



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

NEWSLETTER



September 2016

2970 East 22nd Avenue, Vancouver BC

www.rencollseniors.ca



RCSS Walking Club



Celebrating our 40th 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





Renfrew Collingwood Seniors' Society September 2016 Newsletter

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,
Christina, Daniel, Wai Yee, Faith,
Carmen, Maricris, & Barbara

Editorial:

Donna, Olga, & Carmen

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

Hours

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

Tuesday

8:00 AM - 6:00 PM

Saturday

9:00AM - 3:30PM

Telephone: 604.430.1441

Fax: 604.437.1443

Email: rcss@shawbiz.ca

Or visit our website at:

www.rencollseniors.ca

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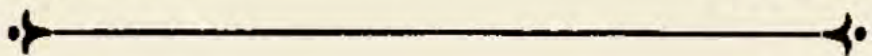
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Notice of Annual General Meeting

***10:30 AM
Saturday, October 15, 2016***

***Renfrew- Collingwood Seniors Society
2970 East 22nd Avenue***

Lunch to follow.

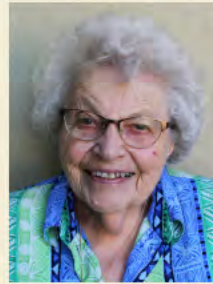
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Marilee Sinlao



Cassandra Ly



Our 40th Anniversary planning is in full swing; thank you to those of you who offered suggestions. Our theme will be "Thankfulness" since we were incorporated as a Society and Charitable Organization around Thanksgiving forty years ago. It also seems fitting since we have so many things to be grateful for here at the Centre.

We will have a week of celebrations leading up to our Annual General Meeting and final party with entertainer Lory White. To make sure everyone is in on the festivities we will have our usual turkey dinner with all the trimmings on Thursday, October 13th and Friday, October 14th.

There is still time if you would like to have more input on the celebrations.

We are hoping to do an extra large edition of our newsletter in October and would really like you to think about what the Centre means to you. We plan on documenting your thoughts by collecting them from our Suggestion Centrepieces on the tables, staff will be connecting with you to document your views or if you feel like writing something at home just let me know the size of your article so we can make room for it in the newsletter. If you know someone who used to come here and are still connected may be ask them to contact us if they would like to be part of this historic event.

Speaking of the newsletter, Barbara, a drop-in program participant has agreed to write monthly articles for us. I am delighted with this development as the newsletter is meant to be your voice along with a tool for communicating with you and your family. Please let me know if you want to contribute anything else – we would be happy to include your article.

GUESS WHO



We would like to introduce a new game to our newsletter named "Guess Who". The photo below is of one of our members here at the centre. From this photo, and three clues try and guess who this person is.

Talk to your friends at the centre and put your heads together and see if you can guess who this is...

Clue # 1: When she was young she ran her own restaurant.

Clue # 2: She has four children, 2 boys and 2 girls.

Clue # 3: She speaks English and Cantonese.

Who am I?



It is our great pleasure to introduce to you a wonderful lady from the Philippines. Her name is Teresita. Eldest of eight children, she was born in Montalba Rizal, Philippines. Teresita began to work at an early age to help support her parents and siblings. She was able to overcome the challenge of leaving school early and launched a successful food business through hard work, determination, and entrepreneurial spirit.

In 1955, she met a pleasant gentleman who instantly won her affection. This proved to be pivotal point in her life. They started dating and not long afterwards they decided to get married. Teresita was blessed with seven beautiful children - four girls and three boys. She has seventeen grandchildren and one great-grandchild, all of which she loves very much.

Teresita's passion for travelling evolved more prominently in 2011 when she decided to move to Canada to be with her three children. She has traveled to numerous places in British Columbia since then.

She is very grateful for the supportive community that she found at Renfrew Collingwood Seniors Society after her heart surgery a few years ago. She said that coming to the centre three times a week helped her to recuperate and ease the pain incurred during her cardiac surgery.

Teresita had the opportunity to join "Step Out" twice this summer and was very happy to share her great experience with her friends from the day program. She said that being part of a program like this makes her life longer and more enjoyable.

Teresita proudly states that her involvement and participation in program activities greatly expands her horizons. She enjoys meeting new friends of diverse ethnic backgrounds as well as learning new skills that are beneficial for the practicalities of daily living. Her favorite program activities at the centre are bowling, dominoes, and memory games. She would like to thank all of the staff at the center for their quality service, hospitality, and making her feel welcome and comfortable.

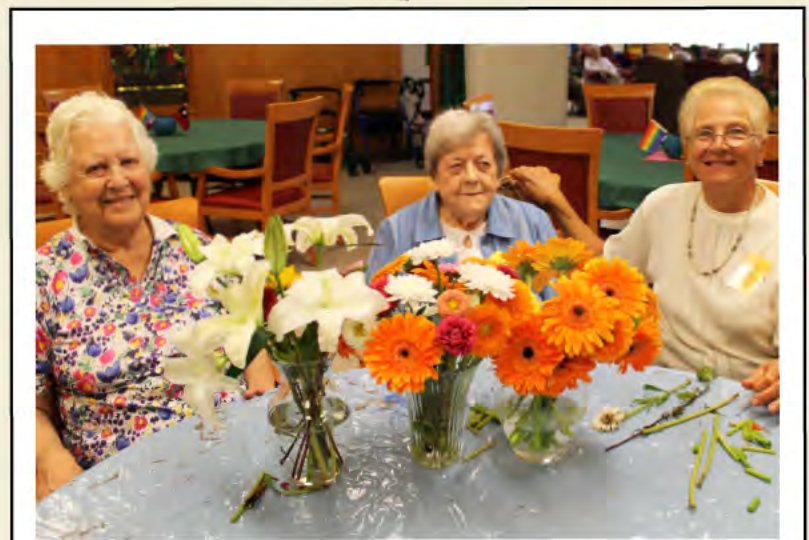
Teresita is heading home to the Philippines for three months this fall to visit family and friends. She is excited to share all the wonderful memories she has gained here with her friends and family.

We will miss her dearly and look forward to her return. From all of us at RCSS, we wish you a happy and joyous trip!



COMMUNITY DAY PROGRAM SEPTEMBER CALENDAR

Tuesday (3-6PM)	Saturday
	3 AM – A Day at the Spa PM - Bingo
6 PM - Shuffleboard	10 AM – Table Games PM - Bingo
13 PM - Sit Fit Crazy Eights	17 AM – Moon Cakes Workshop PM - Bingo
20 PM - Paper Airplanes	24 AM – Armchair Travel to Peru PM - Bingo
27 PM - Sit Fit The Price Is Right	27 AM – Crafting Fun: Flannel Coasters PM - Bingo



Floral Designs Club

Drop-Ins Welcome

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



ADULT DAY PROGRAM SEPTEMBER CALENDAR

8

Monday	Tuesday	Wednesday	Thursday	Friday
			1 AM - Sit & Stand Fit Word Fun PM - Lory White	2 AM - Gentle Yoga & Steady Fit PM - Request that Tune Table Games Community Walk
5 LABOUR DAY CENTRE CLOSED	6 AM - Sit & Stand Fit Charades PM - Centrepieces Bean Bag Toss Hobby Reminiscing	7 AM - Sit & Stand Fit Grandparents Day PM - Balloon Volleyball Sound Effects Word Search	8 AM - Gentle Yoga & Stand Fit PM - Bocci Recycling Art Headbanz	9 AM - Sit Fit & Steady Fit Back to School PM - Target Bocci Centre Decorations Dominoes
12 AM - Sit & Stand Fit Fall Management PM - Bowling Trivia Game Camp Craft	13 AM - Sit & Stand Fit Decipher Me PM - Anniversary Collage Dice Game Minute to Win It	14 AM - Gentle Yoga & Stand Fit PM - Name that Place Mini Golf Snakes and Ladders	15 AM - Sit & Stand Fit Spot the Difference PM - Step Out	16 AM - Sit Fit & Steady Fit Guess Who? PM - Heart & Soul
19 AM - Sit & Stand Fit Rainbow Health PM - Ping Pong Challenge Ceramic Painting Card Games	20 AM - Tai Chi Mental Aerobics PM - Crosswords Shake Loose A Memory Wii Game	21 AM - Sit & Stand Fit Hangman PM - Marble Challenge Cookie Decoration Memory Game	22 AM - Sit & Stand Fit Packing for Camp PM - Crow City Singers	23 AM - Sit Fit & Steady Fit Brain Games PM - Carpet Toss Sing-A-Long Art Fun
26 AM - Gentle Yoga & Stand Fit PM - RCSS Camp Out	27 AM - Sit & Stand Fit Pictionary PM - Ball Toss Buzz Words Abstract Art	28 AM - Sit & Stand Fit Optical Illusions PM - Shuffleboard Headbanz Anniversary Tree	29 AM - Sit & Stand Fit Arithmetic PM - Community Connection	30 AM - Sit Fit & Steady Fit Anniversary Trivia PM - Senses Alive Card Bingo Bead Art

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

ADULT DAY PROGRAM SEPTEMBER MENU

9

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Pork Chops Potatoes Steamed Veggies Smoothie	2 Sweet N Sour Chicken Rice Asian Greens Fresh Fruit
5 LABOUR DAY CENTRE CLOSED	6 Roast Beef Potatoes Veggies Yogurt Parfait	7 Vegetable Soup Egg Salad Sandwich Salad Jello	8 Baked Fish Mashed Potatoes Veggies Cake	9 Pork Meatballs Rice Cabbage Smoothie
12 Greek Chicken Potatoes Salad Fresh Fruit	13 Chicken Chow Mein Asian Greens Crisp	14 Beef Stroganoff Noodles Salad Pie	15 Veggie Lasagne Salad Rice Pudding	16 Fish Chowder Scones Salad Cake
19 Fish Pasta Salad Pie	20 Roast Pork Potatoes Salad Fresh Fruit	21 Peanut Chicken Coconut Asian Greens Lemon Dessert	22 Beef Soup Tomato Salad Egg Sandwich Jello	23 Vegetable Casserole Salad Cake
26 Beef Meatloaf Potatoes Veggies Jello	27 Tuna Casserole Salad Cake	28 BBQ Pork Scalloped Potatoes Salad Smoothie	29 Chicken Parmesan Noodles Salad Fresh Fruit	30 Chicken Rice Mushrooms Veggies Lemon Blueberry Pie

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

Lory White

Thursday, September 1

Labour Day, Centre Closed

Monday, September 5

Step Out

Thursday, September 15

Heart & Soul

Thursday, September 16

Crow City Singers

Thursday, September 22

RCSS Camp Out

Monday, September 26

Community Connection

Monday, September 5





*Happy Birthday
to the
October 2*







Writing . . . A Lost Art

When I was a little girl, I wrote the most delightful stories---endless pages of my imagination---all precious words from a young girl. Lately, I find that I am constantly putting my words to paper. It gives me great joy to remember crazy stories from my childhood and later on in my life. I just lose myself that so much that time flies by---like a gentle hummingbird, here for a precious moment in time before fluttering away.

Writing is very important. It gives one the chance to write a quick note to the friend or sister letting them know you are thinking about them. It is not important what tools you use to convey your words, be it a fancy card, beautiful paper, or a post it note. They are words straight from your heart.

I once wrote a note to three friends on puzzle. I first put the blank puzzle together, wrote the note, broke it up and then sent a few pieces to each person. To read my note, they had to meet up and put the puzzle together.....they had a great time laughing and catching up with each other.

How do you feel when you open your mailbox and you spy a letter? For me, I would greedily grab it, rip the envelope open (tenderly of course) and read the words flowing off the page. I am in heaven and by the time the week is over, the paper will be very worn and crinkled.

My mom once sent me a postcard every week for months. Those few words always made me laugh. She sent them to my work so the post person used to read them. When he delivered the mail, my postcard was separate and he would wave it in the air and say "you got another one". I mentioned this to my mom and on the next postcard, right up in the corner there was a special hello to him. It brought a huge smile to his face. He left my office whistling.

I want to leave a value legacy to my children so I am writing down my stories (some typed, some by hand), from my life with and without them. Not only will they see my handwriting and the crazy way I write...crooked, in circles or maybe even perfectly straight, they will be able to imagine how their mother lived. How could she do such a thing? That happened to my mom? I want them to know me, what I did in my ever-changing life, my joy, my happiness, my sadness, and my loves.

The Last Words
Lemonade...Quiet Place...Comfy Chair ...Paper...Pen...Words
Be Inspired

For next time..."My love and joy attending the Centre





Thank you so much to all the clients and staff of RCSS! Thank you for welcoming me with such warm hearts and for making me feel like family. Each of you have such powerful stories of how you have sacrificed for your families; pursued dreams; persevered challenges; and, have learned to laugh and have fun along

the way. Thank you for including me in your life this summer. At the centre I have learned the value of hospitality, the beauty of experience, and I have even picked up a new dance move or two. Thank you for making me feel comfortable enough to just be me, goofiness and all. As I head into a career in counselling and community development, I will surely be "taking seniors to heart" for years to come.

God bless,
Daniel Meszaros



Birthdays

Ciu Ying ~September 7

Rosa F. ~ September 8

Joy ~ September 12

Betty ~ September 13

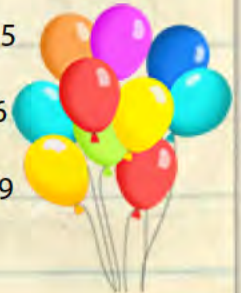
Kanwal ~ September 20

Heinz ~ September 24

Hau ~ September 25

Isa ~ September 26

Kay ~ September 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.



OPEN HOUSE
7 Days a week
9am-4pm

CHELSEA PARK

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