwood. It was an even longer time before Girda spoke to Chester again!

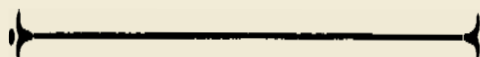
The End

*This short story was created from the imagination and memories of the seniors during the creative writing program at RCSS. Any resemblance of characters to persons living or dead is purely coincidental. We hope you enjoy the story. ~ Chris*

# COMMUNITY DAY PROGRAM JULY CALENDAR

7

Tuesday (3-6 PM)	Saturday
<p>1</p> <p>HAPPY CANADA DAY!</p> <p>Centre Closed</p>	<p>5</p> <p>AM- Coffee &amp; Chat Tips &amp; Tricks at Home</p> <p>PM- Bingo</p>
<p>8</p> <p>PM- Soccer World Cup Celebration: Discovering Brazil</p>	<p>12</p> <p>AM- Tai Chi Coffee &amp; Chat Day at the Spa</p> <p>PM- Bingo</p>
<p>15</p> <p>PM- Outing to Steveston</p>	<p>19</p> <p>AM- Coffee &amp; Chat Musical Guest</p> <p>PM- Bingo</p>
<p>22</p> <p>PM- Armchair Travels to the Phillipines</p>	<p>26</p> <p>AM- Tai Chi Coffee &amp; Chat Nutrition: Focus on Diabetes</p> <p>PM- Bingo</p>
<p>29</p> <p>PM- Fit Ball Exercise Falls Presentation</p>	



## Drop-Ins Welcome

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



# ADULT DAY PROGRAM JULY CALENDAR

8

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>HAPPY CANADA DAY</b>  <b>Centre Closed</b>	2 <b>AM-</b> Sit & Stand Fit Memory Games Royal Reminisce <b>PM-</b> Gardening Shuffleboard Warm Hands	3 <b>AM-</b> Sit & Stand Fit Word Search <b>PM-</b> Nutrition Talk: Blueberries Self Care iPads: Tips and Tricks	4 <b>AM-</b> Sit & Stand Fit Spot the Difference <b>PM-</b> Bingo Crafts Warm Hands
7 <b>AM-</b> Gentle Yoga Stand Fit Meditations & Mantras <b>PM-</b> Senses Alive Bean Bag Toss Warm Hands	8 <b>AM-</b> Sit & Stand Fit Health Discussion: Sun Protection  <b>PM-</b> Flower Arranging Computer Travels	9 <b>AM-</b> Sit & Stand Fit Brain Games  <b>PM-</b> Music with John Cronin	10 <b>AM-</b> Sit & Stand Fit Creative Writing  <b>PM-</b> Bocci Gardening Warm Hands	11 <b>AM-</b> Sit & Stand Fit Word Games <b>PM-</b> Armchair Travel to Brazil Crafts Warm Hands
14 <b>AM-</b> Sit & Stand Fit Costume Memory  <b>PM-</b> Grandma's Attic Art Program Warm Hands	15 <b>AM-</b> Tai Chi Stand Fit Memory Game  <b>PM-</b> Vintage Cars & Games	16 <b>AM-</b> Gentle Yoga Stand Fit Word Play  <b>PM-</b> Volleyball Senses Alive Warm Hands	17 <b>AM-</b> Sit & Stand Fit Hugging  <b>PM-</b> Crow City Singers	18 <b>AM-</b> Sit & Stand Fit Memory Games  <b>PM-</b> Proverbs & Sayings Bingo Warm Hands
21 <b>AM-</b> Sit & Stand Fit Pain Management  <b>PM-</b> Sing-a-long Marble Challenge Warm Hands	22 <b>AM-</b> Sit & Stand Fit Spot the Difference <b>PM-</b> Gardening Cardmaking What makes a country fair?	23 <b>AM-</b> Gentle Yoga Stand Fit Musical Memories <b>PM-</b> Rainbow Posters Grandma's Attic Clay Modelling Warm Hands	24 <b>STEP OUT BUS TRIP TO TROLLS</b>	25 <b>AM-</b> Sit & Stand Fit Beach Memories  <b>PM-</b> Musical Hits with Harlem Nocturne
28 <b>AM-</b> Sit & Stand Fit Pictionary  <b>PM-</b> Crafts Old vs. New Warm Hands	29 <b>AM-</b> Tai Chi with Wayne Stand Fit Brain Teasers <b>PM-</b> Request that Tune "Cool" Baking	30 <b>AM-</b> Sit & Stand Fit Creative Writing <b>PM-</b> Minute to Win It Movie Glamour Warm Hands	31 <b>PODIATRIST</b> <b>AM-</b> Gentle Yoga Stand Fit Memory Game <b>PM-</b> Card Bingo Dream Boards Warm Hands	

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



# ADULT DAY PROGRAM MONTHLY MENU

9

Monday	Tuesday	Wednesday	Thursday	Friday
		Steak & Mushroom Pot Pie Assorted Vegetables <b>or</b> Vegetable Pot Pie  Fresh Fruit	Baked Fish & Potatoes House Salad <b>or</b> Tofu and Potatoes  Poached Pears	Braised Pork Steamed Potatoes & Turnip <b>or</b> Egg Fried Rice  Mixed Berries & Vanilla Yogurt
Liver & Onions Mashed Potatoes Mixed Vegetables <b>or</b> Vegetarian Quiche  Yogurt & Berries	Soy Ginger Chicken Stir-Fry Noodles <b>or</b> Vegetarian Stir-Fry  Fresh Melons	Stir-Fry Chow Mein  Stewed Pears	Beef Stew Mashed Potatoes Glazed Carrots <b>or</b> Pasta & Tomato Sauce  Fresh Melons	Curry Fish on Rice Asian Vegetables <b>or</b> Curry Tofu  Fresh Fruit
Fish Stir Fry Noodles <b>or</b> Stir-Fry Tofu  Fruit Salad	Apricot Pork Picante Baked Vegetables <b>or</b> Vegetarian Paella  Pear Loaf	Braised Chicken Brown Rice Stir-Fry Vegetables <b>or</b> Stewed Lentils  Yogurt and Berries	Lentils and Chickpeas on Brown Rice Assorted Vegetables  Banana Bread	Shepherd's Pie Steamed Broccoli <b>or</b> Eggplant Parmesan  Stewed Prunes & Orange
Meatloaf Mashed Potatoes & Gravy Mixed Vegetables <b>or</b> Cheese Omelette  Fresh Fruit	Fish Black Bean Sauce & Stir-Fry Noodles <b>or</b> Tofu Black Bean Sauce  Fruit Salad	BBQ Baby Back Ribs Crushed Potatoes Mixed Vegetables <b>or</b> Vegetarian BBQ  Pineapple Cake	Chicken Pot Pie Mixed Vegetables <b>or</b> Curry Chickpeas  Fresh Fruit	Egg Fried Rice with Chinese Vegetables  Banana Bread
Vegetable Quiche with Salad  Rice Pudding	Moroccan Chicken Couscous Salad <b>or</b> Vegetarian Couscous  Chilled Pineapple	Stuffed Red Peppers Green Salad  Banana Bread	Lasagna Caesar Salad  Stewed Prunes	

## 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

### Happy Canada Day!

Tuesday, July 1, Centre Closed

### Music with John Cronin

Wednesday, July 9

### Crow City Singers

Thursday, July 17

### Step Out Bus Trip to Trolls

Thursday, July 24

### Musical Hits with Harlem Nocturne

Friday, July 25

### Podiatrist

Thursday, July 31



### Nutrients: Fibre Tips

- Look for labels that say “high” or “very high source of fibre.” This means the foods have at least four to six grams of fibre per serving.
- Eat breads, rolls and roti (flat bread) made of whole wheat, wheat bran, mixed grains, dark rye or pumpernickel flours, as well as brown rice and whole wheat pasta. Look for “whole” grains to be the first ingredient on the ingredient

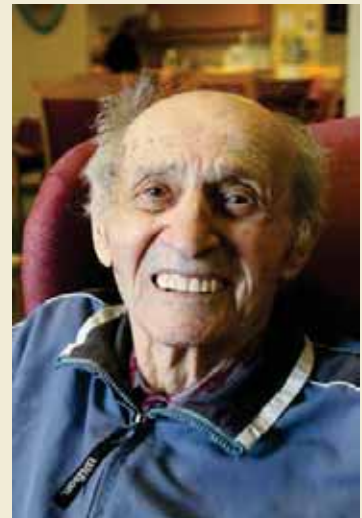
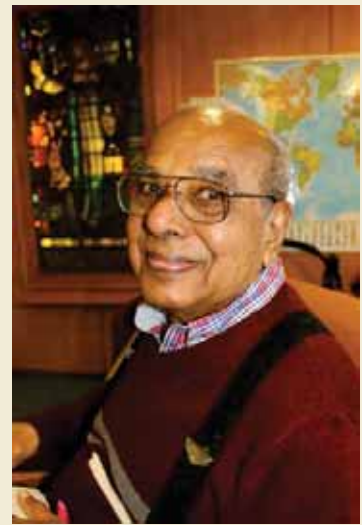
label. (“Enriched wheat flour” and “unbleached flour” are both refined white flour and have less fibre, iron and vitamins than whole grain flour, while “multigrain” may just mean that a small amount of whole grain has been added to enriched flour.)

- Eat lots of vegetables and fruit.
- Drink plenty of fluids to help fibre work properly. For women, that’s at least nine 8-ounce glasses (2.2 litres). For men, it’s at least 12 8-ounce glasses (three litres).
- If you haven’t been eating much fibre, add fibre slowly to avoid any problems with gas or cramps, and make sure to drink lots of fluids.

### 攝取纖維小秘訣

- 查看食物包裝上，是否貼有「高纖」或「高纖來源」標籤。這些標籤的作用，是讓消費者知道，每份食物中含有至少4至6克的纖維量。
- 食用以全麥、小麥麩、混合穀類、黑麥或酸味裸麥麵粉製成的麵包、小餐包和烤餅、薄餅，以及糙米和全麥意粉；檢查食品標籤，查看第一個列出的原料，是否為「全」穀類。「添加養分麵粉」enriched wheat flour 和「未漂白麵粉」unbleached flour 均是精製的白麵粉，其纖維、鐵質和維生素含量都比全穀麵粉少；而所謂的「多穀類」，則可能指那些已加入少量全穀的添加養分麵粉。
- 進食大量蔬菜和水果。
- 大量飲水，可幫助纖維於體內發揮最大效用。女性最少每天要飲用九杯8安士 2.2公升 的流質；男性則最少要飲用十二杯8安士 3公升 的流質。
- 如果您現時的纖維攝取量不足，便需循序漸進地增加纖維；可是，若纖維攝取的速度過急，便有機會導致胃氣或絞痛情況。最理想的方法，都是飲用大量流質。

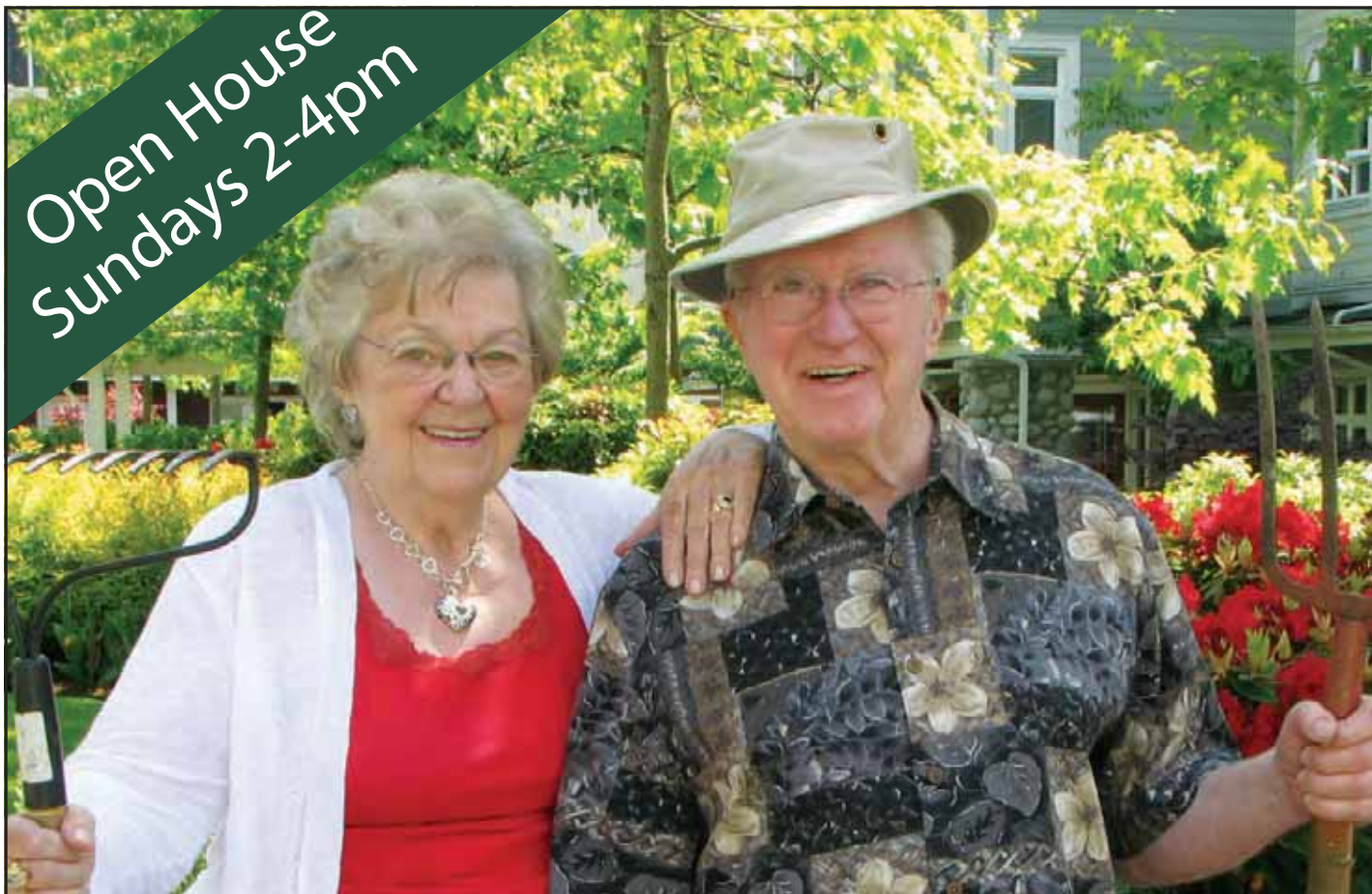








Open House  
Sundays 2-4pm



# 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)



Baptist Housing | Enhanced Seniors Living | Since 1964





## Birthdays

John A. ~ July 2

Addie ~ July 2

Guiseppe ~ July 6

Nelly ~ July 12

Hoi ~ July 12

Wanda ~ July 16

Elouise ~ July 25



## 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



## RCSS MOMENTS

