

RENFREW  
COLLINGWOOD  
SENIORS SOCIETY  
*Taking Seniors To Heart*

Since  
1976

ALICE FRITH CENTRE

蘭菲高靈活耆英會

# NEWSLETTER

October 2017

2970 East 22nd Avenue, Vancouver, BC

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



A fall lantern ball craft led by one of our seniors!

## Hello to Fall!

The crisp air of fall has arrived and the leaves will start to change to hues of orange and red. To start off the new season, we had a senior led program. Our Community Day Program group worked on a fall lantern ball craft. Keep an eye out for them around the Centre!



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, Joon, Christina, Carol, Wai Yee, Faith, Carmen, Emily, Maricris, Cassandra, Rose, 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

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Renfrew Collingwood Seniors Society  
**October 2017 Newsletter**

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**Attention: Members of the Society**

The 40th Annual General Meeting of Renfrew Collingwood Seniors' Society will be held **Saturday, October 21st at 11:00 a.m.** at Renfrew Collingwood Seniors' Society 2970 East 22nd Avenue, Vancouver, BC

If someone with a financial background is interested in running for the Board of Directors please contact Nominating Committee Chairperson Madeleine MacIvor at [rcssboard@gmail.com](mailto:rcssboard@gmail.com) or call 604-430-1441.

## Board of Directors



Tara Abraham



Nancy Falcone



Alice Frith



Poonam Kaila



Madeleine MacIvor



Kamaljeet Kler



Charlotte Tsang



Paul Hucul

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Donna Clarke



Carol Yi



Wai Yee Chou



Christina Webster



Faith Malakoff



Carmen Giang



Maricris Negrana



Joon Kim



Rose Smith



Cassandra Ly

Written by Donna



First and foremost, it's Annual General Meeting time again on October 21st at 11:00 am; and, as usual lunch will follow. For those of you who have not paid your \$10.00 membership fee please make sure you do so before the time I just mentioned. We appreciate your ongoing support.

Adult Day Program participants and caregivers please note that there's been some changes in our contract with Vancouver Coastal Health. I will be sending a more detailed letter home with the bills the first week of October but basically our occupancy requirements have increased to 90%. The attendance levels will be monitored very closely. If your approved spots are not being utilized, your days will be reduced. In other words, if you only come one day a week and you are approved for two, you will lose one day. If you miss a full month, you will be discharged from the program unless you were hospitalized. We will not be able to guarantee an immediate return to the program as we will have to fill the spot while you are away; but, when the first vacancy occurs, you will be given priority. There are hundreds of people waiting for Adult Day Programs and we have no choice but to meet the 90% targets. Please make doctors appointments or family visits on the days you are not in the program. More info to follow.

It's also Shake Out BC time. That's when all of BC prepares for The Big One (Earthquake). We cannot miss an opportunity to remind you to prepare for an emergency. For those of you with a computer, check out the website <https://www.shakeoutbc.ca/>; and, for those of you that do not have access to their website, the direction is to get under a table and hold it if things start shaking. Make sure to get you emergency kits ready – meaning extra prescriptions, old eyeglasses, water, and food. We'll have a presentation on October 19th to review and practice.



Hilda & her great granddaughter



Jeanne & Muriel in a new game



Out for a nice neighbourhood walk!



Joe, Cassandra, and Chieu sharing a laugh



Rena gets to know You Hao



Quoc Binh & Lam reminisce about Vietnam

## GUESS WHO



Clues by Carmen

Here is another 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 clues below to help you guess who this might be! We will reveal who it is in next month's newsletter in the Member Profile section.

**Clue #1:** She usually has her short hair tucked behind her ears.

**Clue #2:** She likes to wear blue and beige clothing items.

**Clue #3:** She always says hi and bye to everyone when she arrives and leaves the Centre.

# COMMUNITY DAY PROGRAM CALENDAR & MENU

Tuesday (3PM-6PM)	Saturday (10AM-2PM)
<p>3</p> <p>Chicken Chow Mein Asian Greens</p> <p>Fresh Fruit &amp; Yogurt</p>	<p>7</p> <p>Roasted Turkey Mashed Potatoes Stuffing, Vegetables Salad</p> <p>Thanksgiving Dessert</p>
<p>10</p> <p>Vegetarian Lentil Soup Egg Salad Sandwich Salad</p> <p>Cake</p>	<p>14</p> <p>Mexican Pasta Casserole Salad</p> <p>Pudding</p>
<p>17</p> <p>Pork &amp; Apricot Stew Potatoes Steamed Veggies</p> <p>Fruit Crisp</p>	<p>21</p> <p><b>Annual General Meeting:</b> Sandwiches Salads</p> <p>Cake</p>
<p>24</p> <p>Meatloaf Potatoes Salad</p> <p>Fresh Fruit &amp; Yogurt</p>	<p>28</p> <p>Ham &amp; Pea Soup Scones Salad</p> <p>Cake</p>
<p>31</p> <p>Pineapple Chicken Drumsticks Scalloped Potatoes Salad</p> <p>Jello</p>	<p><b>MENU</b></p>



Tuesday (3PM-6PM)	Saturday (10AM-2PM)
<p>3</p> <p>PM – Keep</p>	<p>7</p> <p>AM – Target Bocci</p> <p>PM – Bingo</p>
<p>10</p> <p>PM – Homelessness Action Week</p>	<p>14</p> <p>AM – Sit Fit Health Talk: Exercise</p> <p>PM – Bingo</p>
<p>17</p> <p>PM – Guess Ghoul (Headbanz/Guess Who Halloween Edition)</p>	<p>21</p> <p>AM – Shuffleboard</p> <p>PM – Bingo</p>
<p>24</p> <p>PM – Witch Hat Ring Toss</p>	<p>28</p> <p>AM – Sit Fit Health Talk: Sleep</p> <p>PM – Bingo</p>
<p>31</p> <p>PM – <b>Halloween:</b> Murder Mystery</p>	<p><b>CALENDAR</b></p>

## 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
2 AM – Sit Fit & Stand Fit Five in a Row  PM – Tic Tac Toe Request That Tune Matisse Collage	3 AM – Sit Fit & Stand Fit Thankful Words  PM – Knock 'Em Down Centerpieces I-Spy	4 AM – Sit Fit & Stand Fit What Makes Ten  PM – Carpet Darts Thanksgiving Craft Table Bowling	5 AM – Gentle Yoga/Stand Fit Pictionary  PM – <b>Louise Southwood (Guitar)</b>	6 AM – Sit Fit & Stand Fit Patterns  PM – Marble Challenge Musical Notes Dominoes
9 <b>THANKSGIVING</b>  <b>CENTRE CLOSED</b>	10 AM – Sit Fit & Stand Fit Superstitions  PM – Bocci Coat Tags Jenga/Dice Game	11 AM – Sit Fit & Stand Fit Halloween Costumes  PM – Croquet Shake Loose a Memory H.A.W. Gift bags	12 AM – Sit Fit & Stand Fit Hangman  PM – Carpet Toss Centerpieces Memory Game	13 AM – Gentle Yoga/Stand Fit  PM – Shuffleboard Animal Bingo Fall Craft
16 AM – Gentle Yoga/Stand Fit Scattergories  PM – Diwali Craft Jeopardy Connect Four	17 AM – Tai Chi Halloween Pictionary  PM – Bean Bag Toss Witch Hat Craft Word Search	18 AM – Sit Fit & Stand Fit Roll a Pumpkin  PM – Target Bocci Card Bingo Spa Day	19 AM – Sit Fit & Stand Fit Shake Out BC  PM – <b>Crow City Singers</b>	20 AM – Sit Fit & Stand Fit Fall Charades  PM – Mini Golf Armchair Travel Trouble
23 AM – Sit Fit & Stand Fit Diwali  PM – Sing-a-long Tetris Ping Pong Challenge	24 AM – Sit Fit & Stand Fit Would You Rather  PM – Ladder Ball Qwirkle Decorate a Door	25 AM – Gentle Yoga/Stand Fit Hangman  PM – <b>Community Connection</b>	26 AM – Sit Fit & Stand Fit Connect Four  PM – Bowling Halloween Painting Crosswords	27 AM – Sit Fit & Stand Fit Boo Bump  PM – Basketball Make Ten Spooky Treat
30 AM – Sit Fit & Stand Fit Spot the Difference  PM – Guess Ghoul Pumpkin Craft Halloween Harmonies	31 AM – Sit Fit & Stand Fit Roll a Story  PM – <b>Halloween Party</b>			

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
<p>2 Chicken Chow Mein Asian Greens</p> <p>Fresh Fruit &amp; Yogurt</p>	<p>3 Pasta Meatballs Salad</p> <p>Apple Crisp</p>	<p>4 Baked Fish Rice Steamed Veggies</p> <p>Pudding</p>	<p>5 Roasted Turkey Mashed Potatoes Stuffing, Veggies Salad</p> <p>Thanksgiving Dessert</p>	<p>6 Roasted Turkey Mashed Potatoes Stuffing, Veggies Salad</p> <p>Thanksgiving Dessert</p>
<p>9 <b>THANKSGIVING CENTRE CLOSED</b></p>	<p>10 Vegetarian Lentil Soup Egg Salad Sandwich Salad</p> <p>Cake</p>	<p>11 Chicken with Mushrooms Pasta Salad</p> <p>Fresh Fruit</p>	<p>12 Crispy Coated Fish Scalloped Potatoes Steamed Veggies</p> <p>Smoothie</p>	<p>13 Mexican Pasta Casserole Salad</p> <p>Pudding</p>
<p>16 Pork &amp; Apricot Stew Potatoes Steamed Veggies</p> <p>Fruit Crisp</p>	<p>17 Sweet &amp; Sour Chicken Rice Asian Greens</p> <p>Fresh Fruit &amp; Yogurt</p>	<p>18 Chili Blanco Cornbread Salad</p> <p>Jello</p>	<p>19 Shephard's Pie Salad</p> <p>Cake</p>	<p>20 Fish Pie Salad</p> <p>Apple Pie</p>
<p>23 Meatloaf Potatoes Salad</p> <p>Fresh Fruit &amp; Yogurt</p>	<p>24 Moussaka Salad</p> <p>Fruit Crisp</p>	<p>25 Beef Stew Mashed Potatoes Steamed Veggies</p> <p>Pie</p>	<p>26 Chicken &amp; Sausage Jambalaya Salad</p> <p>Fresh Fruit Smoothie</p>	<p>27 Ham &amp; Pea Soup Scones Salad</p> <p>Cake</p>
<p>30 Fish &amp; Spinach Egg Casserole Salad</p> <p>Pudding</p>	<p>31 Pineapple Chicken Drumsticks Scalloped Potatoes Salad</p> <p>Jello</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。

## Event Highlights

### Louise Southwood (Guitarist)

Thursday, October 5th

### Thanksgiving Day, Centre Closed

Monday, October 9th

### Crow City Singers

Thursday, October 19th

### Community Connection

Wednesday, October 25th

### Halloween Party

Tuesday, October 31st



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



Rose & Ciro



# CHELSEA PARK

Inspired Lifestyles for Seniors

New Chelsea Society: proud to be a locally owned and operated Canadian non-profit society.

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One Bedroom Suites starting at \$1900 00/mo. • 1968 East 19th Avenue, Vancouver



## A WORD FROM THE NURSE

Written by Carol



Arthritis is a general term for a group of joint disorders. It is very common; and, there are more than 100 different types of arthritis and related conditions. The most common form of arthritis is osteoarthritis (OA), affecting more than three million Canadians. It is most common in people 65 and older. The main symptoms of arthritis are chronic joint pain, stiffness, and swelling, which can result in significant disability and a poor quality of life.

A joint is an area of the body where two bones meet and functions to allow movement of the body parts it connects. OA can affect any joint but it most often occurs in the knees, hips, lower back, neck, small joints of the fingers, and the bases of the thumb and big toe. In normal joints, a firm, rubbery material called cartilage covers the end of each bone. Cartilage provides a smooth, gliding surface for joint motion, and acts as a cushion between the bones. In OA, the cartilage breaks down, causing pain, swelling, and problems moving the joint. As OA worsens over time, bones may break down and develop growths called spurs. Bits of bone or cartilage may chip off and float around in the joint. In the body, an inflammatory process occurs and cytokines (proteins) and enzymes develop that further damage the cartilage.

There is currently no cure for OA. However, there are options that can help reduce risk, relieve pain and improve function. One of the most beneficial ways to manage OA is to get moving. While it may be hard to think of exercising when the joints hurt, moving is considered an important part of the treatment plan. Studies show that simple activities like walking around the neighborhood or taking a fun, easy exercise class can reduce pain and help maintain a healthy weight. Strengthening exercises build muscles around OA-affected joints, easing the burden on those joints, and reducing pain. Range-of-motion exercise helps maintain and improve joint flexibility and reduce stiffness.

关节炎是指一关节及其周围组织的疾病。大约有超过100多种不同类型的关节炎和相关病症。最常见的关节炎形式是骨性关节炎(OA),其影响约300多万加拿大人。骨性关节炎多发生于65岁以上年龄者,其主要症状包括慢性关节疼痛,僵硬和肿胀并可致显著的残疾而影响生活质量。

关节是两个骨骼端相遇的地方,其功能是使相应的身体部位可以活动。OA可以影响任何关节,但最常见于膝盖,腕关节,腰部和颈部,手指的小关节以及拇指和大脚趾的基部。在正常关节中,一种橡胶状的关节软骨覆盖在骨骼的末端,其光滑的表面能减少相应两骨的磨擦并缓冲相应两骨运动时产生的震动。骨性关节炎发生时,其中的软骨破坏使得软骨下面的骨骼互相摩擦引起疼痛,进而影响关节的活动。随着关节的推移和病情的加重,骨端可长出新的骨刺,破坏的骨或软骨可能会脱落并在关节中浮动,体内的炎症反应致细胞因子和一些酶进一步破坏软骨。

目前还没有治愈骨性关节炎的方法。然而,确有一些可以帮助降低风险,减轻疼痛和改善功能的方法。其最有益的方法之一就是活动。研究表明,经常的活动例如散步或参加有趣的运动课程可以减少疼痛且有助于保持健康的体重。经常的肌肉伸展可以增强受影响的关节周围肌肉的力量从而减轻关节的负担和疼痛。关节的活动度有助于保持和改善关节的灵活性并减轻关节的僵硬。

Written by Mary



Besides Commercial Drive, we have other outstanding sites in this community; namely the Vancouver East Cultural Centre and the York Theatre.

Firstly, the Vancouver East Cultural Centre which was constructed in 1909 was first known as the Grandview Methodist Church. In 1925, the congregation was over 800 persons. In 1968 the United Church handed the building over to Inner City Services. It spent five years as a shared space between the Vancouver Free University and storefront lawyers before becoming the Vancouver East Cultural Centre in 1973. I remember distinctly when some young students received grants and used the space for renovating furniture and other things for the neighbourhood.

Soon the Cultural Centre became affectionately known as "the Cultch" and opened its doors for a successful two week run of the Anna Wyman Dance Company. The Cultch's dedication to presenting contemporary theatre, dance and music have developed its reputation as one of Vancouver's finest cultural treasures. In 2008, extensive renovations took place which transformed the building into a state-of-the-art theatre while still retaining the memories of performances past. The renovations will ensure that The Cultch will continue to present exciting and significant contemporary art to the heart of the Vancouver community.

Meanwhile, the Cultch announced a partnership to rescue and restore the York Theatre, which is on Commercial Drive, a few blocks west of the Cultch itself. The York Theatre was built in 1913. It provided a start for many of the city's well-known acting and directing talents as well as staging popular music acts. The theatre has passed through many owners, operating under a variety of names including The Palace, The Little Theatre, The York Theatre; and most recently, the Raja Theatre, where it operated for a time as a venue for presenting Bollywood films. A lack of business forced the owners to sell the property in 2006 when the owner had plans to tear it down. A group of architects fully restored and renovated this historical site and it re-opened with Jack & the Beanstalk on December 6th, 2013.



Balloon Toss with Lily, Chee Wah, & Po King



Leokardia and Isa meet



### Getting to Know Chieu

Written by Wai Yee

In our September newsletter, our "Guess Who" photo was our lovely client Thien Chieu. Did you recognize the picture from her younger years? It has been a pleasure to have her with us every week for the past two years. She looks just as elegant now as she did in her photo as a young woman.

Chieu was born in Vietnam, and grew up in Ho Chi Minh City. She attended technical collage in Vietnam during her years of study. She did, at one point in her younger days, work as a secretary for a tax office in the social service department with the French government.

After having her kids, she was a dedicated stay-home mom of five children - three daughters and two sons. She immigrated to Vancouver with her son in 1994. She still has family members in Vietnam whom she keeps in touch with. She is now a grandmother to 6 grandchildren.

Our lovely client speaks three languages: Vietnamese, English, and French. She loves music and enjoys karaoke. She also enjoys cooking for her family. She lives in our neighborhood with her son who is a hair-stylist that is why she always comes into our center with beautiful hair styles.

Thien Chieu, thank you for coming to our center and allowing us to enjoy your friendship throughout the years. We will continue to cherish the fond memories we make together.

## A FAREWELL, BUT NOT A GOODBYE TO EMILY



Written by Emily

As per usual, I find myself asking "where did the summer go?!" I am so grateful for my time at RCSS as the summer student. Thank you to all the clients, staff, and volunteers who welcomed me into the family here at the centre.

During the past few months I have been so happy waking up for work every day, knowing I get to come in and spend time with such a wonderful group of people. I had way too much fun planning special events; and, participating in all the games and activities... I'm pretty sure my math has even approved thanks to all the scorekeeping opportunities!

Although I will not be around as often, I will be keeping all my friends at the centre in mind as I complete my graduate studies in gerontology. I wish you all a very happy rest of the year, and I look forward to our visits in the future. Cheers!

Written by Barbara



On September 5, 2017, my mother, Jo-Anne Eva Larman, passed away from a massive stroke. Saying goodbye to someone I've known my whole life was difficult. My mother was my number one DIVA, the reader of my writings, and my strong supporter.

We had a complicated relationship and I always wondered how I would feel the day when she was no longer there. Is she in a better place? I hope so, but I know one thing for certain, she's already causing trouble. Picture this, my mom, 89 years young, beautifully dressed, with nine earrings in each ear, multiple chains of varying lengths around her neck, hair perfectly coifed, nails sparkling with a bright blue polish, fingers covered in rings, and her signature red lipstick. That was my mom. Next up was to meet her loving, foxtrot-dancing husband of 50 years – Kelvin William Larman. To my dad, she was one "beautiful broad".

One afternoon I was at Cates Park near Burrard Inlet where there was a little stony hill. I was determined to go down this hill to the water; but, a quarter ways down, I started sinking to the bottom. I said to myself "hmm now what do I do?" A kind soul came by to lift me and my walker out, otherwise I may have been there all day. She asked me what I was doing, I said I wanted to get to the water's edge to have my picture taken with me waving to my mom. It was exhilarating to have the cold-water lap on my feet and curl my toes. I took a few seconds, closed my eyes, and thought of my mom. Accomplishment: picture taken! What was next? Now back to stable land, the safe way! Shortly after, my mom called me from Ontario. We had a joyful conversation about my adventure with a belly laugh following. She told me that it was a naughty thing to do. Looking back, it was a beautiful memory and always will be.

For the years when I did not talk to my mom, I did think of her. I always wanted a relationship with my mom. I took the first step. I forgot the past. I wanted the present and future. I shared my goals, told her jokes, and talked about my life. I called her once and said "what's the scoop nincompoo?" This did not go over very well because she was in a meeting. My early morning calls delighted her. She always knew it was me and she would answer "Hi Barbara". Seven years ago, when she had her first stroke, I was living in Whitehorse, Yukon. It just happened to be her birthday so I wrote her a Birthday Haiku and sent her a flower. She never received it.

Take a dark blue dendrobium orchid, float it in a sparkling square vessel and surround it with an exquisite purple ribbon. The haiku was written on a plain white card and attached to the flower bowl using glittery silver ribbon. I chose this orchid because it represented strength and love. I truly believed that (at the time) we both needed them. I need them now.

A day to treasure,  
Enchanting orchid for you  
Quiet strength and love

I did love my mom. I wish I had told her more. Her response would have been "I love you more".

Always a daughter,  
Barbara

# ROSE'S RECIPE, BIRTHDAYS, & NOTICE



## Rose's Recipe

Written by Rose

I've had many requests for gelatin desserts made from scratch. It's very easy and fun. Remember some fruits will not jelly because of the enzymes they contain, such as pineapple, kiwi, peaches,

figs, mango, and papaya. These fruits must be cooked in a sugar syrup until completely tender before they are okay to use in gelatin desserts.

I like to use portion containers for my gelatin because it sets faster. Here's my recipe!

### Gelatin Desserts

Serves 4

### Ingredients

Water

Knox gelatin or unflavoured gelatin

Fruit syrup or frozen juice concentrate

### Method

1. Pour 3 Tbsp cold water into a 2 cup measuring cup.
2. Sprinkle 1 envelope of Knox gelatin or 2 ¼ teaspoons of unflavoured gelatin over the water.
3. Let it stand for 5 minutes.
4. Add ½ cup of boiling water into the cup and stir to dissolve the gelatin.
5. Add ½ cup of fruit syrup or frozen juice concentrate. Stir well until combined.
6. Add cold water to the top of the 2 cup measuring cup.
7. Pour into serving bowls or cups then wait for it to set.

**Enjoy!**

## October Birthdays

Maria M. (ADP) ~ 2nd

Teresita ~ 9th

Rose ~ 19th

Eunice ~ 21st

Ping ~ 26th

## Towel Drive

During the week of October 8th to 14th it will be Homelessness Action Week. We will be collecting gently used towels all throughout the month of October for our friends transitioning into housing at Kingsway Continental.

This is part of our ongoing intergenerational Homeless Awareness Project with the students in our neighbourhood, which we will be inviting to visit us once again this month. We invite you to bring in any gently used towels! Thank you in advance for your support!



Maria meets Antonia



Hans takes a seat next to Doris to relax



Mary, Maricris & Isa crafting away



Fall fashion means plaid shirts right?



May & Sau spending some time together



Mary & Margherita reconnect over Italy



Enjoying an afternoon performance