

RENFREW
COLLINGWOOD
SENIORS SOCIETY
Taking Seniors To Heart

Since
1976

ALICE FRITH CENTRE

蘭菲高靈活耆英會

NEWSLETTER

August 2017

2970 East 22nd Avenue, Vancouver, BC

www.rencollseniors.ca



Aloha from Hawaii!

The Celebrations and Fun Never Stop!

Here at RCSS, we celebrate just about every occasion. To add to the fun, we create our own special events as well! Last month we had a Hawaiian Day and it was filled with joy and laughter! In August, we look forward to celebrating the diversity amongst all of us!



Renfrew-Collingwood Seniors Society is a non-profit organization with charitable status that has been operating for the past 40 years. We have a volunteer Board of Directors elected from the membership and they ensure that the Society runs efficiently. Our team of dedicated staff, many of whom have been part of the organization for several years, are skilled, compassionate, and committed to their roles in the organization. Volunteers and students play a fundamental role in the care provided to the seniors by assisting us in the delivery of our programs.

Our Centre has a cozy, home-like environment for the seniors in our community to spend time at while socializing; sharing healthy home cooked meals; engaging in meaningful activities; and of course, volunteering their time and skills. One of the Society's goals is to support seniors so they can continue stay in their homes for long as possible.

The Society welcomes donations, bequests, and gifts which would enhance our services and allow for expansion. Our official tax receipt number is 11911 5558 RR0001. If you are interested in donating, please send a cheque or money order along with your return address to:

Renfrew Collingwood Seniors Society
2970 East 22nd Avenue
Vancouver, B.C. V5M 2Y4





The Renfrew Collingwood Seniors Society's Newsletter is produced by the staff and seniors 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, Christina, Wai Yee, Faith, Carmen, Maricris, Emily, Cassandra, Rose, Billy, Barbara, & Mary

Editorial:

Donna, Christina, & Carmen

Hours:

Monday, Wednesday - Friday
8:00AM - 4:00PM

Tuesday
8:00 AM - 6:00 PM

Saturday
9:00AM - 3:30PM

Visit our seniors centre at
2970 East 22nd Avenue
Vancouver, BC, V5M 2Y4

Telephone: 604.430.1441
Fax: 604.437.1443

Email: rcss@rencollseniors.ca
Website: www.rencollseniors.ca

Renfrew Collingwood Seniors Society August 2017 Newsletter

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What a successful 150th Canada Day Celebration!

Board of Directors



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Nancy Falcone



Alice Frith



Poonam Kaila



Madeleine MacIvor



Kamaljeet Kler



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Donna Clarke



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Wai Yee Chou



Christina Webster



Faith Malakoff



Carmen Giang



Maricris Negrana



Joon Kim



Rose Smith



Cassandra Ly



Emily Lonsdale



Written by Donna

Well I'm off to The Rock again! I am heading to St. John's for my dear Mother's birthday. She's still young by our standards; she's turning 78. The plan is a family lunch at the Newfoundland Hotel, the next day lunch with her sister (they share the same birthday); and, then a continuous flow of aunts, uncles, cousins and friends in Mom's kitchen for cake and tea. It will be fun to see all the kinfolk.

The last week, I have been connecting with friends to arrange get togethers and it turns out that a good friend of mine who lives in Calgary, will be there at the same time. Watch the National News as there might be some headlines about "Women Gone Wild" on the

for that now, or are we? I'll let you know when I return what damage was done. east coast. We will be giving the Wild West a run for the title. Just kidding – we're too old

While I am away Frank is in charge as usual. He will be giving me a complete run down of all the things you tried to get away with in my absence. I'll be weighing the sugar before I leave and he'll be keeping track. Oh wait, he's the worst culprit when it comes to sugar so Hans is in charge. Seriously, if you need anything I'm sure our competent staff will look after you.

On another note, for those astronomy lovers among us, on Monday, August 21st at 10:21AM, there will be a Total Solar Eclipse so I decided to research a little to make sure you are up on the facts. The countdown starts at 9:10AM and it will end at 11:37AM. Some of you will be waiting for your HandyDart pick up or on the bus when it goes darker so be ready for this phenomenal event. As fascinating as this is, please remember to never look directly into the sun, eclipsed or otherwise, without proper protective eyewear. The sun's UV radiation can burn the retinas in your eyes; and, cause permanent damage or even blindness.

Apparently, a full solar eclipse occurs when the new moon comes between the sun and the earth and casts the darkest part of its shadow, the umbra, on earth. A full solar eclipse, known as totality, is almost as dark as night but the total phase will not be visible from Vancouver, it will be more like a partial eclipse. During an eclipse of the sun, the moon covers the entire disk of the sun. The total solar eclipse can last for several hours but totality can range from a few seconds to 7.5 minutes. The longest total solar eclipse of the 21st century took place on July 22nd, 2009 when the totality lasted 6 minutes and 39 seconds. Let's keep track of how long this one lasts!

Our Open House is scheduled for Saturday, August 12th this year. Emily, Carmen, and Faith have been busy planning some fun activities for the day. There will be lots of prizes; entertainment; and, of course, some delicious food. It is a free day but we would like your support to make the event a success, so please bring a friend. Our hope is to get additional participants for our drop-in program and have more people benefit from the beautiful Alice Frith Centre. Spread the Word!



A typical afternoon with Jeanne & Addie



Margherita & Dora sharing their smiles



Sau & Henry with their Canada Day prizes



Rose & Joe with their master pieces!

GUESS WHO

Written by Wai Yee

Here is a photo for the "Guess Who" game for this month. She is a dear friend of ours that has been attending the centre for 4 years. Below are the three clues to help you guess who this beautiful lady is:

Clue #1: She always walks to our centre from her house

Clue #2: She loves to join our sporty games and keep fit with our exercise programs

Clue #3: She also loves music, and was in a choir for more than 30 years



COMMUNITY DAY PROGRAM CALENDAR & MENU

Tuesday (3PM-6PM)	Saturday (10AM-2PM)
1 AM – Music in Motion	5 AM – Bocci PM - Bingo
8 PM – Shuffleboard	12 AM – Open House Special Events PM - Bingo
15 PM – Family Feud	19 AM – Jewelry Making PM - Bingo
22 PM – Garden Craft	26 AM – Ping Pong Challenge PM - Bingo
29 PM – Bowling	CALENDAR



Tuesday (3PM-6PM)	Saturday (10AM-2PM)
1 Pineapple Drumsticks Scalloped Potatoes Spinach Salad Fresh Fruit	5 Fish Chowder Scone Salad Cake
8 Pork Chop Suey Noodles Veggies Fruit Tart	12 Harvest Time Chicken Couscous Steamed Veggies Jello
15 Marinated Beef Slices Mashed Potatoes Steamed Veggies Chocolate Sundae	19 Vegetarian Spinach & Egg Casserole Pasta Salad Fresh Fruit
22 Sweet & Sour Chicken Rice Steamed Veggies Cake	26 Hawaiian Pork & Pineapple Coconut Rice Steamed Veggies Fruit Tart
29 Sweet Potato Soup Egg Salad Sandwich Salad Jello	MENU

Drop-Ins Welcome!

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 AM - Sit Fit & Stand Fit Mental Aerobics PM - Carpet Toss Centrepieces Dice Game	2 AM - Sit Fit & Stand Fit Languages PM - Bowling Card Games Jeopardy	3 AM - Gentle Yoga & Stand Fit Buzz Words PM - Tic Tac Toe Jenga Recycling Art	4 AM - Sit Fit & Stand Fit Hangman PM - Card Bingo Uno Diversity Craft
7 B.C. DAY CENTRE CLOSED	8 AM - Sit Fit & Stand Fit Word Chain PM - Coin Toss Tuesday Tunes Shake Loose A Memory	9 AM - Sit Fit & Stand Fit Zoom In PM - Shuffleboard Connect Four Music Hour	10 AM - Sit Fit & Stand Fit Mad Libs PM - Rainbow Craft Carpet Darts Crosswords	11 AM - Gentle Yoga & Stand Fit Sequences PM - Marble Challenge I-Spy Music in Motion
14 AM - Gentle Yoga & Stand Fit Eclipse Day PM - Target Bocci Snakes & Ladders I-pads	15 AM - Sit Fit & Stand Fit High/Low PM - Pride Parade	16 AM - Sit Fit & Stand Fit Memory Game PM - Bean Bag Toss Let's Go to the Hop! Qwirkle	17 AM - Sit Fit & Stand Fit Pictionary PM - Ball Hockey Windmill Craft Sing-a-Long	18 AM - Sit Fit & Stand Fit Name That Place PM - Ping Pong Challenge Dominoes Sound Effects
21 AM - Sit Fit & Stand Fit Relaxation Day PM - John Cronin	22 AM - Sit Fit & Stand Fit The Name Game PM - Step Out for Lunch	23 AM - Gentle Yoga & Stand Fit Hobbies PM - Mini Golf Community Walk Glasses Chain Craft	24 AM - Sit Fit & Stand Fit Word in a Word PM - Knock 'Em Down Table Games Paper Mache I	25 AM - Sit Fit & Stand Fit Roll a Picasso PM - Croquet Trouble Request That Tune
28 AM - Sit Fit & Stand Fit Positive Thinking PM - Bingo Dance Day Picture Frames	29 AM - Sit Fit & Stand Fit Pictionary PM - Bocci Wheel of Fortune Salt Art	30 AM - Gentle Yoga & Stand Fit Shapes PM - Basketball Mental Aerobics Sun Catchers	31 AM - Sit Fit & Stand Fit Spot the Difference PM - Minute to Win It Table Bowling Paper Mache II	

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

ADULT DAY PROGRAM MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pineapple Drumsticks Scalloped Potatoes Spinach Salad Fresh Fruit	2 Chicken Parmesan Pasta Salad Smoothie	3 Fish Chowder Scone Salad Cake	4 BBQ Sauce Beef Burgers Wedge Fries Salad Jello
7 B.C. DAY CENTRE CLOSED	8 Pork Chop Suey Noodles Veggies Fruit Tart	9 Vegetarian Moussaka Orzo Salad Cake	10 Harvest Time Chicken Couscous Steamed Veggies Jello	11 Breaded Fish Filets Stewed Tomatoes Rice Steamed Veggies Fruit & Yogurt
14 Marinated Beef Slices Mashed Potatoes Steamed Veggies Chocolate Sundae	15 Baked Fish in Lemon Sauce Rice Pilaf Salad Cake	16 Korean Pork Soup Rice Salad Fruit Tart	17 Vegetarian Spinach & Egg Casserole Pasta Salad Fresh Fruit	18 Chicken Sausages Mashed Potatoes Steamed Veggies Turtle Bar
21 Sweet & Sour Chicken Rice Steamed Veggies Cake	22 Roasted Tomato Beef Meatball Soup Salad Focaccia Bread Jello	23 Fish Burgers Yam Fries Veggie Slaw Fresh Fruit	24 Hawaiian Pork & Pineapple Coconut Rice Steamed Veggies Fruit Tart	25 Vegetarian Soup Grilled Cheese Salad Milkshake
28 Sweet Potato Soup Egg Salad Sandwich Salad Jello	29 Chicken Chow Mein Asian Veggies Fresh Fruit	30 Roast Beef Mashed Potatoes Steamed Veggies Smoothie	31 Spanish Fish Paella Salad 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)
(星期一到星期五。)

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 from 3pm-6pm and Saturday
10am-2pm. Drop-ins Welcome!)

(每個星期二下午三時至下午六時, 和星期六早上十時至下午二時!)

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

B.C. Day, Centre Closed
Monday, August 7

Open House
Saturday, August 12

Pride Parade
Tuesday, August 15

John Cornin
Monday, August 21

Step Out to Lunch
Tuesday, August 22



Vegetables from our garden!



Maria with her beautiful dog!



RENFREW-COLLINGWOOD SENIORS SOCIETY'S

OPEN HOUSE

開放參觀

SATURDAY, AUGUST 12TH FROM 11:00-2:00
2970 E. 22ND AVENUE 604 430 1441

PRIZES

ENTERTAINMENT

FOOD & REFRESHMENTS

MORE INFO ON OUR PROGRAMS

Celebrating our cultures and taking pride in
our community! Everyone is welcome.





Rena, Joon, & Joe are luau ready!



Aloha from Se Tak & Modesto!



Yes, we are going to Hawaii!



Nelly & Chun Yang in their beautiful leis



Min says aloha!



Chieu always looks stunning!



Muriel with our centrepieces



Written by Mary

What is the connection between the song 'You'll Never Walk Alone' and where all our phone books have gone? It is the computer, which can keep you busy and occupied. It allows you to listen to music; and, get phone numbers and addresses online.

This new age of computers has devastated seniors in particular with banks reducing services, phone books not being available, having to use "online" amenities for purchases rather than cash in many instances, and buying theatre tickets in advance. On the other hand, there are many advantages to using a computer.

I have some family living in other parts of Canada and I can easily keep in touch with them through a program called Skype that allows me to see and talk to them. A camera with a microphone is set up at each end so we can see each other and have a conversation. My oldest son and his wife recently took a six-week holiday in Italy and I was able to talk to them everyday on Skype. It felt like they were still at home and I didn't really miss them. There is also Facebook you have probably heard about. I don't frequent that website, but it can be useful on occasion. If I want to find out about my grandson in Calgary, I can get on Facebook and catch up on the news of his family.

Some 10 years ago one of my grandsons was teaching English in Taiwan and we kept in touch with the camera on many evenings. He was gone for three years, but I never felt that the time was dragging on. He got married there and I met his wife over the computer. They live here now and their oldest daughter keeps in close touch with her grandmother in Taiwan often through Skype.

Although we look at the computer world as complicated and unattainable, it does have its advantages if we take the time to learn it at a slower pace. I spend some time each day playing brain games, such as Solitaire, Hearts, and Free Cell without having to dig out the playing cards. Many of my friends spend time receiving "e-books" online, which do not require to borrow or buy a book as you can listen to a recording of a person reading to you.

As to the comment about the song "You'll Never Walk Alone," the computer can be a friend or a visitor on those lonely days when you are not able to go out due to bad weather or having a bad day. The computer can help you fill in time with videos that promote lessons in "learning how to knit or crochet," and cook from a great recipe. You can learn a new language if you wish. All kinds of games are available such as Solitaire, Crossword, and so on. The possibilities are endless for whatever suits your likes. Music videos from the past are easily accessible and I enjoy this venture very much.

You can also travel around the world if you like on Google Maps. I found it fascinating that I could pinpoint my nephew's home in Ontario when he moved. Also, when my daughter moved to another house in Toronto, I was able to see her new home and browse around her yard using this program. There are some truly good occurrences that can happen on computers, but it all takes time and lots of patience. I hope that you will give it some thought in the near future!

Welcoming Ciro

Written by Carmen

A portrait of Ciro, an elderly man with grey hair and a serious expression, wearing a dark jacket with a red patterned scarf.

In our July newsletter in our Guess Who section, we featured a photo of our friend Ciro when he was just a few years old. Did his big eyes give it away or did the clues help you solve the mystery? Now that you know which friend was in the photo, let me share a few more things about him.

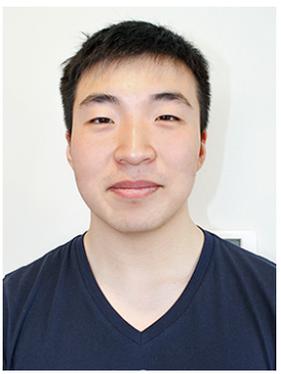
Ciro joined our RCSS family last year and it has been such a pleasure to have him here. Some of you may have already met Ciro and some of you may have not; but, you may have received a birthday card from him. He is so kind to make a birthday card to give to

everyone at the Centre on their birthday.

He was born in Naples, Italy in the province of Pompeii. This was the same place he met his wife many years ago. The two of them were married in a church in Pompeii before moving to Switzerland. While in Switzerland, Ciro worked as a welder and their two daughters were born. His family lived there for about 7 years before moving to Montreal. After 4 years in Montreal, the family moved again to Vancouver where Ciro opened his own aluminum siding business.

Ciro enjoys travelling and was fortunate to have made many trips both for work and pleasure. He also enjoys the outdoors and playing sports, especially soccer. Perhaps we should get a game of soccer going at the Centre so he can show us a few moves and tricks with the ball! Some of his favourite foods are spaghetti, beef, beans, peas, bread, and cheese, not to mention anything sweet.

What a joy it is to have Ciro with us at the Centre. Say hello to him the next time you see him!

FAREWELL TO BILLYA portrait of Billy, a young man with dark hair, wearing a dark blue V-neck shirt.

Wow! Five years really passed by quick! I still remember walking into the Centre for the very first time as a volunteer. Over these past five years, I have had so much fun and learned so much from the staff and seniors. I want to thank each and every one of you for making my time here a pleasant memory! I really wish I could spend at least five more years here; but unfortunately, I have found employment that requires me to move to Calgary. I am extremely sad to be leaving here but I promise it won't be the last time you see me around! I will be sure to drop by whenever I am back in Vancouver!



Written by Barbara

Have you ever had a secret craving? Something you dream about? Something you long for? Before I get crazy and beat around the bush, I am going to admit my secret craving and guilty pleasure. I LOVE LEMON, especially in tarts. Just closing my eyes, I am in lemon heaven and writing down the word makes me weak in the knees.

When I was a child, my mother made lemon meringue pies every Sunday. Her pastry was from scratch, but her lemon filling was not. She would say the Kraft Jell-O person made it and it was always delicious. What I remember is the flakey pastry, the lemon filling, and the lopped-on meringue gently making peaks and valleys in order to toast the pie or

tarts to a soft and fluffy golden brown. When out of the oven, it was great to look at. I could hardly wait until Sunday supper was over and we could tuck in. When I was little, I always thought my mom was the only one who made lemon pie. She told me this; and, of course, I believed her. I found out later that this was not true.

One memory I have is wanting to make a lemon meringue pie for a dinner party. I asked my mom to make the pastry. She did and I passed it off as mine. Lemon pies and tarts are my daughter's favourite! My naughty girl always eats the crust first, especially if it is a graham cracker crust. A second memory I have is from a few years ago on my birthday, when I was delivered six lemon tarts from my favourite tart place, TARTS. It was a special treat from one of my favourite friends. I was on the phone with her when they arrived. I think they planned that.

Over the years, I have done some research on all things lemon. Here are my favourite lemon fun facts I learned through Google:

1. Tarte au Citron is a lemon tart that you will find all over France, but some people say its origin is Mediterranean. I also read that the best Tarte au Citron are from Menton, a tiny village in France. Menton here I come!
2. Lemon meringue pie, as we know it today, was developed in the 19th century. That is a long time to enjoy the sweet and sourness of plump yellow lemons.
3. Served as a dessert, lemon meringue pie/tart is baked made with a pastry crust, lemon curd filling and a fluffy meringue topping. I personally love graham cracker.
4. Lemon trees bloom and produce 500-600 lemons year-round. Yeah, I say!
5. With the juice of one lemon and an equal amount of hot water makes an anti-bacterial gargle. Interesting.
6. Food historians say lemons have been in cultivation around the Mediterranean as early as the first century A.D.

I am in the mood for sharing a super delicious and glorious lemony lemon pie recipe from one of my New Brunswick friends. It is a great way to put more 'pucker power' in the lemon filling.

Start with one pouch SHIRRIFF Lemon Pie filling and put it in a sauce pan and add the following:

$\frac{3}{4}$ cup of white sugar

1½ tsp of grated fresh lemon peel (2-3 halves of lemons. Frozen ones are easier to grate)

3-5 tbsp of fresh lemon juice (juice of approximately one lemon; pulp included, but keep those seeds removed)

3 egg yolks (set aside the 'whites' for the meringue topping)

Mix the above together in the sauce pan and then 1 and 2/3 cups of water. Complete as per package instruction. When done put in a cooked pie shell.

This is the best lemon pie I have EVER had ... I LOVE lemony things & this pie is the best! Enjoy and with each bite, smile your BIGGEST smile & think of me! Are you hungry now? Pie lovers and lemon lovers from across the country, get your forks ready. August 15th is National Lemon Meringue Pie Day! I am definitely going to make lemon tarts on this spectacular day and post the finished product on my blog... social media here I come!



Rose's Receptipe

Written by Rose

It's that time of year when so many local fruits are available. Sometimes we buy a melon or peach that doesn't taste ripe or sweet. However, the following

recipe will correct that and enhance the flavour to be delicious!

Refreshing Lime Honey Fruit Salad

Serves 4

Ingredients

½ teaspoon of cornstarch
 1/8 cup of fresh lime juice
 1/8 cup of honey
 4 cups of any chopped fruit (e.g. apples, pears, peaches, grapes, melons, etc.)

Method

1. In a small microwavable bowl, combine cornstarch and lime juice until smooth for the dressing.
2. Microwave the dressing uncovered on high for 20 seconds then stir in the honey.
3. In a medium sized bowl prepare your 4 cups of chopped fruits then pour the dressing over the fruit. Gently toss the dressing to coat the fruit.
4. Cover the bowl of fruit and refrigerate overnight.

Enjoy!

August Birthdays

Antonio ~ 1st

Hilda ~ 8th

Se Tak ~ 14th

Alice T ~ 14th

Quoc Binh ~ 16th

Frank ~ 17th

John ~ 19th

May ~ 26th

CELEBRATE! CELEBRATE! CELEBRATE!



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mo.

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- Bus Trips
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- Community Centre one block away
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- 2 bedroom suite faces Trout Lake



All suites have balconies



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Rena & Erika looking great in their leis!



Se Tak & John pause for a photo



Ciro meets our new friend Oscar



Elouise & Cui Ying on Hawaiian Day



Betty, Isa, & Alice are camera ready



The finalists of our staff limbo contest!