

RENFREW
COLLINGWOOD
SENIORS SOCIETY
Taking Seniors To Heart

Since
1976

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

NEWSLETTER

December 2015

2970 East 22nd Avenue, Vancouver BC

www.rencollseniors.ca



Happy Holidays!

ABOUT RENFREW COLLINGWOOD SENIORS' SOCIETY



Celebrating our 39th Anniversary this year, the Renfrew- Collingwood Seniors' Society is a non-profit organization with charitable status. We have a volunteer Board of Directors elected from the membership and they ensure the Society runs efficiently. Our team of dedicated staff, many of whom have been part of the organization for a number of 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 home-like, cozy environment for the seniors in our community to hang out, socialize, share healthy home cooked meals, engage in meaningful activities and of course volunteer their time and skills. One of the goals of the Society is to support seniors so they can stay in their homes as 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 interested in making a donation, please send a cheque or money order along with your return address to:

Renfrew Collingwood Seniors' Society
2970 East 22nd Avenue, Vancouver BC, V5M 2Y4





The Renfrew Collingwood Seniors' Society's Newsletter is produced by the staff and volunteers with the help and support of all seniors and distributed to a wide number of people in the community.

To advertise in this newsletter, please contact Donna Clarke (contact info below).

Contributors:
Donna, Olga, Carol,
Chris, Micheli, Wai Yee, & Faith

Editorial:
Donna, Olga, Levana
& Stephanie

Visit our Seniors' Centre at 2970
East 22nd Avenue
Vancouver BC, V5M 2Y4

Hours
9:00 AM - 4:00 PM
Monday & Wednesday - Saturday
9:00 AM - 6:00 PM
Tuesday

Telephone: 604.430.1441
Fax: 604.437.1443
Email: rcss@shawbiz.ca
Or visit our website at:
rencollseniors.ca

Renfrew Collingwood Seniors' Society December 2015 Newsletter

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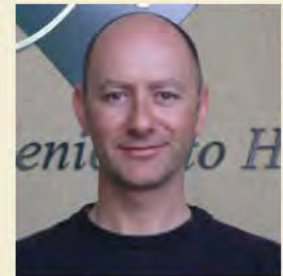
Cassandra Ly



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Micheli Franca



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Stephanie Thompson



Marilee Sinlao



Rose Smith



Season's Greetings to all members and families of Renfrew-Collingwood Seniors' Society. May your holidays be filled with lots of love, laughter, and good cheer.

In the spirit of Christmas giving, we will be collecting for the toy bank and food bank again this year. We hope to get lots of cans of protein (tuna, salmon or beans) to pass on to the folks in our neighbourhood who are in need. The toys will go to The Kettle as usual. If it is easier for you to donate money to the cause we will gladly forward it on your behalf or pick up bulk items to share.

There is an abundance of activities on the calendar in December including three parties with Santa. The Adult Day Program luncheon will be held on Tuesday, December 15th and Wednesday December 16th. The Community Day Program will have theirs on Saturday December 19th, all at noon. The cost of the turkey luncheon is \$5.00 and it is for members only. Do not forget to register for Saturday as space is limited.

Regarding winter weather conditions; the Centre will be closed if HandyDart is not running. The process is as follows; if HandyDart is not running one of the staff members will call you and advise you that the Centre will be closed. We will probably call a little earlier than usual so you do not get up and get ready to come to the Centre. Then we can all head back to bed and stay nice and cozy for the rest of the day.

Looking forward to seeing everyone at our celebrations and sharing the holiday session with you. Remember we are family and the Centre is opened throughout Christmas (with the exception of Friday December 25th and Monday the December 28th in lieu of Boxing Day) so let's plan on being together.

Merry Christmas everyone!

Donna

INTRODUCING ISA



Hello everyone! This month it is my pleasure to formally introduce you to Isa. She joined the drop-in Community program in 2013 and started coming to the Adult Day Program last June. Isa has made many friends at the Centre and is well-known for her fun personality and spunky sense of humour.

Both Isa's parents moved to Canada from Scotland. Isa was born in Esquimalt, a small town on the south of Vancouver Island, and she has a lot of good memories growing up there. Being the only child, Isa was lucky to have her cousin Isabel to play with.

Isa's family eventually moved to Vancouver as her father took the job with CP Railway Steamships. In Vancouver Isa met a lovely man named Albert. They got married and had two daughters, Susan and Deborah. For a number of years Isa was doing office work for Spencer's, a British Columbia-based department store located on Hastings Street in downtown Vancouver. Some of Isa's hobbies are solving cross-words puzzles and playing bingo. She really enjoys coming to the Centre and finds the seniors and the staff very supportive.

It was such a pleasure to chat with Isa and learn a little bit about her life. It's great to have Isa as a part of our family here at the Centre!



Here we are, once again, at the closing of another memorable year. We are looking forward to the next exciting year ahead! Many of us will be spending time with family, friends, & loved ones throughout the Christmas holiday season. I had the opportunity to ask some of our RCSS clients about their personal feelings about Christmas and what this holiday season means to them. The following are some of their replies to "Christmas is..."



Teresa
"Singing, dancing,
drinking and good
food."



Diane
"Smiles & happiness."



Antonio
"The birthday of
Christ."



Kay
"Family gets
together."



Frank
"The end of the old
year & the beginning
of a new."



Elouise
"Going out as much
as you can."




Charlie
"Happiness & joy."



Rena
"Giving gifts & family."



Nelly
"Potlucks & food."

Tuesday (3-6 PM)	Saturday
1 PM- Beading	5 AM- Christmas Cards with Shirley Sit Fit PM- Bingo
8 PM- Yahtzee	12 AM- Baking Fun Sit Fit PM- Bingo
15 PM- Snowflake Craft	19 AM- Table Games Christmas Lunch PM- Christmas Fun with John Cronin
22 PM- Christmas Carols	26 Centre Closed
29 PM- New Year's Resolution Art	



Drop-Ins Welcome

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

ADULT DAY PROGRAM DECEMBER CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	1 AM - Sit & Stand Fit Memory Game PM - Christmas Tree Decorating	2 AM - Sit & Stand Fit Finish that Carol PM - Bulb Decorating Water Colour	3 AM - Sit & stand Fit Word Fun PM - Nootka Elementary Choir	4 AM - Sit & Stand Fit Victor Borge PM - Bingo Beauty Spa Conversation Corner
7 AM - Sit & Stand Fit Health Talk PM - Discussing Origins Snowflake Craft Marble Challenge	8 AM - Sit & Stand Fit I Love Lucy PM - Gift Wrapping iPads Request That Holiday Tune	9 AM - Sit & Stand Fit What's in a stocking? PM - Holiday Trivia Fun Centerpieces Quirkle	10 AM - Sit & Stand Fit Food Talk PM - Gift Wrapping with Windermere students Holiday Crossword Christmas Clay	11 AM - Sit & Stand Fit Holiday Greetings PM - Christmas Craft Armchair Travel to the North Pole Mandalas
14 AM - Sit & Stand Fit Benefits of Exercise PM - Christmas Carols	15 AM - Pictures with Santa Christmas Lunch PM - Confederation Singers	16 AM - Pictures with Santa Christmas Lunch PM - Music with John Cronin	17 AM - Sit & Stand Fit North Pole Trivia PM - Crow City Singers	18 AM - Sit & Stand Fit Favourite Christ- mas Memory PM - Christmas Carols with Windermere Choir
21 AM - Sit & Stand Fit Christmas spot the Difference PM - iPad Searches Puzzles Trivia Game	22 AM - Sit & Stand Fit Balloon Fun PM - World Christmas Music Tree Decorations Card Making	23 AM - Sit & Stand Fit Christmas Scramble PM - Animal Bingo Baking Cookies Shake Loose a Memory	24 AM - Sit & Stand Fit Christmas Word Fun PM - Card Bingo Christmas Word Search Christmas Carols	25 Christmas Day Centre Closed
28 Centre Closed	29 AM - Sit & Stand Fit Memory Match PM - Colouring Fun Fireworks Painting Broadway Musicals	30 AM - Sit & Stand Fit New Year's Resolutions PM - Headbandz Puzzles Sound Effects	31 AM - Sit & Stand Fit New Years Trivia PM - New Year's Eve with Lory White	

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



ADULT DAY PROGRAM MONTHLY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	Chicken a la King with Rice and salad Cake	Beef Meatloaf Potatoes & Veggies Banana Tart	Ham with Scalloped Potatoes & salad Fruit	Coconut fish Rice pilaf & Veggies Jello
Macaroni & cheese Vegetables Cake	Pork pies with Salad Fruit & Yogurt	Chicken with Mushrooms Pasta salad Jello	Fish cakes with Roasted potatoes and Veggies Fruit Tart	Shepherd's Pie with Salad Crisp
Baked Fish Rice pilaf & Veggies Pudding	Roasted Turkey with fixings Mashed potatoes Carrots & peas Salad Pecan pie	Roasted Turkey with fixings Mashed potatoes Carrots & peas Salad Pecan pie	Chicken Chow Mein with Asian greens and Rice Crisp	Veggie Burgers w/ Mushroom gravy Potatoes & salad Cake
Beef goulash Potatoes & Veggies Fruit & Yogurt	Fish Chowder Cheese scones Salad Pie	Vegetarian Casserole with Salad Sundae	Beef & Barley Soup Egg salad sandwich Salad Cookies	Centre Closed
Centre Closed	Sweet n' Sour Chicken with Rice & veggies Jello	Roast beef Potatoes and Salad Cake	Vegetarian Soup Sausage rolls and Salad Tart	

Programs We Run
我們提供的服務

Adult Day Program
成人日間活動

Assisting seniors who require support because of health related issues.

協助那些因健康問題而需要支助的長者。

(Every Monday through Friday)

(逢星期一, 星期三, 及星期四。)

Community Day Program
社區日活動

Providing isolated seniors an opportunity to socialize and get involved in the community. 提供孤立的長者一個機會來交流, 學新東西, 和參加社區活動。

(Every Tuesday (3-6) and Saturday -- Drop-Ins Welcome!)

(逢星期二, 星期五 -- 無需預約!)

Caregiver Support Program
護理人員支援計劃

The program connects caregivers with other caregivers to share skills, ideas and resources. 這計劃是與其他護理人員交流意見和資源。



Event Highlights

Christmas Tree Decorating

Tuesday, December 1

Nootka Elementary Choir

Thursday, December 3

Christmas Carols

Monday, December 14

Pictures with Santa and Confederation Singers

Tuesday, December 15

Pictures with Santa and Music with John Cronin

Wednesday, December 16

Crow City Singers

Thursday, December 17

Christmas Carols with Windermere Choir

Friday, December 18

Centre Closed

Friday, December 25 to Monday, December 28

New Year's Eve with Lory White

Thursday, December 31



Vitamin C and Vitamin E

Vitamin C helps your body form collagen, something it needs to make skin, tendons, ligaments, and blood vessels. It is essential, too, for healing wounds and for repairing and maintaining bones and teeth. Vitamin C is also – along with vitamin E – what is known as an antioxidant. Antioxidants are substances that block some of the damage caused by free radicals, which are created when your body transforms food into energy. Antioxidants may also help prevent cancer and heart disease.

Good sources of vitamin C include oranges and orange juice, apple juice, kiwi fruit, brussels sprouts, red and green peppers, potatoes, and tomatoes.

Good sources of vitamin E include vegetable oils, wheat germ, nuts and nut butters (like peanut butter), sunflower seeds, sweet potatoes, leafy greens, papayas, and avocados.

維生素C及維生素E

維生素C有助人體製造骨膠原，以維持皮膚、筋腱、韌帶和血管的健康；同時可促進傷口痊癒，修護並維持骨骼和牙齒強健。此外，維生素C和維生素E一樣，都是所謂的抗氧化物。當身體把食物轉化為能量時，會產生自由基，對身體產生負面影響；而抗氧化物則能部分阻絕自由基造成的損害。抗氧化物更有助預防癌症和心臟病。

下列食物蘊含豐富維生素C：

鮮橙和橙汁，蘋果汁，奇異果，士多啤梨，西蘭花，芽甘藍，紅椒及青椒，大白菜，中國芥蘭，椰菜花，馬鈴薯和番茄。

下列食物蘊含豐富維生素E：

植物油，麥芽，果仁和果仁牛油（例如花生醬），向日葵籽，木瓜和牛油果，番薯，多葉蔬菜。

Starting in the year of 2016, we will be having a health talk once a month in our afternoon program. We welcome any topics that you may want to discuss.









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Attention Members and Caregivers!

The Centre will be closed for renovations from Monday, January 11th to Friday, January 15th, 2016.

Caregivers, please make arrangements to ensure your loved ones are looked after. We will assist with arranging home care if necessary.



Birthdays

Cecilia ~ December 3

Lloyd ~ December 19

Mary S. ~ December 26

Richard ~ December 28

Charlie ~ December 28

Gloria ~ December 29



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

This new Seniors Housing offers intimate, well designed, comfortable and affordable living for seniors. Located near Commercial Drive, near parks and recreation facilities, near public transportation and within a "walkable" community. You will not find a better setting for seniors who want to enjoy the benefits of the "total community". Right on our doorstep!



The SkyTrain is on our doorstep!

Public transportation is close at hand. Chelsea Park is within easy reach of Vancouver, Burnaby and Coquitlam.



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RCSS MOMENTS

