



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

# NEWSLETTER

May 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







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



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Carol Yi



Wai Yee Chou



Fiona Lastoria



Olga Smirnova



Amber Stinson



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Chris York



Happy Mothers' Day Ladies!

My favorite month is May for several reasons; the main being that we get to honour all the beautiful women in the world. We all have that motherly, caring way whether we delivered babies or not and that's what I would like to celebrate. So here's to all the tender, loving women of the world. Happy Mothering Day!

May is also the best gardening month; everything is bursting with life –the rebirth of all the perennials is so exciting. Watching the little offspring of lilac bushes reminds me of my own sons these days. They are ready to be transplanted away from their mother, set their own roots and grow into big healthy trees of their own. I look forward to all the new growth that this year brings.

You'll notice a new addition to our newsletter this month, our monthly menu. We hope to feature this every month so if you would like to make suggestions for meals on your day(s) at the Centre please feel free to do so. We will modify it on occasion after we get your feedback, but for now let's see how it goes.

We are trying to provide well-balanced, healthy meals by adding more vegetables, homemade soups and diabetic friendly desserts but it is challenging to stay within our budget. One compromise is to eliminate the afternoon tea and cookies as it was felt that we have such a big lunch (with dessert) that more sugar and carbs are not necessary – see Nurse Carol's article. We would rather you eat more salad or soup.

On another note, our assessments for Steady Feet are complete and we have started our breakout fitness group that has a higher intensity exercise level. We plan on doing more balance exercises in our classes with the hope of reducing falls. Good work everybody – it'll all be worth it in the end.







## MEMBER PROFILE: MARIA



Maria is a relatively new member of Renfrew Collingwood Senior's Society and we'd like to welcome her to the Centre. Born in Austria in 1930, Maria grew up in a picturesque, little town called Pfaffenschlag (pronounced "Faffenshlag"). Try saying that five times fast! Her father was a post-master there, and Maria was the fifth child out of eight (one sister and seven brothers!)

Maria met a wonderful man named Erich in Austria who was a refugee from Czechoslovakia. They became engaged and Erich had a plan to come to Canada and earn money with the hopes of returning to Austria to start up a business. Erich arrived in Medicine Hat in 1954. Nine months later, at the age of 23, Maria arrived. They got married soon after and began their life together as newlyweds. The following year Maria and Erich had their first child- a son. Life dictated changes to Erich's original plan and instead of returning to Austria, the couple moved to Vancouver where there was more opportunity for work.

At first Erich worked at a manufacturing plant on Granville Island making water heaters, among other things. They had another child, this time a daughter, and eventually had a total of four children together. Maria stayed at home to raise the children while Erich went back to school to learn how to weld. He moved in to that profession and finished his career as a welder.

Once the children had grown and moved out Maria started working part time in the daycare at Renfrew Community Centre. She enjoyed being active in the community and was equally active recreationally. She fondly remembers how the whole family would spend time together outdoors. Hiking, camping, fishing, skiing and swimming are activities they enjoyed and Maria also spent a lot of time in the garden.

We certainly are glad Maria is now coming to RCSS and enjoy her company very much. Maria comes to the centre on Fridays, but hopefully everyone will eventually get a chance to meet this exceptional lady.

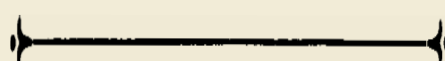
Welcome Maria!



# COMMUNITY DAY PROGRAM APRIL CALENDAR

7

Tuesday (3-6 PM)	Saturday
	<p>3</p> <p><b>AM-</b> Coffee &amp; Chat Tai Chi City Trivia</p> <p><b>PM-</b> Bingo</p>
<p>6</p> <p><b>PM-</b> Stretch &amp; Stride Cinco de Mayo Celebration</p>	<p>10</p> <p><b>AM-</b> Armchair Travel to Mexico Salsa Canning Workshop</p> <p><b>PM-</b> Bingo</p>
<p>13</p> <p><b>PM-</b> Steady Feet Mothers Day Celebration</p>	<p>17</p> <p><b>AM-</b> Story Circle: Moms Flower Arrangements</p> <p><b>PM-</b> Bingo</p>
<p>20</p> <p><b>PM-</b> Joint Works Tropical Paradise Vacations Armchair Travel to Brazil</p>	<p>24</p> <p><b>AM-</b> Memory Activity Trivia Game Show</p> <p><b>PM-</b> Bingo</p>
<p>27</p> <p><b>PM-</b> Stretch &amp; Stride Computers 101</p>	<p>31</p> <p><b>AM-</b> Canvas Art: Things that make us smile</p> <p><b>PM-</b> Bingo</p>



## Drop-Ins Welcome

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

# ADULT DAY PROGRAM MAY CALENDAR

8

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>AM-</b> Sit Fit Stand Fit Pictionary  <b>PM-</b> Golf Crafts Warm Hands	<b>AM-</b> Sit Fit Stand Fit How to Use Handidart <b>PM-</b> Bingo Centerpieces Warm Hands
<b>AM-</b> Sit Fit Stand Fit  <b>PM-</b> Marble Challenge Acts of Kindness Cuddle Therapy	<b>STEP OUT BUS TRIP TO TROLLS</b>	<b>AM-</b> Sit Fit Stand Fit What makes a best friend? <b>PM-</b> Beauty Spa Request that Tune Warm Hands	<b>AM-</b> Sit Fit Stand Fit Memory  <b>PM-</b> Bocci Edible Art Warm Hands	<b>AM-</b> Sit Fit Stand Fit Famous Mothers  <b>PM- Mothers' Day Celebration with Lory White</b>
<b>AM-</b> Sit Fit Stand Fit Nutrition & Health  <b>PM-</b> Baking Bean Bag Toss Cuddle Therapy	<b>AM-</b> Sit Fit Stand Fit How to use Handidart <b>PM-</b> RCSS Slide- show: Highlights & Memories	<b>AM-</b> Sit Fit Stand Fit Creatures of Habitat  <b>PM-</b> Crafts Shuffleboard Warm Hands	<b>AM-</b> Sit Fit Stand Fit Creative Writing  <b>PM- Crow City Singers</b> Warm Hands	<b>AM-</b> Sit Fit Stand Fit Word Play  <b>PM-</b> Bingo Edible Art Warm Hands
<b>AM-</b> Sit Fit Stand Fit What makes a tree or flower? <b>PM-</b> Men's Group Red Hat Tea Party Cuddle Therapy	<b>AM-</b> Tai Chi with Wayne  <b>PM-</b> Velcro Darts Senses Alive	<b>AM-</b> Sit Fit Stand Fit  <b>PM-</b> Lunch Bag Art <b>Stories with Nootka Students</b>	<b>AM-</b> Sit Fit Stand Fit Laughter Therapy  <b>PM-</b> Card Bingo Computer Travels Warm Hands	<b>AM-</b> Sit Fit Stand Fit Brain Games <b>PM-</b> Minute to Win It Request that Tune Warm Hands
<b>AM-</b> Sit Fit Stand Fit Word Play  <b>PM-</b> Music with Harlem Nocturne Cuddle Therapy	<b>AM-</b> Sit Fit Stand Fit  <b>PM-</b> Crafts Bowling	<b>AM-</b> Sit Fit Stand Fit Memory Game  <b>PM-</b> Dominoes Wii Games Warm Hands	<b>AM-</b> Sit Fit Stand Language Language Lesson  <b>PM-</b> Horse Races Lunch Bag Project Warm Hands	<b>AM-</b> Sit Fit Stand Fit Creatures of Habitat  <b>PM-</b> Bingo Baking 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
Braised Chicken Brown Rice Stir-Fry Vegetables <b>or</b> Stewed Lentils  Yogurt and Berries	Lentils and Chickpeas on Rice Assorted Vegetables  Banana Bread	Shepherd's Pie Steamed Broccoli & Cauliflower <b>or</b> Eggplant Parmesan  Stewed Prunes & Orange	Fish & Chips House Salad <b>or</b> Tofu and Chips  Poached Pears	Stewed Pork Steamed Potatoes & Turnip <b>or</b> Egg Fried Rice  Carrot Cake
BBQ Baby Back Ribs Crushed Potatoes Mixed Vegetables <b>or</b> Vegetarian BBQ  Pineapple Cake	Chicken Newburg Steamed Potatoes Mixed Vegetables <b>or</b> Curry Chickpeas  Fresh Fruit	Nine Bean Soup Egg Salad Sandwich House Salad  Banana Split	Steak & Mushroom Pot Pie Assorted Vegetables <b>or</b> Vegetable Pot Pie  Fresh Fruit	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	Spanish Paella Baked Vegetables <b>or</b> Vegetarian Paella  Pear Loaf	Moroccan Chicken Couscous Salad <b>or</b> Vegetarian Couscous  Chilled Pineapple	Tomato & Rice Soup Assorted Sandwiches Green Salad  Banana Bread	Spaghetti & Meat Sauce Caesar Salad & Bread <b>or</b> Pasta & Tomato Sauce  Mango Ice Cream
Corned Beef Cabbage & Potato Soup <b>or</b> Cabbage & Potato Soup  Rice Pudding	Tuna & Mushroom Casserole & Salad <b>or</b> Vegetarian Casserole  Carrot Cake	Bacon & Onion Quiche Honey & Cinnamon Glazed Carrots and Turnip <b>or</b> Vegetari- an Quiche  Vanilla Rice Pudding	Southern Fried Chicken Overn-Baked Potatoes Coleslaw <b>or</b> Vege- tarian Omelette  Stewed Prunes	Mushroom Soup Egg Salad Sandwiches Pasta Salad  Stewed Pears
Vegetable Soup Grilled Cheese  Stewed Pears	Swedish Meatballs Mashed Potatoes & Gravy Mixed Vegetables <b>or</b> Vegeturkey  Cookies & Cream Parfait	Fish Black Bean Sauce & Stir-Fry Noodles <b>or</b> Tofu Black Bean Sauce  Mango Ice Cream	Liver & Onions Mashed Potatoes Mixed Vegetables <b>or</b> Vegetarian Quiche  Yogurt & Berries	Soy Ginger Chick- en Stir-Fry Noodles <b>or</b> Vegetarian Stir-Fry  Orange Cake

## 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

### Step Out Bus Trip to Trolls

Tuesday, May 6

### Mothers Day Celebration with

**Lory White**

Friday, May 9

### Crow City Singers

Thursday, May 15

### Stories with Nootka Students

Wednesday, May 21

### Music with Harlem Nocturne

Monday, May 26



## Nutrients

A nutrient is a substance that provides nourishment essential for life and growth. Healthy eating is balanced eating, where you consume a variety of foods. It includes the nutrients such as protein, carbohydrates (especially fibre), fats and fluids.

Protein helps repair your muscles, skin and nails. It can help you heal if you've been ill or have had surgery. The best sources of protein are meat, fish, poultry, milk, eggs, cheese, yogurt, legumes (such as dried peas, beans and lentils), nuts, seeds and soy products (such as tofu or soy beverages). Whole grains, vegetables and fruit can also provide small amounts of protein.

Healthy carbohydrates – such as vegetables, fruit, whole grains and low-fat dairy products – provide your body with the fuel your heart, lungs and other organs need to function properly. They deliver essential vitamins and minerals and help give you the energy you need for daily activities. Many are also important sources of fibre. A few carbohydrates, however, are unhealthy – particularly the ones that are easily digested and that quickly raise your blood sugar. These include white bread, white rice, cookies and cakes. To stay healthy, let us keep the healthy carbohydrates and avoid the unhealthy ones. ( to be continued)

養分提供我們成長、維持生命所需的營養，是人體不可或缺的物質。所謂「健康飲食」，指食用不同種類食物，包括攝取足夠的蛋白質、碳水化合物 尤其是纖維、脂肪、水分、維生素和礦物質。

### 蛋白質

蛋白質不但可幫助修復肌肉、皮膚與指甲，更有助於病後或手術後，加速身體痊癒。肉類、魚類、家禽、牛奶、雞蛋、芝士、乳酪、乾豆類如乾豌豆、豆和扁豆、果仁、籽類等食品，以及如豆或豆奶這類的大豆產品，均含有豐富蛋白質。全穀類食品、蔬菜和水果，亦含有少量蛋白質。

### 碳水化合物

碳水化合物可提供人體所需能量，幫助心、肺與其他器官正常運作，並將我們需要的基本維生素和礦物質運送至全身，使您動力無限。日常飲食中的蔬菜、水果、全穀類和低脂乳製品等，均屬有益健康的碳水化合物，當中更有不少是主要纖維來源，不過有些碳水化合物卻有損健康，尤其是那些容易消化、快速提升血糖水平的食物，例如白麵包、白米、曲奇餅和蛋糕。(待續)











Open House  
Sundays 2-4pm



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## Birthdays

Francis - May 7

Antony - May 11

Nicole - May 19

Lina - May 25



## Location, Location, Location. Chelsea Park has it all!

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## RCSS MOMENTS

