



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

NEWSLETTER

March 2014

2970 East 22nd Avenue, Vancouver BC

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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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).

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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



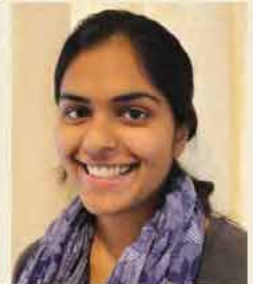
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Olga Smirnova



Amber Stinson



Ernest Quansah



Chris York



Happy St. Patrick's to you all!

St. Patrick's Day is observed on March 17th and is actually the date of St. Patrick's death (that may account for the celebrations we have in Newfoundland (NL) after someone's death – known as an Irish Wake). We will certainly celebrate the Saint known as the "Apostle of Ireland" here at the Centre, but allow me to reflect on how we celebrate this special day in St. John's, Newfoundland.

As most of you know I grew up in St. John's. St. Patrick is adored there because many Newfoundlanders are of Irish descent. As a matter of fact NL has been called "The Other Ireland" as it is the most Irish place in the world outside of Ireland. The prevalence of the Irish culture is quite obvious not only in the way we speak but in our style of music, our character, our storytelling abilities and of course our sense of humour.

As recently as six months ago, I was in a course and after all the participants introduced themselves I noted that there was another Newfoundlander in the room. Little did I know that the person was actually from Cork, and thought I was from Ireland as well. We had a chuckle when we were both shocked that neither of us was from where the other person thought. One thing for sure; there's common blood somewhere along the line.

So back to celebrating St. Paddy's Day; the celebration starts on March 16th, with what is dubbed "St. Practice Day." There is build up excitement the week before as everyone is talking about what's on the go for St. Paddy's Day. There are lots of house parties but most people head for the one and only George Street. This small two block street in St. John's is known for its many bars and pubs; actually it has the most bars and pubs per square foot of any street in North America. The whole street houses thirty-two bars, pubs and restaurants and is only open to pedestrians in the evenings and during most of the business day. It is only open to traffic in the mornings to allow bars to restock their goods. No living man or woman ever completed the task of visiting all places in one night; God knows many tried.

When I was a young woman my friends and I would head out after work for a few "swallies" of green beer. As the night progressed we would move into the Irish whiskey and as a night cap we would have a nice Irish coffee. The next morning there would be more than a few headaches; our poor bodies would be stiff from all the jiggin'. Muscles that I didn't know I had would be sore for about a week. Those were the days and I'm sure we made our Irish ancestors proud.

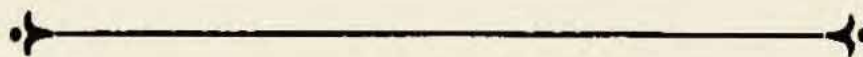
As they say in Newfoundland, "when the sun goes down the place goes up". Another one is "long may your big jib draw". I'll let you figure out what that means and look forward to hearing your interpretation.



As winter fades away and spring gradually makes it's much awaited appearance, we are reminded that there is always a new beginning, a fresh start. We have had our share of cold, windy and rainy days, so the blue, sunny skies are a welcome change. The month of March has many wonderful things in store for us. We will be celebrating Mardi gras on the 4th with the crowning of the "King & Queen" of R.C.S.S. The centre will be decorated in a splash of the colour purple, green and gold which are the traditional colours of the Mardi gras celebration. The purple represents justice, green for faith and gold for power. We will toss doubloons which are the traditional gold coins that are thrown from the floats in the Mardi

gras parade. There will be music, masks and much fun for all. This event will be followed by a wee bit of mischief for our St. Patrick's celebration on the 17th. We will be singing songs like Molly Malone, Danny Boy, I'll Tell Me Ma, and The Galway Girl. So, remember to wear your green and be prepared to be Irish for the day! At the end of the month on the 27th we ask that you put on your engineering hat for a presentation by the West coast Railway Association. If you have a passion for the train or simply have never experienced a ride on the train, this program will be for you. So, All Aboard and we hope that you will enjoy your experience here at R.C.S.S. as much as we enjoy serving you!

~ Fiona



Antony

Many of you may have already met this gentle and kind man. He was born in the south of India and journeyed to Canada in 1990 where he settled in Toronto. In 2008, Antony moved to Vancouver and he says that he loves the scenery that the city offers. Antony's chosen profession was as a high school teacher. He worked in such places as Srilanka, Bengal and Africa. As a young boy, Antony's favorite subject was physics, so it is no surprise that he specialized as a teacher in the subjects of math and science. Antony is the proud father of two children, a son

and daughter. He also has two grandchildren with whom he loves to spend time his free time. Antony's interests include tennis, bridge and any kind of card game. An interesting fact about Antony is that his favorite animal is a monkey. This seems fitting, as we have a feeling that Antony may be quite a playful character. Welcome to Renfrew Collingwood Seniors' Society to our new friend, we hope that you will enjoy your moments here with us!

Tuesday (3-6 PM)	Saturday
SENIORS' INDEPENDENCE WEEK	1 AM- Exercise Fall Prevention Health & Nutrition Workshops PM- Bingo
4 NATIONAL NOODLE WEEK PM- Stretch & Stride Paper Garden	8 AM- Tai Chi Noodle Extravaganza PM- Bingo
11 ST. PATRICK'S CELEBRATION WEEK PM- Stretch & Stride	15 Think Tank with Seniors' Liaisons AM- Stretch & Stride Craft: Irish Party Poppers Memory Game PM- Bingo
18 NUTRITION WEEK PM- Stretch & Stride	22 AM- Tai Chi Canadian & International Food Guides Healthy Snacks PM- Bingo
25 SPRING INTO SPRING WEEK PM- Stretch & Stride Flower Tea Party	29 AM- Stretch & Stride Arm Chair Travel to Hawaii Spring Word Trivia PM- Bingo




Drop-Ins Welcome

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

ADULT DAY PROGRAM MARCH CALENDAR

8

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>AM- Sit Fit Memory Game</p> <p>PM- Baking Card Bingo Warm Hands</p>	<p>4</p> <p>AM- Gentle Yoga</p> <p>PM- Mardi Gras Celebration</p>	<p>5</p> <p>AM- Sit Fit What Makes a Ship</p> <p>PM- Bowling Grandmas Attic Warm Hands</p>	<p>6</p> <p>AM- Sit Fit Word Play</p> <p>PM- Golf Request That Tune Warm Hands</p>	<p>7</p> <p>AM- Sit Fit Charades</p> <p>PM- Bingo Computer Travels Warm Hands</p>
<p>10</p> <p>AM- Sit Fit Family Pets Reminisce</p> <p>PM- Shuffleboard Craft: Horses Warm Hands</p>	<p>11</p> <p>AM- Tai Chi with Wayne</p> <p>PM- Lucky St. Patrick's Centerpieces Croquet</p>	<p>12</p> <p>AM- Gentle Yoga</p> <p>PM- Crafts, Stories & Games with Nootka Class</p>	<p>13</p> <p>AM- Sit Fit Laughter Therapy</p> <p>PM- Card Making Bean Bag Toss Warm Hands</p>	<p>14</p> <p>AM- Sit Fit Spot the Difference</p> <p>PM- Music with Harlem Nocturne</p>
<p>17</p> <p>AM- Irish Sit Fit Leprechaun Trivia</p> <p>PM- St. Patrick's Day Celebration with Lorraine Smith</p>	<p>18</p> <p>AM- Sit Fit Nutrition Talk</p> <p>PM- Horse Races Self Care</p>	<p>19</p> <p>PODIATRIST AM- Sit Fit Pictionary</p> <p>PM- Colour Fun Ping Pong Challenge Warm Hands</p>	<p>20</p> <p>AM- Gentle Yoga Pyjamas and Pancakes</p> <p>PM- Crow City Singers</p>	<p>21</p> <p>AM- Sit Fit Word Play</p> <p>PM- Bingo Senses Alive</p>
<p>24</p> <p>AM- Sit Fit Charades</p> <p>PM- Bean Bag Toss Sing-a-long Warm Hands</p>	<p>25</p> <p>AM- Armchair Travels</p> <p>PM- Wii Bowling Red Hat Tea Party</p>	<p>26</p> <p>AM- Sit Fit Memory Game</p> <p>PM- Bocci Puzzle Trivia</p>	<p>27</p> <p>AM- Sit Fit Wellness</p> <p>PM- West Coast Railway Association Presentaion</p>	<p>28</p> <p>AM- Gentle Yoga</p> <p>PM- Baking Ping Pong Challenge</p>
<p>31</p> <p>AM- Gentle Yoga</p> <p>PM- Request That Tune Minute to Win It Warm Hands</p>				

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

Mardi Gras Celebration

Tuesday, March 4

Music With Harlem Nocturne

Friday, March 14

Think Tank with the Seniors' Liaisons

Saturday, March 15, 11:30 AM

St. Patrick's Day Celebration with

Lorraine Smith

Monday, March 17

Podiatrist

Wednesday, March 19

Pyjamas & Pancakes

Thursday, March 20

Crow City Singers

Thursday, March 20



A Healthy Plate

For a heart-healthy, low cholesterol meal (perfect for anyone with diabetes, too), cook with little or no fat and fill your plate with:

- one half colourful vegetables,
- one quarter whole grain products, such as whole wheat pasta or brown rice, or a starch (potatoes or corn),
- and one quarter meat, poultry, fish, tofu or legumes.

Complete your meal with a piece of fruit or low-fat yogurt.

一碟有益健康的菜色

以低脂肪或無脂肪的方法, 烹煮以下所列的食物, 您就可 享受一份有益心臟健康的低膽固醇美食
對糖尿病患者也有 幫助 :

- 五顏六色的蔬菜半碟
- 1/4碟全穀類產品 例如全麥意粉或糙米, 或是含澱粉質的食物 如馬鈴 薯、番薯或粟米, 以及
- 1/4碟肉或雞、鴨、魚類、豆腐或乾豆類。

您可在飯後享用一個水果或一杯低脂乳酪。



Hello everyone, my name is Kevin Lalli. I am currently attending Vancouver Community College in downtown Vancouver. I am hosting events for seniors to gain some experience to work in the hospital as a patient porter. I am taking the Career Awareness program which helps me gain extensive knowledge and experience working in different areas to help me build more confidence working with others. I am looking forward to getting to know you all!

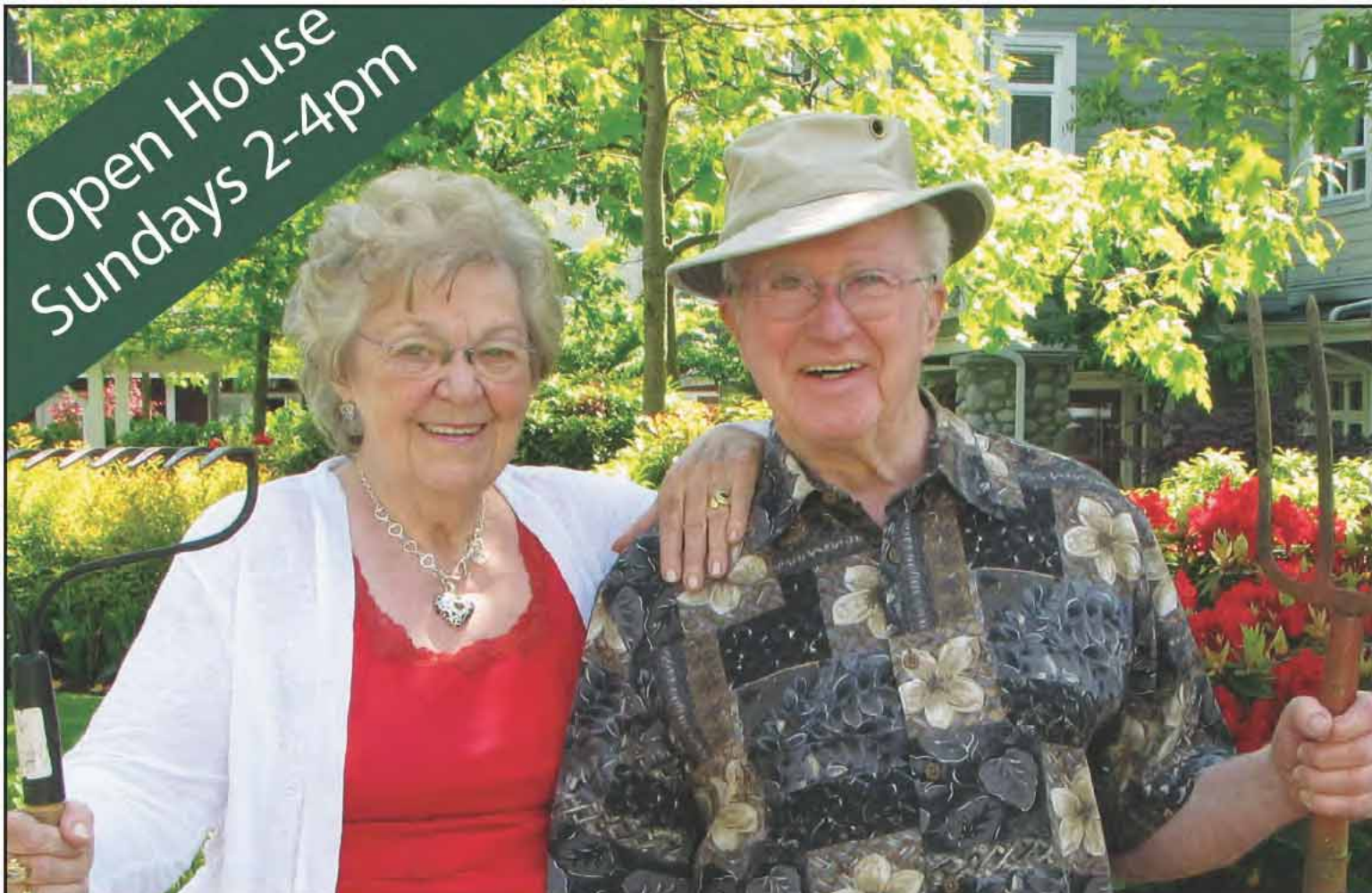
Welcome Kevin!







Open House
Sundays 2-4pm



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What is your favourite season?



John A. - "I like Spring. I look forward to it, to the change. In Saskatchewan, after a long winter, we would go out and work the fields, plant the grain. It was nice work, we liked it."



Joan M. - "I like Fall...it's not too hot and not too cold. But I also like to skate in the winter and watch hockey."



Lily D. - "I like October, things cool down and slow down."



Vaughn B. - "I love Summer...I would swim all day and all night."



Joan G. - "I like all seasons, I grew up on a farm, I like the changes of each season."



Frank K. - "Snow sparkles like a million diamonds."
-"The Northern Lights are Mother Nature's disco!!!"



Albert C. - "Spring! Le Printemps. In French it is called Printemps which means the first time. It comes in like a lion and goes out like a lamb. As a child growing up in Philladelphia, Pennsylvania, I can recall the leaves as they began to grow on the trees after a long winter. It was a 'wow' moment!"

Birthdays

Bruno ~ 4

Rena ~ 9

Enid ~ 10

Ken ~ 12

Kamaljeet ~ 17

Dorothy ~ 19

Margarita ~ 22

Lillian C. ~ 29



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!

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RCSS MOMENTS

