

RENFREW  
COLLINGWOOD  
SENIORS SOCIETY  
*Taking Seniors To Heart*

Since  
1976

ALICE FRITH CENTRE

蘭菲高靈活耆英會

# NEWSLETTER

July 2017

2970 East 22nd Avenue, Vancouver, BC

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



Happy Canada Day!

**HAPPY  
CANADA DAY!**

### Canada's 150th Anniversary

Throughout June we prepared a special celebration for everyone to mark the 150th birthday of Canada. This is the country's biggest birthday yet; and, we are so fortunate to celebrate it with all of you that make up the multicultural Centre, community, and country we share.



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 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, Carol, Christina, Wai Yee, Faith, Carmen, Maricris, Rose, Joon, Billy, Marilee, & 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](mailto:rcss@rencollseniors.ca)  
Website: [www.rencollseniors.ca](http://www.rencollseniors.ca)

Renfrew Collingwood Seniors Society  
**July 2017 Newsletter**

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**STEP OUT FEE NOTIFICATION**

Due to an increase in restaurant changes, the price for the monthly step out lunch will increase from \$16.00 to \$18.00. If this causes any financial hardship, please speak to Donna.



## Board of Directors



Tara Abraham



Nancy Falcone



Alice Frith



Poonam Kaila



Madeleine MacIvor



Kamaljeet Kler



Charlotte Tsang



Paul Hucul

## Staff



Donna Clarke



Carol Yi



Wai Yee Chou



Christina Webster



Faith Malakoff



Carmen Giang



Maricris Negrana



Joon Kim



Rose Smith



Cassandra Ly



Billy Zhao



Emily Lonsdale

Written by Donna



Happy Canada Day to All! We're 150 years old and going strong. Celebration time!

The other day one of the staff members asked me if I was a Canadian or a Newfoundlander; and, it reminded me of my Dad. He often answered that question by saying "Newfoundlander first but Canadian now." It is all relevant to the year you were born, whether it was before or after the Confederation, which was in 1949. Some crusty old fellows still fly a black flag on Canada Day because they wanted to remain with the Commission of Government in Newfoundland, with hopes of reverting to Dominion status. Rumor has it that the win to join Canada was so slim (51%/49%) that it was

suspected the names for joining came from headstones. Nonetheless, many other Newfoundlanders and I are proud Canadians; and, we have every right to be.

When I was in Avignon recently, I was walking back to the place I was staying and coming toward me was an elderly lady carrying all her vegetables from the farmers market. She had a brace on her arm and was really labouring to get to the bus stop. I obviously couldn't pass her so I asked if I could help. She looked at me with relief, took her purse out of the bag, and said "merci Madame." I almost put my back out when I took the bag and could not believe that this frail woman was able to get it as far as she had. I said Oh my Lord, how could she lift this to my friend. She smiled (obviously she could understand English) and asked where I was from? I said Canada and she said I thought so. "You are beautiful people", she continued. I was honoured and she was right – we are a special caring breed.

As part of our country's 150th celebration, CBC radio has been airing people's responses to why they are proud Canadians. The consensus is our multicultural makeup. Unlike other countries that expect new immigrants to assimilate to their new country's culture, Canada is a mosaic; that means new immigrants can preserve their cultural identities. What better way to understand the world than to have all cultures represented in our mosaic.

Our Centre is definitely a mosaic. We now have 20+ languages spoken here and people from all over the globe grace us with their presence. I have learned so much about the world just sitting in on conversations. Not just geographic information but also about cultural events and celebrations; different religious beliefs; traditions; languages; and, so much more. I feel very fortunate to be introduced to so many new things. Everyone's story is part of the fabric that makes up this beautiful place we call our second home; and, everyone here is treated with dignity and respect.

Next month we will continue with celebrating our uniqueness and diversity by honouring the LGBTQ2+ community. The Pride Parade is on Sunday, August 6th this year so if any of you are inclined to join in the festivities, head on down to Davie Street or watch it on television. Our Centre will be decorated in the colours of the rainbow to lend support and embrace our differences.

To quote Pierre Elliot Trudeau, "a society which emphasizes uniformity is one which creates intolerance and hate." Diversity is Canada's strength! Joyeux Jour du Canada!



A few of the men with the vintage fire truck



Joe & Charlie on Vintage Car Day



Adventure time!



Did someone say road trip?



Wanda & Emily

## GUESS WHO

Clues by Maricris



It's time again for our monthly Guess who game! This is a photo of one of our dear friends here at the Centre. Can you guess who it is by just looking at the photo? If the beautiful photo doesn't give it away read the three clues below to help you guess who this might be! We will reveal the answer in next month's newsletter as this senior will be featured in the Member Profile section.

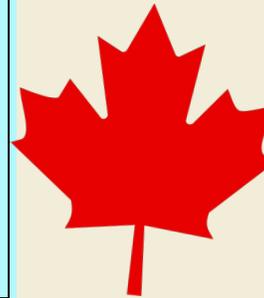
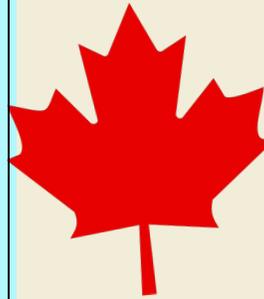
**Clue #1:** He loves to write birthday cards to his friends at the Centre.

**Clue #2:** He has a good sense of humour when it comes to sugar.

**Clue #3:** He speaks Italian and English.

# COMMUNITY DAY PROGRAM CALENDAR & MENU

Tuesday (3PM-6PM)	Saturday (10AM-2PM)
4 AM – Bean Bag Toss	8 AM – Shuffleboard  PM - Bingo
11 PM – Mosaic Art	15 AM – Ladder Ball  PM - Bingo
18 PM – Keep	22 AM – Ping Pong Challenge  PM - Bingo
25 PM – Tissue Tea Lights	29 AM – Basketball  PM - Bingo
<b>CALENDAR</b>	



Tuesday (3PM-6PM)	Saturday (10AM-2PM)
4 Roasted Tomato & Beef Meatball Soup Grilled Cheese Salad  Cake	8 Chicken Amandine Casserole Salad  Fresh Fruit
11 To Be Announced	15 Moussaka Salad  Fruit Smoothie
18 Asian Chicken Rice Salad  Jello	22 Beef Meatloaf Potatoes Salad  Milk Shake
25 Maple Orange Pork Rice Steamed Veggies  Fresh Fruit	29 Chicken Parmesan Pasta Roasted Veggies  Fresh Fruit
<b>MENU</b>	

**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
3 <b>CANADA DAY (IN LIEU)</b>  <b>CENTRE CLOSED</b>	4 AM - Sit Fit & Stand Fit Name That Place  PM - <b>Health Arts Society: Borealis String Quartet</b>	5 AM - Sit Fit & Stand Fit Word Play  PM - Sing-a-long Carpet Toss	6 AM - Gentle Yoga & Stand Fit Scattergories  PM - Bean Bag Toss Bingo	7 AM - Sit Fit & Stand Fit Mental Aerobics  PM - Shuffleboard Request That Tune
10 AM - Sit Fit & Stand Fit Brain Game  PM - Paper Airplanes TED Talk	11 AM - Sit Fit & Stand Fit Picasso Portrait  PM - Hawaiian Day Craft Bowling Crosswords	12 AM - Sit Fit & Stand Fit Word Chains  PM - Western Wednesday Dominoes	13 AM - Sit Fit & Stand Fit Word Play  PM - Snack Craft Croquet Card Games	14 AM - Gentle Yoga & Stand Fit High Low  PM - Hockey Snakes & Ladders Uno
17 AM - Gentle Yoga & Stand Fit Memories  PM - Marble Challenge Qwirkle Music Medley	18 AM - Sit Fit & Stand Fit Connect 4  PM - Ping Pong Challenge Word Search Armchair Travel	19 AM - Sit Fit & Stand Fit Hangman  PM - Family Feud Coin Toss Collage	20 AM - Sit Fit & Stand Fit Word Game  PM - <b>Crow City Singers</b>	21 AM - Sit Fit & Stand Fit Spot the Difference  PM - Table Games Spa Day Minute to Win It
24 AM - Sit Fit & Stand Fit Mirror Work  PM - Basketball Shake Loose a Memory Poker	25 AM - Tai Chi & Stand Fit What Doesn't Belong  PM - Tetris Walking Club Scrapbooking	26 AM - Gentle Yoga & Stand Fit Brain Game  PM - <b>Hawaiian Day</b>	27 AM - Sit Fit & Stand Fit Community Group  PM - Target Bocci Connect Four Summer Craft	28 AM - Sit Fit & Stand Fit Gratitude  PM - <b>Step Out for Lunch</b>
31 AM - Sit Fit & Stand Fit Rhymes  PM - Bocci Scrabble Mad Libs				

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

# ADULT DAY PROGRAM MENU

9

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">3</p> <p><b>CANADA DAY (IN LIEU)</b></p> <p><b>CENTRE CLOSED</b></p>	<p style="text-align: right;">4</p> <p>Chicken Amandine Casserole Salad</p> <p>Fresh Fruit</p>	<p style="text-align: right;">5</p> <p>BBQ Pork Ribs Fried Rice Steamed Veggies</p> <p>Milkshake</p>	<p style="text-align: right;">6</p> <p>Mexican Veggie Pasta Bake</p> <p>Crème Brule</p>	<p style="text-align: right;">7</p> <p>Greek Fish Bake Lemon Potatoes Salad</p> <p>Banana Cream Pie</p>
<p style="text-align: right;">10</p> <p>Tuna Casserole Salad</p> <p>Fresh Fruit</p>	<p style="text-align: right;">11</p> <p>To Be Announced</p>	<p style="text-align: right;">12</p> <p>To Be Announced</p>	<p style="text-align: right;">13</p> <p>To Be Announced</p>	<p style="text-align: right;">14</p> <p>Carrot Soup Scone Salad</p> <p>Banana Bread</p>
<p style="text-align: right;">17</p> <p>Asian Chicken Rice Salad</p> <p>Jello</p>	<p style="text-align: right;">18</p> <p>Apple Pork Chops Potatoes Steamed Veggies</p> <p>Apple Strudel</p>	<p style="text-align: right;">19</p> <p>Artichoke Veggie &amp; Lemon Pasta Casserole Salad</p> <p>Fresh Fruit</p>	<p style="text-align: right;">20</p> <p>Fish, Spinach, &amp; Egg Casserole Salad</p> <p>Cake</p>	<p style="text-align: right;">21</p> <p>Beef Meatloaf Potatoes Salad</p> <p>Milkshake</p>
<p style="text-align: right;">24</p> <p>Maple Orange Pork Rice Steamed Veggies</p> <p>Fresh Fruit</p>	<p style="text-align: right;">25</p> <p>Falafel Veggie Patties Pita &amp; Hummus Salad</p> <p>Cake</p>	<p style="text-align: right;">26</p> <p>Breaded Fish Yam Fries Veggie Salad</p> <p>Jello</p>	<p style="text-align: right;">27</p> <p>Asian Beef Stir-fry Noodles</p> <p>Pie</p>	<p style="text-align: right;">28</p> <p>Chicken Parmesan Pasta Roasted Veggies</p> <p>Fresh Fruit</p>
<p style="text-align: right;">31</p> <p>Veggie Meatloaf Mashed Potatoes Steamed Veggies</p> <p>Cake</p>				



## 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。



We all wish you the best of luck as a nurse Marilee!

## Event Highlights

### Canada Day (In Lieu), Centre Closed

Monday, July 3

### Health Arts Society: Borealis String Cortet

Tuesday, July 4

### Crow City Singers

Thursday, July 20

### Hawaiian Day

Wednesday, July 26

### Step Out to Lunch

Friday, July 28



Meet our new friend Nancy!



Cui Ying styling & the Cadillac

## Cataract

Written by Carol



A cataract is a clouding of the lens in the eye that affects vision. Most cataracts are related to aging. As we age, some of the protein may clump together and start to cloud a small area of the lens. This is a cataract, and over time, it may grow larger and cloud more of the lens, making it harder to see. The lens is a clear part of the eye that helps to focus light or an image on the retina. The retina is the light-sensitive tissue at the back of the eye. In a normal eye, light passes through the transparent lens to the retina. Once it reaches the retina, light is changed into nerve signals that are sent to the brain. The lens must be clear for the retina to receive a sharp image. If the lens is cloudy from a cataract, the

image you see will be blurred.

The risk of cataract increases as you get older. Other risk factors for cataract include:

1. Certain diseases (for example, diabetes)
2. Personal behavior (smoking, alcohol use)
3. The environment (prolonged exposure to ultraviolet sunlight)

The most common symptoms of a cataract are:

1. Cloudy or blurry vision
2. Colors seem faded
3. Glare. Headlights, lamps, or sunlight may appear too bright
4. A halo may appear around lights
5. Poor night vision
6. Double vision or multiple images in one eye (This symptom may clear as the cataract gets larger)
7. Frequent prescription changes in your eyeglasses or contact lenses.

In general, prevention is difficult; but wearing sunglasses and a hat with a brim to block ultraviolet sunlight may help to delay cataract. If you smoke, stop. Researchers also believe good nutrition can help reduce the risk of age-related cataract. They recommend eating green leafy vegetables, fruit, and other foods with antioxidants. If you are age 60 or older, you should have a comprehensive eye exam at least once every two years. In addition to cataract, your eye care professional can check for signs of age-related macular degeneration, glaucoma, and other vision disorders. Early treatment for many eye diseases may save your sight.

白內障是一種眼睛晶狀體產生混濁而影響視力的一種疾病。其中以老化所造成的老年性白內障最為常見。隨著年齡的增長，一些蛋白質可能聚集在一起使晶狀體的小部分混濁。隨著時間的推移，混濁部分逐漸增大而影響視力。晶狀體是眼睛的透明部分，其作用是將光線聚集在視網膜上。視網膜是眼睛後部的感光細胞。在正常情況下，光一旦到達視網膜，就成為被送到大腦的神經信號而使我們看到影像。如果晶狀體很清澈的話，光線便可以輕易透過；但若水晶體變混濁，光線無法適當透過，就會使得我們所見事物變得模糊。白內障使晶體混濁而致光線至視網膜受阻，因而看到的影像就會模糊不清。

隨著年齡的增長，白內障的發生率會增加。白內障的其他因素包括：1. 某些疾病（如糖尿病）；2. 吸煙及酗酒；3. 長期暴露在紫外線下。

白內障最常有的症狀有：1. 視物模糊不清。2. 明暗對比不易分辨、色調改變、物體顏色變得昏暗。3. 刺眼和眩光。4. 光線周圍出現光暈。5. 夜盲。6. 複視（當白內障增大時）。7. 眼鏡度數常變化。

老年性白內障雖無法有效預防，但外出時配戴防紫外線的太陽眼鏡和帽子遮擋紫外線；避免吸煙；適量的攝取富含抗氧化成分之深綠色蔬菜，水果和其它食物可以幫助延緩白內障的發生。如果您年齡在60歲以上，最好每兩年至少進行一次全面的眼睛檢查。除了白內障，眼科醫生也可以發現出與年齡相關其它的眼病如黃斑變性和青光眼等原因導致的視力障礙。多種眼疾的早期治療可以幫助挽救視力。

### Stop and Listen to the Sounds

Written by Mary



Have you ever been outside just listening to the sounds of the city at different times of the day? It can be very entertaining to be seated outside in the garden and just listening. I find it quite calming at times to be aware of the sounds that come up during the day and evening. I am very fortunate to have my hearing so I can truly enjoy the sounds.

I will often sit outside in the garden under the trees and grape canopy basking in the coveted sunshine. I will watch the birds swoop down to get a drink in the special bowl set out for them. I try to identify them if they stop long enough for me to get a good look.

They will often sit and tweet their little sounds then take off quickly if I make a move.

At the same time, a couple of crows are high up on the wires making all kinds of squawking noises, which can go on for a long time. While over on the neighbour's rooftop there will be a couple of pigeons cooing and making gurgling sounds that never seem to end.

Meanwhile, planes are continuously flying overhead each day. The weather helicopter will fly back and forth several times while they prepare for the traffic report on the evening news. Sounds of the sea plane swooping down low before heading to land on the inlet can be heard as well. I hear the buzzer at the local elementary school when children run out squealing at recess time. A great deal of noise is made when the garbage truck comes up the lane to load and unload the garbage cans and the recycling bins. As fire trucks or ambulances head to emergencies on the main street, sounds of the siren blowing can be heard from a distance.

There is still so much more happening around the neighbourhood, such as children playing in the lane; and, the neighbour's grandchildren visiting and squealing while they enjoy the outside world for the day. In the middle of the day, I can hear the horn on top of the Hydro building downtown. The sound heard are the four musical notes of "O Canada" and you will know the time of day anywhere in the city. Then there's the local church bell that rings at noon each day and at 7:00pm each night. I have listened to this church bell since I was a child so I am familiar with the different sounds of the bell, whether it is for a wedding or a funeral.

I grew up in this neighbourhood so I am conditioned to the sounds that arise at the waterfront. Years ago, when there were canneries and other businesses on the waterfront; these establishments had special whistles for certain times of the day. The whistles on the waterfront I assume come from the old Sugar Refinery, which has been there for many, many years. Besides the noon whistle, I hear the others every half hour from 3pm to 5pm. I tried to confirm the whistle but to no avail. I still hear several of them now. I taught my boys about the special times in the day when the whistles sounded so they could judge the time to get home. They used to spend time down at the water trying to fish off the piers. They rode their bikes down; and from there, they went to Stanley Park. However, this is no longer allowed as they have secured the waterfront access with gates and locks.

This pastime in the back garden with a good book and a cup of tea is most delightful. It gives me a sense of reality; and, how it is so good to be alive and alert. Give it a try!



Maria & Carmen are ready for the luau!



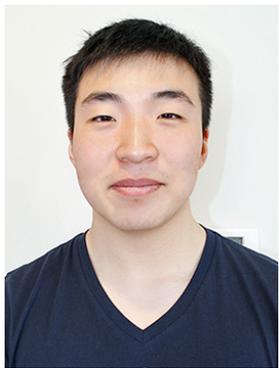
**Good Times at RCSS!**

We are always celebrating something at the Centre. There never is a dull moment here. From celebrating birthdays and holidays to just having a themed event, you will always hear a roar of laughter and see smiles around the room.



**BILLY'S BACK!**

Written by Billy



Hi everyone! For those of you who come in on Saturdays, you may already know me quite well already! For the rest of the lovely seniors, my name is Billy and I have been with Renfrew-Collingwood for 4 years now. Some of you may have not seen me around because I'm mostly here on Saturdays. I started off as a volunteer and Donna was kind enough to hire me as a casual worker.

I recently graduated from UBC with a Bachelor of Science, majoring in pharmacology. Pharmacology is the study of drugs and how we can use drugs to treat certain disease. I hope to attend medical school one day and work as a physician to serve seniors. In my

spare time, I really enjoy staying active, which is very important for a healthy body and mind! Some of my favorite activities are swimming and hiking.

Even though I have been here for a while already, there are still many of you I have not met yet. I am looking forward to many more years at Renfrew-Collingwood!



Rena & Doris during on Aboriginal Day



Happy birthday Alice!



Nina meets our new friend Mae



Carmen & Hau camera ready

## FAREWELL TO MARILEE



Written by Marilee

As I leave to pursue my new career venture as a Registered Nurse in a Sub Acute Care setting, I would like to take this opportunity to express my sincere appreciation to all the seniors especially from the Community Day Program. It has been a great pleasure working with you all. I will miss your company.

To Donna, your guidance has a lot to do with my success and I can't thank you enough for all you have done to help me in my career.

I have truly enjoyed being a part of the RCSS family. I will keep in touch!



## Rose's Recipe

Written by Rose

1-2-3 Steps of Breading.  
Create a special meal by using a breading method. Make your favorite piece of fish (or slices of vegetables, zucchini, eggplant, tomatoes) taste like a restaurant prepared meal! Breading makes your fish taste

delicious, crunchy and special, by locking in the juices with this yummy coating. Follow the easy steps below. Good luck!

### Ingredients

- ½ cup of seasoned flour (with salt & pepper)
- 1 egg
- Splash of water
- 1 cup of bread crumbs (panko or regular)
- 1 tablespoon parmesan cheese and herbs, like oregano or basil (optional)
- Piece of fish
- 3 tablespoons of oil (canola, olive, sunflower)
- 1 tablespoon of butter

1. Prepare 3 small bowls. One with the seasoned flour (salt & pepper); another with a whisked egg and a splash of cool water; and, lastly one with the bread crumbs (panko or regular), you may add a tablespoon parmesan cheese and herbs like oregano or basil.
2. Have your fish dried with paper towel and ready to dredge in the flour, dip in the egg, and coat with the breading. Place finished item on a plate to have ready for sautéing.
3. Heat a frying pan to medium high with the oil and tablespoon of butter (for flavor). Let the butter melt and when the pan is hot, place your fish in carefully leaving space between the pieces. Let it brown for about 5 minutes and flip to cook the other side.

That was easy... yes. The secret is to allow the flour to adhere with the egg, and the egg with the breading. Some people like to double dip for an extra crunchy crust. If you do it a second time, omit the flour. Serve with a lovely sauce (eg. Tzatziki, ranch or a salsa) or place your breaded food over a salad. What a nice summer meal.

## July Birthdays

- Addie ~ 2nd
- Nelly ~ 12th
- Maria O ~ 16th
- Wanda ~ 16th
- Barbara ~ 19th
- Maria W ~ 23rd
- Po King ~ 26th
- Elouise ~ 25th
- Oi ~ 27th

CELEBRATE! CELEBRATE! CELEBRATE!



Suites  
available  
\$2375<sup>00</sup>/  
mo.

1 BEDROOM  
SUITES  
NOW AVAILABLE

## Family and Fathers are here at Chelsea Park.

### Active Supportive Housing for Seniors

- Daily lunch and dinner
- Morning coffee club
- Weekly housekeeping
- Activities and recreation programs
- Bus Trips
- On-site hair salon
- Community Centre one block away
- 1 and 2 bedroom suites available
- 1 bedroom - \$1900<sup>00</sup>/mo.
- 2 bedroom suite faces Trout Lake

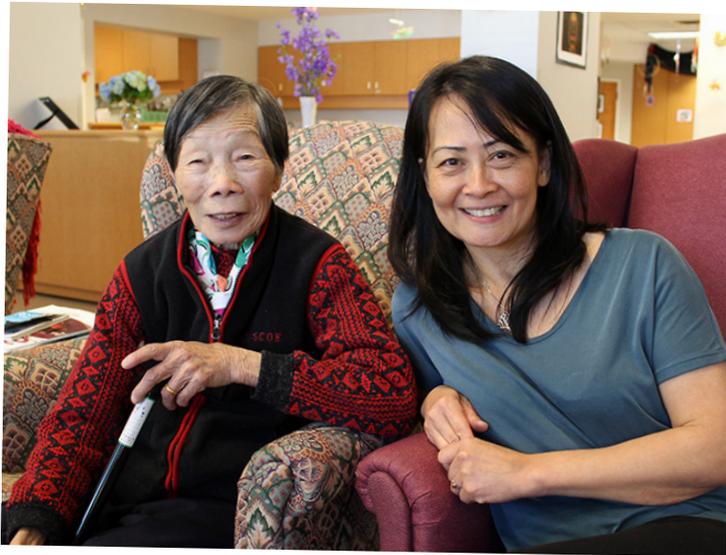


All suites have balconies

  
**CHELSEA PARK**  
Inspired Lifestyles for Seniors



New Chelsea Society: proud to be a locally owned and operated Canadian non-profit society.  
For a personal visit today, contact Karen Dupont at 604.789.7132 • www.chelseaparkbc.com  
One Bedroom Suites starting at \$1900 00/mo. • 1968 East 19th Avenue, Vancouver



You Hao & Wai Yee having a chat



Kathy showing us some of her dance moves



Quoc Binh and Se Tak matching in plaid!



Lunch in Horshoe Bay



Good friends match with missing teeth right?



Out for lunch to enjoy some fish & chips