

RENFREW  
COLLINGWOOD  
SENIORS SOCIETY  
*Taking Seniors To Heart*

Since  
1976

ALICE FRITH CENTRE

蘭菲高靈活耆英會

# NEWSLETTER

March 2019

2970 East 22nd Avenue, Vancouver, BC

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



**Spring is coming!**

Goodbye winter and hello spring!

The cold days of winter are ending as we welcome the warmer season of spring that will be filled with beautiful flowers and exciting events at the Centre.



Renfrew-Collingwood Seniors Society is a non-profit organization with charitable status that has been operating for the past 42 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, Maricris, Rose, Jerry, Ryan

**Editorial:**

Donna, Christina, Jerry & Faith

**Hours:**

Monday, Wednesday - Friday  
8:30AM - 4:00PM

Tuesday  
8:30 AM - 5:00 PM

Saturday  
9:30AM - 2:30PM

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

Renfrew Collingwood Seniors Society  
**March 2019 Newsletter**

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**RCSS Protein Drive**

In support of our Homelessness Awareness campaign, Renfrew Collingwood Seniors Society would like to request donations for our annual protein drive. Canned goods such as tuna, salmon, beans or packaged nuts, seeds, granola bars would be much appreciated. All donations will be packaged with care by seniors and student volunteers and distributed to residents at the Kingsway Continental.

## Board of Directors



Tara Abraham



Nancy Falcone



Alice Frith



Poonam Kaila



Madeleine MacIvor



Kamaljeet Kler



Olga Smirnova



Paul Hucul

## Staff



Donna Clarke



Carol Yi



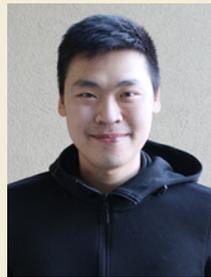
Wai Yee Chou



Christina Webster



Faith Malakoff



Jerry Liu



Maricris Negrana



Joon Kim



Rose Smith



Ryan Churchill



Well, what a winter experience! We are glad the weather is now more seasonally appropriate (assumption as I am writing this looking out at piles of snow and slush in mid February). Like the boy scouts' motto states, we always need to "Be Prepared". For those of you who had no power for electricity, I am certain there were some challenges. Please make sure that you always have enough food, water and medication at the very least – don't let these things deplete as you never know. Other things to consider are flashlights, battery-powered radio and having a friend prepared to drop by and check on you if you have no family members here in the city.

Now on to the good news. Our fiscal year will end with lots of wonderful accomplishments. At the very least we had a balanced budget and exemplary expansions of our existing offerings. You all "showed up" and did your part as we had incredible participation rates – one of the highest in the sector. I know a lot of you want more days and I am working with VCH to try and create more spaces in our Adult Day Program. I'll keep you posted on the results of that undertaking.

We completed the Seniors' Pod with an art installation of bird houses that were assembled and painted by seniors in our programs, Three Links residents and folks from The Manor. Have a look at all the colour and beauty it brings to the block and see if you can find the one you did.

Our work at Kingsway Continental is unfortunately coming to an end. It was so rewarding to bring our exceptional programs to a place where very few activities are offered. Cassandra and Faith did an amazing job of engaging the residents and honouring their requests for a variety of events and program ideas. Twenty-five residents now have memberships to our Centre and the hope is that they will make the effort to come over and join our group.

### **Future Programs**

We recently received notification that the New Horizons for Seniors Program sponsored by the Federal Government has awarded us with a \$25,000.00 grant to offer more exercise and health promotion activities at the Centre on the weekend. Please see the notice on page 11 for Advisory Committee Members if you are interested in being part of the planning and evaluation.

Starting soon (next month or so) in the Adult Day Program, a third level fitness class. In an attempt to ensure that you are all engaged and getting the most out of our exercise classes, we are adding another level to our Steady Feet Balance Exercise Program. Although most of you will stay in the program you are currently participating in, some of you will be asked to move for a couple of reasons. The main reason is safety but the other is to modify the exercises to suite your individual needs. The stand fit intensity will be increased. Sit fit will have more repetitions and Active Fit will have more game-style physical exercises. The end result will improve your balance and hopefully reduce falls. Get ready to rumble! Let us know if you are feeling the results.

All is well!

Donna



Frank, Eunice, Joe and Yue Sum



Beautiful smiles from Nancy and Maria!



Great dancing by Wen Fang, Margherita & Christina



Steve & Joan posing for the camera!

## GUESS WHO



Clues by Maricris

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:** He is originally from Germany and speaks both English and German

**Clue #2:** He is an avid coin collector

**Clue #3:** He has travelled the world

# COMMUNITY DAY PROGRAM CALENDAR & MENU

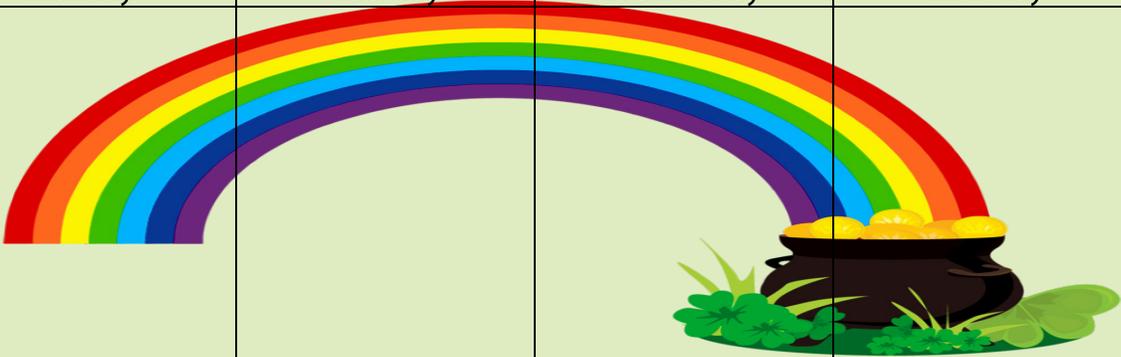
Tuesday (3PM-6PM)	Saturday (10AM-2PM)
<b>CALENDAR</b>	2 AM – Bucket Toss  PM – Bingo
5 PM – Numbers	9 AM – Cookie Decorating  PM – Bingo
12 PM – CDP Open House Info Session	16 AM – I Care – Self Care Saint Patty’s Coin Toss  PM – Bingo
19 PM – Carnival Games	23 AM – Jewelry Making  PM – Bingo
26 PM – Sandwich Making	30 AM – Floor Shuffle Board  PM – Bingo



Tuesday (3PM-6PM)	Saturday (10AM-2PM)
<b>MENU</b>	2 Turkey Chili Cornbread Salad  Tarts
5 Beef Meatloaf Potatoes Salad  Fresh Fruit	9 Chicken Noodle Casserole Steamed Veggies  Dessert Bars
12 Chicken Moroccan Stew Quinoa Steamed Veggies  Tarts	16 Turkey Fricassee Rice Steamed Veggies  St Patrick’s Dessert
19 Vegetarian Lentil Stew Roasted Potatoes Veggie Frittata  Surprise Dessert	23 Pork and Mushrooms Mashed Potatoes Steamed Veggies  Cake
26 Hawaiian Turkey Meatballs Rice Veggies  Tarts	30 Fish Cakes Roasted Potatoes Coleslaw  Apple Brown Betty

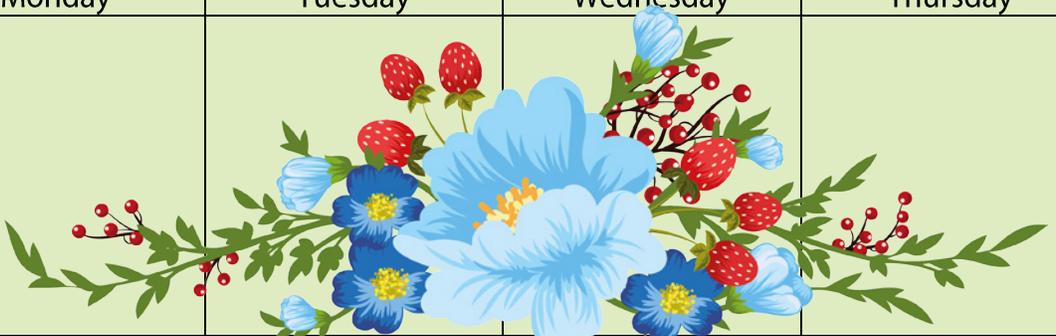
**Drop-Ins Welcome!**

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 Riddles  PM – Centrepieces Target Bocci Poker
4	5	6	7	8
AM – Sit Fit & Stand Fit Charades  PM – Seated Bowling Dominoes Spring Wreaths	AM – Tai Chi & Stand Fit Mental Aerobics  PM – Tic Tac Toe St Patrick's Day Craft Qwirkle	AM – Gentle Yoga/Stand Fit Name That Place  PM – Bucket Toss Scrapbooking Tenzi	AM – Sit Fit & Stand Fit Bump It  PM – Croquet Cookie Baking Rummikub	AM – Sit Fit & Stand Fit Brain Game  PM – Carpet Toss Creative Expression Crazy 8's
11	12	13	14	15
AM – Sit Fit & Stand Fit Library Talk  PM – Target Throw Checkers Puzzle	AM – Sit Fit & Stand Fit Memory Match  PM – <b>Community Connection</b>	AM – Sit Fit & Stand Fit Alphabet Dice  PM – Ring Toss Crosswords Animal Bingo	AM – Gentle Yoga/Stand Fit Yes/No  PM – Bean Bag Toss Word Search Centre Decorations	AM – Sit Fit & Stand Fit Mental Aerobics  PM – <b>St Patrick's Day</b>
18	19	20	21	22
AM – Sit Fit & Stand Fit Word Chain  PM – <b>John Cronin</b>	AM – Sit Fit & Stand Fit High/Low  PM – Seated Bocci Paper Lanterns Tetris	AM – Gentle Yoga/Stand Fit Memory Match  PM – Basketball Gardening Sing-a-Long	AM – Sit Fit & Stand Fit Pictionary  PM – <b>Crow City Singers</b>	AM – Gentle Yoga/Stand Fit Hangman  PM – Request That Tune Flower Pot Painting Table Bowling
25	26	27	28	29
AM – Gentle Yoga/Stand Fit Two Truth One Lie  PM – Card Bingo Shake Loose a Memory Coin toss	AM – Sit Fit & Stand Fit Cover 21  PM – Floor Shuffleboard Scrabble Number Game	AM – Sit Fit & Stand Fit Brain Game  PM – <b>Song Yun &amp; Zhimin Yu</b>	AM – Sit Fit & Stand Fit Balloon Animals  PM – Ladderball I-Pads Connect Four	AM – Sit Fit & Stand Fit Pictionary  PM – Rollers Spring Craft Trouble

# ADULT DAY PROGRAM MENU

9

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>Turkey Chili Cornbread Salad</p> <p>Tarts</p>
<p>4</p> <p>Beef Meatloaf Potatoes Salad</p> <p>Fresh Fruit</p>	<p>5</p> <p>Baked Fish Potatoes Steamed Veggies</p> <p>Apple Sauce</p>	<p>6</p> <p>Turkey Chowder Scones Salad</p> <p>Cake</p>	<p>7</p> <p>Roasted Pork Apples Mashed Potatoes Steamed Veggies</p> <p>Jello</p>	<p>8</p> <p>Chicken Noodle Casserole Steamed Veggies</p> <p>Dessert Bars</p>
<p>11</p> <p>Chicken Moroccan Stew Quinoa Steamed Veggies</p> <p>Tarts</p>	<p>12</p> <p>Beef Meatballs Spaghetti Salad</p> <p>Fresh Fruit</p>	<p>13</p> <p>Fish Pie Roasted Veggies</p> <p>Sundae</p>	<p>14</p> <p>Cannelloni Casserole Salad</p> <p>Cake</p>	<p>15</p> <p>Turkey Fricassee Rice Steamed Veggies</p> <p>St Patrick's Day Dessert</p>
<p>18</p> <p>Vegetarian Lentil Stew Roasted Potatoes Veggie Frittata</p> <p>Surprise Dessert</p>	<p>19</p> <p>Butter Chicken Rice Veggies</p> <p>Jello</p>	<p>20</p> <p>Beef Stew Mashed Potatoes Steamed Veggies</p> <p>Fresh Fruit</p>	<p>21</p> <p>Baked Fish Alfredo Pasta Steamed Veggies</p> <p>Tarts</p>	<p>22</p> <p>Pork and Mushrooms Mashed Potatoes Steamed Veggies</p> <p>Cake</p>
<p>25</p> <p>Hawaiian Turkey Meatballs Rice Veggies</p> <p>Tarts</p>	<p>26</p> <p>Jambalaya Salad</p> <p>Cake</p>	<p>27</p> <p>Greek Chicken Lemon Potatoes Greek Salad</p> <p>Jello</p>	<p>28</p> <p>Beef Stroganoff Steamed Veggies</p> <p>Fresh Fruit</p>	<p>29</p> <p>Fish Cakes Roasted Potatoes Coleslaw</p> <p>Apple Brown Betty</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-5pm 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。



Isa having a laugh!

## Event Highlights

### Community Connection

Tuesday, March 12th

### St Patrick's Day

Friday, March 15th

### John Cronin

Monday, March 18th

### Crow City Singers

Thursday, March 21st

### Sun Yan & Zhimin Yun

Wednesday February 27th



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](http://www.chelseaparkbc.com)  
One Bedroom Suites starting at \$1900 00/mo. • 1968 East 19th Avenue, Vancouver



## Advisory Committee Members Wanted for our New Horizon for Senior's Program

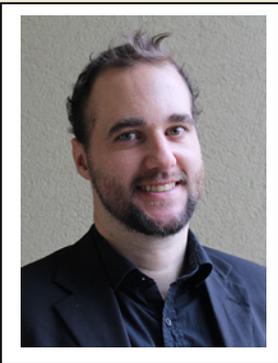
- 5-6 meetings per year
- Provide input and direction on the weekend programs
- Give perspective of senior's issues
- Help us with on-going evaluation

Honorarium for your time and expertise.  
Contact Christina or Faith  
at 604 430-1441 if interested.

## 我们的“New Horizon”老年活动项目诚邀咨询委员会成员

- 每年 5-6 次会议
- 为此周末活动项目提供建议和指导
- 为老年问题提供前景规划
- 帮助我们持续评估

为感谢您的宝贵时间和专业知识，将奉薄礼。  
如果您有兴趣，请致电 604 430-1441  
联系 Christina 或 Faith



Written by Ryan

I was born in Ottawa, Ontario the second of 3 sons. I studied psychology at Laurentian University in Sudbury, Ontario. After graduating university I moved to South Korea where I lived and worked as both a teacher and a tour guide for 5 years. Towards the end of 2018, I moved back to Canada, finally settling on Vancouver, BC because of it's pure nature and its proximity to Whistler.

As the most recent member of the RCSS team, I look forward to meeting each and everyone of you. I hope that my positive energy and my ability to connect with people of all ages and backgrounds will aid in making both of our times at the Centre fulfilling and filled with smiles and laughter! If you have any questions for me or just want to chat, feel free to approach me.



### Benefits of Exercise for Seniors

Exercise is essential at any age. It is associated with many benefits such as a healthier heart, flexibility, fun living, and stronger bones. But for seniors, it has many more additional benefits. To stay strong, energetic, and healthy as we age, it is important to have exercise in our daily routine. That doesn't mean we need to go to a gym or participate in strenuous workouts. What is important is that we add more movement and activity even in small ways. Regular physical activity can help to improve all aspects of a senior's life:

- It improves strength, balance and coordination. This helps us prevent falls and stay independent.
- It prevents or delays diseases, such as heart disease, diabetes, or osteoporosis. Exercise improves overall immune function. Even light exercise can be a powerful tool for preventable disease management.
- It can improve our mood and fight off depression. Exercise produces endorphins (the "feel good" hormone), which makes us feel happy and relieve stress.
- It improves cognitive function. Regular physical activity and fine-tuned motor skills benefit cognitive function and prevent dementia.

It's never too late to start exercise. To remain healthy, let us become physically active and start moving more!

#### 老人锻炼益处多

坚持锻炼对任何年龄都是必不可少的，其有助于保持心脏健康，躯体灵活，生活有趣和骨骼强壮。对于老年人则更有益。当我们渐近老年，坚持日常锻炼对我们保持身体健康强壮和精力充沛非常的重要。锻炼身体并不意味着我们需要去健身房或参加剧烈的运动。重要的是我们即使在日常生活中也注意经常适当地增加我们的活动量。坚持规律的身体锻炼有助于改善老年人生活的各个方面：

- 锻炼有助于提高了肌力，平衡和协调功能。这有助于防止老年人跌倒损伤从而继续保持独立自主的生活。
- 预防或延迟有些疾病（如心脏病，糖尿病或骨质疏松症）的发生。运动可以改善机体的整体免疫功能而增强抗病能力，即使轻度运动也是非常有效的。
- 改善情绪抵御抑郁。运动可促进体内内啡肽（一种快乐物质）的分泌，而使我们感到愉悦并缓解压力。
- 运动有助于改善认知功能。经常的身体和精细的手指的的活动有益于保持大脑的认知功能从而预防痴呆。

任何年龄开始运动都有益处！为了我们的健康，让我们的身体动起来，积极参与各种活动吧



Written by Faith

**Member Profile: Rose De Yro**

Greetings everyone! Those of you who guessed Rose was our last Guess Who participant, you would be correct! Rose has been a friend at the centre since 2014. Having had a career in nursing she continues to have a very helpful and caring personality and we all benefit from those wonderful traits. If you are a new member Rose will be one of the first to befriend you and make you feel welcome.

Originally from the Philippines, Rose is dedicated to her culture, family and her faith. She is a devoted member at her church and active with their fundraisers and events. She has many family members all over the world and enjoys visiting with them as often as she can. Rose and her husband recently welcomed their first grandchild into the world, a beautiful boy. Rose enjoys being a grandmother so much it has her dancing for joy, and we all know how much Rose loves to dance!





Auntie and Grandma's game face!



Beautiful card by Kardi



Lam enjoying our Lunar New Year event



Awesome cookies Edward!



Greetings from Hilda and Carol!



Beautiful smile from Muriel



## Traditional Cranberry Muffins

This recipe was a request. I love cranberries and it is a powerful health food!

### Ingredients

- 1 1/2 cups all purpose flour
- 1/2 cup Sugar
- 1 tablespoon baking powder
- 1/4 teaspoon salt
- 1 egg
- 1 cup milk
- 1/2 cup melted butter
- 1 cup fresh or frozen and thawed cranberries
- 1/2 cup chopped nuts( Any kind )

### Cooking Directions

1. In a bowl, combine flour, sugar, baking powder + salt
2. In another bowl, whisk together egg, milk and butter. Add to dry ingredients.
3. Stir until moist and fold in cranberries and nuts
4. Spoon batter equally to 12 muffin tin
5. Bake 15-20 minutes

Enjoy with coffee or tea!

Cheers,

Rose

## March Birthdays

Chun Yang~ 8th  
Kamaljeet~ 17th  
Margherita ~ 22nd  
Nancy ~ 23rd  
Lillian ~ 29th

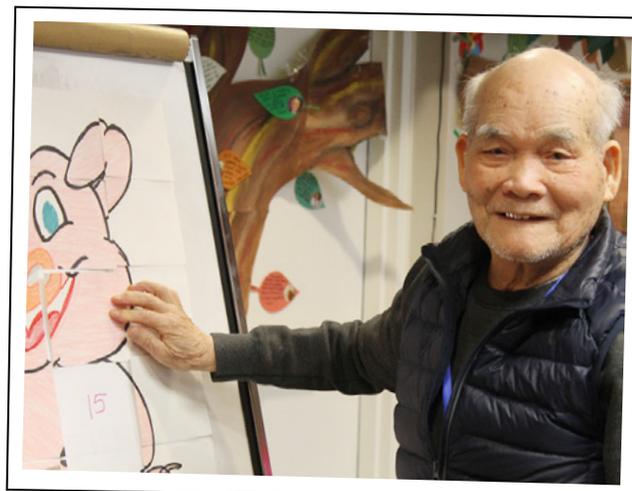


### Birthstones:

Aquamarine

**Zodiac Signs:** Pisces & Aries

**Flowers:** Daffodil





Happy birthday Lily!



Wen Feng & Dominic enjoying the music



Great moves from Richard!



Frank pauses to pose for a picture



Maricris and Nelly



Thanks for all your help Angie!