



Renfrew-Collingwood Seniors' Society

蘭菲高靈活耆英會

April 2023 Newsletter

Alice Frith Centre | 2970 East 22nd Avenue, Vancouver, BC, V5M 2Y4 | 604-430-1441

Chown Adult Day Centre | 594 East 15th Avenue, Vancouver, BC V5T 2R5 | 604-879-0947





Renfrew-Collingwood Seniors' Society has been operating as a non-profit organization in the community for over 46 years. We have a volunteer Board of Directors elected from the membership who work tirelessly to ensure that the Society runs efficiently. Our team of dedicated staff -- many of whom have been part of the organization for many years -- are skilled, compassionate, and deeply committed to their roles in running our Adult Day Program. Volunteers and students from the community also play a fundamental role in the care provided to the seniors by assisting us in the delivery of our programs and engaging in intergenerational projects.

Both our Centres have a cozy, home-like environment for seniors in our community to spend time at while socializing with friends, sharing healthy home-cooked meals, engaging in meaningful recreation activities, and volunteering their time and skills. One of the Society's most important goals is to support seniors, so they can continue to stay in their homes for as long as possible. In 2017, we included Alice Frith Centre to our organization's name to honour longtime board member, Alice Frith who not only served for 22 years, but was an extraordinary community advocate, an open-minded and progressive thinker, and great friend.

The Society welcomes donations, bequests, and gifts. Our official tax receipt number is 11911 5558 RR0001 -- a charitable tax receipt will be sent to you. If you are interested in donating, please e-transfer us at rcss@rencollseniors.ca or send a cheque along with your return address to **Renfrew-Collingwood Seniors' Society, 2970 East 22nd Avenue, Vancouver, BC, V5M 2Y4**. Your support is greatly appreciated!

If you or someone you know is interested in joining the program, please call Vancouver Coastal Health's Central Intake Line at 604-263-7377 and leave a detailed message with your contact information. VCH will return your call as soon as possible.

Thank you to our funders for their ongoing support!



HELLO!

Our monthly newsletter is produced by the staff with the help and support of all seniors and distributed to caregivers and the community.

To advertise in this newsletter, please contact us at 604-430-1441.

Contributors

Donna, Joon, Christina, Wai Yee, Rose, Jenny, Imran, Anyao, Cassandra, Nancy, Cathy, Claire, Jasmine, Lillian, John, Casey, Inna, Danielle, Laura

Editorial

Donna, Christina, Cassandra & John

Locations

Alice Frith Centre
(2970 East 22nd Avenue)

Chown Adult Day Centre
(594 East 15th Avenue)

Hours of Operation

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

Contact Information

Alice Frith Centre: 604-430-1441
Chown Centre: 604-879-0947
Fax: 604-437-1443 / 604-879-0121
Email: rcss@rencollseniors.ca
Website: www.rencollseniors.ca

We humbly acknowledge that Renfrew-Collingwood Seniors' Society and the work we do is on the unceded, ancestral, traditional, and occupied homelands of the x^wməθkwəyəm (Musqueam), Skwxwú7mesh (Squamish), and Səlilwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.

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Frozen Takeout Meals

Ensuring our elders have access to nutritious food is one of our top priorities. Our cook prepares fresh meals daily and frozen meals for seniors to take home. Takeout meals are available for \$4 each. Please speak to a staff member if you would like to order meals.

為了確保我們的長者可以獲得新鮮健康的食物，我們的廚師準備了美味可口的飯菜。歡迎大家來享用我們的美餐！我們為會員備有冷凍的餐品，外帶餐品每份 \$4。

Board of Directors



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Tara Abraham



Olga Smirnova



Poonam Kaila



Paul Hucul



Nancy Falcone



Jackie Kler

Staff



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Faith Malakoff



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Imran Ranmall



Anyao Huang



Jenny Chen



Cathy Yau



Nancy Moon



Claire Oh



Jasmine Tam



John Tam



Casey Chan



Inna Myghal



Danielle Richards



Laura Lopez



Happy Easter Everyone! Hope this long weekend translates into quality time with your loved ones. As usual, we will be closed on Good Friday, April 7th and Easter Monday, April 10th but our tradition will continue with a lovely turkey dinner for all to enjoy. Easter lunches will be served Wednesday, April 5th and Thursday, April 6th. If it is not your day at the Centre, you will be invited to attend the program on one of those days.

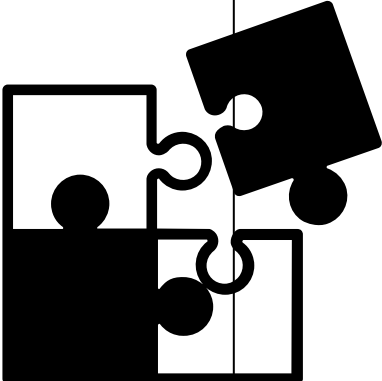
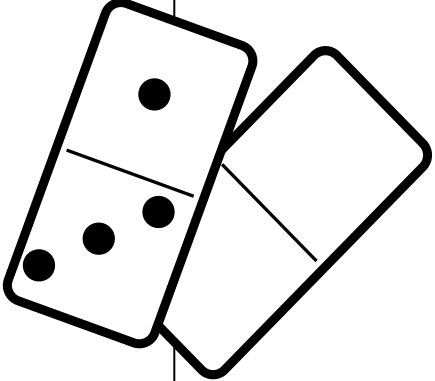
Spring has finally arrived, and we are looking forward to our colourful display of tulips and other blossoming beauties. For our Chown site, we have started the design phase of beautifying the space in front of the Centre and will soon have gardening boxes full of plants for you to enjoy. Once the boxes are built, we can start sharing perennials from our gardens. Please let us know if you would like to be part of the project and contribute to the cause and we will leave some space for your favourite plant. Staff members will be consulting with you, so please share your ideas.

Let's not forget volunteer appreciation week. Our Board of Directors (BOD) are all volunteers and have been so committed to both our Centres. On April 11th some of our BOD will be at Chown for lunch to meet and greet all our participants. Please make a point of acknowledging their goodness and thanking them for the care and dedication they have shown over the years.

各位復活節快樂！與往時一樣，中心會在以下幾日關閉：耶穌受難日（聖週五）、4月7日和10日的復活節翌日，希望您與親人能在這個長週末經歷美好的時光。而跟隨傳統，人們會聚在一起吃火雞晚餐。中心準備在4月5日和6日（星期三、四）提供復活節午餐，如果您往常不是這兩天參加中心活動的，我們誠意邀請您選擇出席其中一日。

春天終於到來，十分期待看到色彩繽紛的郁金香和其他花朵的綻放。對於CHOWN日間中心的場地，我們已展開了美化中心前面空間的構思和設計。中心前門將會放上一些裝滿植物的園藝箱供您欣賞。一旦箱子建成，我們就可以分享我們花園裏的植物或培育幼苗了。如果您想園藝箱提供貢獻，或有任何想法，如您有喜歡的植物，請告訴我們的員工，我們會為您的植物預留一些位置。

請大家不要忘記“志願者感謝週”。我們的董事會成員（BOD）都是志願者，並且一直致力於我們兩個中心的工作。4月11日，一些董事會成員將會在CHOWN中心享用午餐，與所有參加者見面並打招呼。請感謝他們的熱心，並感謝他們多年來的關懷和奉獻。

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>AM Sit Fit/Standfit Connect Four</p> <p>PM Bucket Toss B-25 Planes Centerpieces Easter Quiz</p>	<p>4</p> <p>AM Sit Fit/Standfit I-Spy Easter</p> <p>PM Relay Race Jeopardy Easter Bunny Craft Crokinole</p>	<p>5</p> <p>AM Sit Fit/Standfit Roll a Monster</p> <p>PM Easter Egg Toss Fishing Game Button Craft Easter Egg Painting</p>	<p>6</p> <p>AM Sit Fit/Standfit Ace to King</p> <p>PM Easter Bingo Sensory Sorting Rocking Rabbits I-Spy</p>	<p>7</p> <p>Good Friday Centre Closed</p>
<p>10</p> <p>Easter Monday Centre Closed</p>	<p>11</p> <p>AM Sit Fit/Standfit Clay Works</p> <p>PM Knock 'Em Down Colour Dot Puzzle Audiobooks Clap and Say</p>	<p>12</p> <p>AM Sit Fit/Standfit First to Fifty</p> <p>PM Bocci Card Making Animal Sounds Numbers</p>	<p>13</p> <p>AM Sit Fit/Standfit Keep</p> <p>PM Basketball Marble Slots You be the Judge Mandalas</p>	<p>14</p> <p>AM Sit Fit/Standfit Skill Ball</p> <p>PM Ladderball Scrapbooking Tenagrams Bead Sorting</p>
<p>17</p> <p>AM Sit Fit/Standfit Card Bingo</p> <p>PM Carpet Darts Name That Instrument Trivial Pursuit Dancer Craft</p>	<p>18</p> <p>AM Sit Fit/Standfit What do You Pack</p> <p>PM Health Arts Music</p>	<p>19</p> <p>AM Sit Fit/Standfit High/Low</p> <p>PM Carpet Toss Cherry Blossom Art Photography Club Dominoes</p>	<p>20</p> <p>AM Sit Fit/Standfit Topple Tower</p> <p>PM Croquet Travel the World Colour Code Baking</p>	<p>21</p> <p>AM Sit Fit/Standfit War</p> <p>PM Shuffleboard Puzzle Painting Qwirkle Uno Tiles</p>
<p>24</p> <p>AM Sit Fit/Standfit Connection</p> <p>PM Ring Toss Wellness Music Handyman Corner Language Learning</p>	<p>25</p> <p>AM Sit Fit/Standfit Fun with Flags</p> <p>PM Curling Spa Day Draw on Me Poetry</p>	<p>26</p> <p>AM Sit Fit/Standfit Cross it Off</p> <p>PM Bowling Brush Writing Focus and Catch Yahtzee</p>	<p>27</p> <p>AM Sit Fit/Standfit</p> <p>PM Spring Fling Event</p>	<p>28</p> <p>AM Sit Fit/Standfit Word Chain</p> <p>PM Rollers Paper Doves Marble Slots I-Pads</p>
				

星期一	星期二	星期三	星期四	星期五
<p>3</p> <p>上午 坐姿/站姿運動 連連看 下午 拋物入籃 飛機B-25 餐檯裝飾 復活節小知識</p>	<p>4</p> <p>上午 坐姿/站姿運動 找找看 下午 快手傳物 問答競賽 復活兔手工 加拿大棋</p>	<p>5</p> <p>上午 坐姿/站姿運動 怪物畫 下午 復活節拋物 釣魚 鈕扣手工 復活節蛋</p>	<p>6</p> <p>上午 坐姿/站姿運動 紙牌遊戲 下午 復活節Bingo 感官分類 搖滾兔子 偵探考察</p>	<p>7</p> <p>耶穌受難日 中心關閉</p>
<p>10</p> <p>復活節翌日 中心關閉</p>	<p>11</p> <p>上午 坐姿/站姿運動 搓泥膠 下午 把“它”敲下來 顏色拼圖 有聲書 齊來拍手掌</p>	<p>12</p> <p>上午 坐姿/站姿運動 鬥快到50 下午 硬地滾球 卡片製作 動物的聲音 數字棋</p>	<p>13</p> <p>上午 坐姿/站姿運動 骰仔遊戲 下午 籃球 波子遊戲 你是裁判 曼陀羅畫</p>	<p>14</p> <p>上午 坐姿/站姿運動 彈珠遊戲 下午 梯子球 拼貼畫 七巧板 分珠仔</p>
<p>17</p> <p>上午 坐姿/站姿運動 卡牌Bingo 下午 地上飛鏢 這是什麼工具 桌遊 舞蹈手工</p>	<p>18</p> <p>上午 坐姿/站姿運動 打包 下午 音樂欣賞</p>	<p>19</p> <p>上午 坐姿/站姿運動 高/低 下午 拋豆袋 櫻花畫 攝影小組 多米諾骨牌</p>	<p>20</p> <p>上午 坐姿/站姿運動 高塔 下午 門球 環遊世界 顏色代碼 烘焙</p>	<p>21</p> <p>上午 坐姿/站姿運動 卡牌戰 下午 投壺遊戲 格子畫 形色棋 Uno卡牌</p>
<p>24</p> <p>上午 坐姿/站姿運動 鏈接 下午 拋圈圈 靜心音樂 修理工人 學習新語言</p>	<p>25</p> <p>上午 坐姿/站姿運動 棋子樂趣 下午 地上冰壺 Spa美容日 與我一起畫 陶藝</p>	<p>26</p> <p>上午 坐姿/站姿運動 劃掉它 下午 保齡球 書法 集中捉 快艇遊戲</p>	<p>27</p> <p>上午 坐姿/站姿運動 下午 春日特別活動</p>	<p>28</p> <p>上午 坐姿/站姿運動 詞語組 下午 滾球 紙鴿子 波子遊戲 I-Pads平板電腦</p>
				



Lillian
April 3rd



Kim
April 10th



Henry
April 12th



Tuong
April 12th



Sandhano
April 13th



Natalino
April 20th



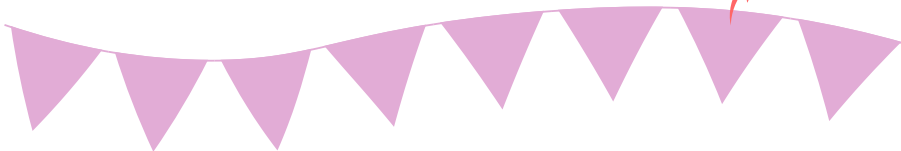
Ying
April 20th



Chuck
April 24th



Happy
Birthday



Patricia
April 24th



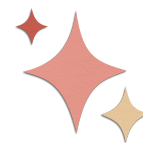
Ling
April 26th



Bik Ho
April 29th



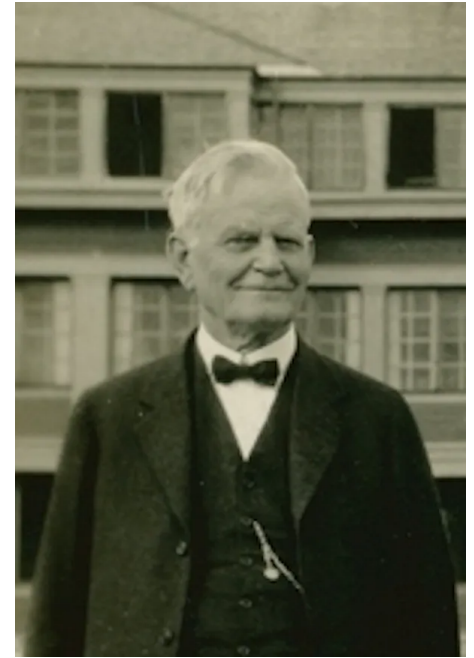
Cynthia
April 30th



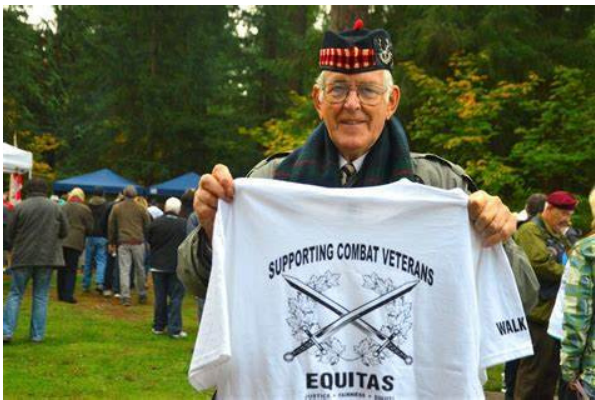
Our Namesake – Samuel Dwight Chown

Last month the Chown Centre was delighted to have a visit from Robert (Bob) S.D. Chown, the grandson of our namesake, Reverend Samuel Dwight (S.D.) Chown. Bob is a wonderful storyteller and a keeper of family history which he was so kind to share with us. We learned that Reverend Chown (1853-1933) was instrumental in the formation of The United Church of Canada in 1925 after serving as a chaplain in World War 1. He worked tirelessly to improve social conditions and advocated for world peace even after his retirement in 1926.

In addition to the Chown Adult Day program, there are numerous other buildings and landmarks across Canada which are named after Reverend S.D. Chown. In Vancouver, there is a cornerstone marker at UBC Union College, a sidewalk plaque at 10th Ave and Ontario St. and in Alberta, there is actually a mountain named Mount Chown within Jasper National Park! On the day of his visit, Bob kindly bequeathed our organization with two framed photos. One is his grandfather as a young man, and the other a framed letter and replica stamp from Canada Post commemorating Reverend S.D. Chown in 1975. We will hang them in a place of pride within our centre!



The seniors and staff at Chown ADP really enjoyed Bob’s visit. He is a great public speaker and like his grandfather, has also championed for social justice in his work with veterans. He is an avid musician who still plays in a jazz group and when the weather is good, you can find him scooting about town on his Piaggio motorbike in a bright yellow jacket! His visit also inspired other seniors to bring in books and photos of their family’s accomplishments to share with others so, thank you Bob Chown, we look forward to another visit from you in the near future!



我們中心的命名- Samuel Dwight Chown

上月，Chown中心很高興迎來 Robert (Bob) S.D. Chown的探訪，他是我們中心名稱沿用人 喬恩牧師 Reverend Samuel Dwight (S.D.) Chown的孫子。除了Chown成人日間活動計劃外，加拿大還有很多建築物和地標都是以牧師S.D. Chown來命名，例如：在溫哥華UBC聯合書院有一個基石標記、第十大道和安大略道有人行道牌匾；在艾伯塔省賈斯伯國家公園內甚至有一座名為Mount Chown的山！

Bob像他的祖父一樣，是一位出色的演講家，也是很棒的家族歷史守護者，他非常友善地與我們分享了種種事情。我們了解到喬恩牧師 Chown (1853-1933)，在第一次世界大戰中擔任牧師一職對1925年加拿大聯合教會的成立發揮了重要作用。他一直在努力地改善社會條件，即使退休後也在宣揚世界和平。而Bob亦繼承祖父，在與退伍軍人的合作中積極地提倡社會正義。另外，Bob是一位狂熱的音樂家，現時仍然在爵士樂隊演奏。當天氣好的時候，你會看到他穿著黃色皮衣，騎著摩托車在城市裏飛馳！

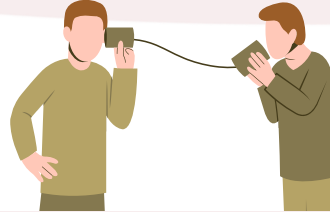


在探訪當日，Bob為我們帶來了2個裱起的相框，1個是他祖父年輕的相片，另一個則是加拿大郵政在1975年紀念牧師S.D. Chown的信件和郵票複製本，我們之後會將它們挂在中心！Chown中心的長者和員工們都非常喜歡Bob的探訪，他的到來也激起了其他長者的分享意欲，大家帶來能展示家族成就的書籍和照片和大家分享。謝謝Bob Chown的到訪，我們期待您在不久的將來再次回訪！

How To Live a Healthy Life

Sarah

Be nice and positive to those around you. Take the time to enjoy your life. Happiness is the best.



Margherita

For a healthy life you need to have good companions, community and friends. You must visit each other, call each other, keep in touch and do activities with them.



Roberta

Stay active and try not to worry about things. Be around good people and don't take things too seriously.



Diane

To be healthy, you need to have a good group of friends and family members to stick close to and to do activities together.



Aida

It is important to follow your doctor's advice. Be happy, pray, and love others.



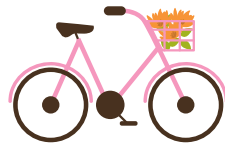
How To Live a Healthy Life



Anton
 Riding a bicycle, gardening, traveling and eating are what you should do to enjoy life.



Kiu
 Good genetics, eating well, drinking lots of water, getting out for fresh air, and meditation. These are important to a healthy life.



June
 Exercise and eating well are key to a healthy life.



Lin Fong
 Eating healthy, controlling what you eat, and exercise contribute to good health.



Labros
 Good sleep, exercise, eating well, and being happy.





Koon



Choi



King



Rose



Great Hand Sau Tien & Kem Ai



Bik Kum, Pacita, and Teresita



Rosa & Aida



John & Nick



Lie



Kwok Wai



Connie



Bing



Wu



Joan



Paul



Susan



Edward



Poi Ying



Maria



Lucia



Gee and Ju Li



Pu Rong & May



Gim & Kwan



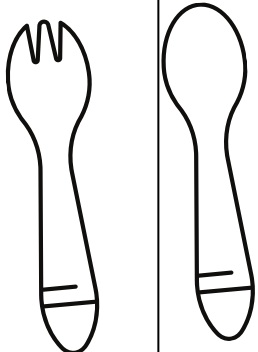
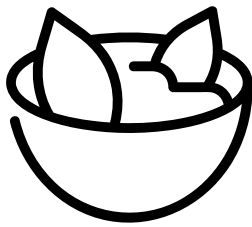

Po Chun, June, Cathy, Maudy, Connie, Bi Yu

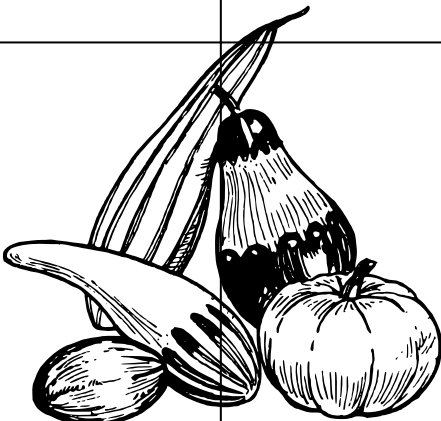

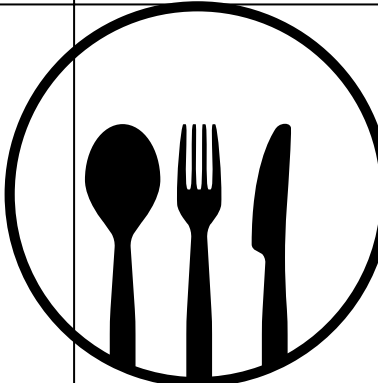


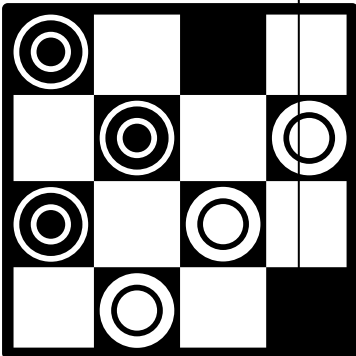
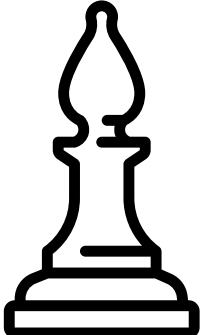
Nelly

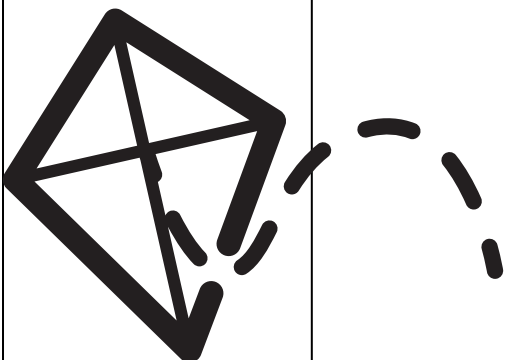


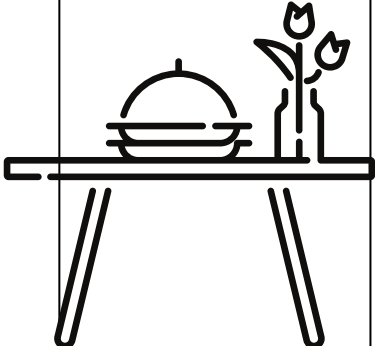
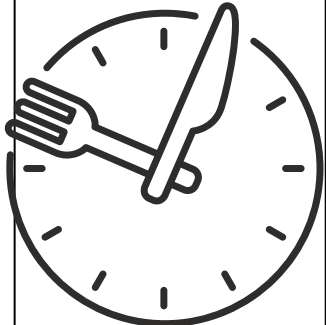
Andy

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Cream of Cauliflower Soup Grilled Cheese Spinach Salad</p> <p>Pecan Tart</p>	<p>4</p> <p>Beef Stroganoff Egg Noodles Broccoli</p> <p>Fruit Parfait</p>	<p>5</p> <p>Turkey Feast</p>	<p>6</p> <p>Turkey Feast</p>	<p>7</p> <p>Good Friday Centre Closed</p>
<p>10</p> <p>Easter Monday Centre Closed</p>	<p>11</p> <p>Braised Pork with Apples Potatoes & Green Salad</p> <p>Pumpkin Tart</p>	<p>12</p> <p>Fish Pie Steamed Veggies</p> <p>Apple Crisp</p>	<p>13</p> <p>Chicken Chow Mein Asian Greens</p> <p>Butterscotch Pudding</p>	<p>14</p> <p>French Beef Stew Mashed Potatoes Roasted Veggies</p> <p>Fruit Compote</p>
<p>17</p> <p>Creole Pork Fluffy Rice Roasted Veggies</p> <p>Multi Fruit Cup</p>	<p>18</p> <p>Braised Fish Mashed Potatoes Mixed Veggies</p> <p>Bread Pudding</p>	<p>19</p> <p>Sweet & Sour Chicken Rice Asian Greens</p> <p>Mango Dessert</p>	<p>20</p> <p>German Meatballs Egg Noodles Cucumber Salad</p> <p>Apple Strudel</p>	<p>21</p> <p>Potato Leek Soup Cheddar Scone Veggies Salad</p> <p>Chocolate Raspberry Cake</p>
<p>24</p> <p>Butter Chicken Rice Steamed Veggies</p> <p>Lemon Jelly</p>	<p>25</p> <p>Turkey Caking Brown Rice Green Beans</p> <p>Apple Cake</p>	<p>26</p> <p>Chili with Delicious Cornbread Roasted Veggies</p> <p>Strawberry Shortcake</p>	<p>27</p> <p>Fish Cake Tea House Potatoes Steamed Veggies</p> <p>Pineapple Cake</p>	<p>28</p> <p>BBQ Pork Ribs Fried Rice Broccoli</p> <p>Finnish Fruit Pudding</p>
				

星期一	星期二	星期三	星期四	星期五
3 忌廉椰菜花湯 烤芝士 菠菜沙律 山核桃撻	4 燴牛肉 雞蛋麵 西蘭花 水果芭菲	5 復活節午餐	6 復活節午餐	7 假期 中心關閉
10 復活節假期 中心關閉	11 紅燒蘋果豬肉 薯仔蔬菜沙律 南瓜撻	12 魚餅 蒸蔬菜 蘋果脆脆	13 雞肉炒麵 亞洲蔬菜 布丁	14 法式燉牛肉 薯蓉 焗蔬菜 水果蓉杯
17 豬肉片 炒飯 焗蔬菜 雜果杯	18 紅燒魚 焗薯蓉 蔬菜 麵包布丁	19 甜酸雞塊 飯 亞洲蔬菜 芒果甜品	20 德國肉丸 雞蛋麵 青瓜沙律 蘋果餡餅	21 薯仔大葱湯 車達芝士鬆餅 蔬菜沙律 朱古力紅莓蛋糕
24 奶油雞 飯 蒸蔬菜 檸檬啫喱	25 火雞肉餅 糙米飯 青豆 蘋果蛋糕	26 粟米包配辣椒湯 焗蔬菜 士多啤梨蛋糕	27 焗魚 溫室薯仔 青菜 菠蘿蛋糕	28 BBQ豬肋條 炒飯 西蘭花 芬蘭水果布丁
				

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>AM Sit Fit/Standfit Be a Builder</p> <p>PM Target Ball Easter Craft The Price is Right</p>	<p>4</p> <p>AM Sit Fit/Standfit Bingo</p> <p>PM Curling Easter Egg Art Horse Race</p>	<p>5</p> <p>AM Sit Fit/Standfit Tenzi</p> <p>PM Music with Mason Foo</p>	<p>6</p> <p>AM Sit Fit/Standfit First to 50</p> <p>PM Shuffleboard Floor Buckets Paper Weaving</p>	<p>7</p> <p>Good Friday Centre Closed</p>
<p>10</p> <p>Easter Monday Centre Closed</p>	<p>11</p> <p>AM Sit Fit/Standfit Origami</p> <p>PM Croquet Dominoes Spa Day</p>	<p>12</p> <p>AM Sit Fit/Standfit Bump It</p> <p>PM Bean Bag Toss Bead Craft Card Games</p>	<p>13</p> <p>AM Sit Fit/Standfit Connect Four</p> <p>PM Knock 'Em Down Snakes & Ladders Request That Tune</p>	<p>14</p> <p>AM Sit Fit/Standfit War</p> <p>PM Mini Gold Suncatchers Crokinole</p>
<p>17</p> <p>AM Sit Fit/Standfit Jackpot</p> <p>PM Fishing Game International Music Rummikub</p>	<p>18</p> <p>AM Sit Fit/Standfit Tenagrams</p> <p>PM Carpet Darts Rainbow Craft Numbers</p>	<p>19</p> <p>AM Sit Fit/Standfit High/Low</p> <p>PM Carpet Toss Yahtzee Centre Decor</p>	<p>20</p> <p>AM Sit Fit/Standfit Cross-it-Off</p> <p>PM Bowling Creative Expression Flying Chess</p>	<p>21</p> <p>AM Sit Fit/Standfit Ace to King</p> <p>PM Relay Race Chinese Card Games Food Culture</p>
<p>24</p> <p>AM Sit Fit/Standfit Keep</p> <p>PM Coin Toss All About Chocolate Painting</p>	<p>25</p> <p>AM Sit Fit/Standfit Go Fish</p> <p>PM Bocci Card Making Cribbage</p>	<p>26</p> <p>AM Sit Fit/Standfit Lucky Lotto</p> <p>PM Bucket Toss Four in a Row Conversation Corner</p>	<p>27</p> <p>AM Sit Fit/Standfit Roll-a-...</p> <p>PM Floor Hockey Uno Centrepieces</p>	<p>28</p> <p>AM Sit Fit/Standfit Places I've Been</p> <p>PM Ring Toss Mahjong Pom Pom Coasters</p>
				

星期一	星期二	星期三	星期四	星期五
<p>3</p> <p>AM 坐姿/站姿運動 建築師</p> <p>PM</p> <p>掉球 復活節手工 價格遊戲</p>	<p>4</p> <p>AM 坐姿/站姿運動 賓果</p> <p>PM</p> <p>推球 復活蛋手工 賽馬棋子</p>	<p>5</p> <p>AM 坐姿/站姿運動 骰子遊戲</p> <p>PM</p> <p>Mason先生音樂表演</p>	<p>6</p> <p>AM 坐姿/站姿運動 一到五十</p> <p>PM</p> <p>沙壺球 地上桶 織紙</p>	<p>7</p> <p>復活節星期五 中心關閉</p>
<p>10</p> <p>復活節星期一 中心關閉</p>	<p>11</p> <p>AM 坐姿/站姿運動 摺紙</p> <p>PM</p> <p>槌球 西洋骨牌 美甲日</p>	<p>12</p> <p>AM 坐姿/站姿運動 骰子遊戲</p> <p>PM</p> <p>拋豆袋 串珠 啤牌</p>	<p>13</p> <p>AM 坐姿/站姿運動 四子棋</p> <p>PM</p> <p>打倒他們 蛇及樓梯 音樂</p>	<p>14</p> <p>AM 坐姿/站姿運動 戰爭</p> <p>PM</p> <p>迷你金子 太陽手工 加拿大彈戲</p>
<p>17</p> <p>AM 坐姿/站姿運動 大獎</p> <p>PM</p> <p>釣魚遊戲 音樂欣賞 魔力橋</p>	<p>18</p> <p>AM 坐姿/站姿運動 七巧板</p> <p>PM</p> <p>投擲遊戲 彩虹手工 數子</p>	<p>19</p> <p>AM 坐姿/站姿運動 高/低</p> <p>PM</p> <p>拋豆袋 骰子遊戲 中心裝飾</p>	<p>20</p> <p>AM 坐姿/站姿運動 刪除</p> <p>PM</p> <p>保齡球 創意文字 飛行棋</p>	<p>21</p> <p>AM 坐姿/站姿運動 啤牌</p> <p>PM</p> <p>接力賽 大老二 食物文化</p>
<p>24</p> <p>AM 坐姿/站姿運動 保留</p> <p>PM</p> <p>投擲硬幣 認識朱古力 繪畫</p>	<p>25</p> <p>AM 坐姿/站姿運動 啤牌</p> <p>PM</p> <p>推球 做卡片 克里比奇紙牌</p>	<p>26</p> <p>AM 坐姿/站姿運動 六合彩</p> <p>PM</p> <p>拋豆袋 四個連線 聊天角落</p>	<p>27</p> <p>AM 坐姿/站姿運動 畫畫</p> <p>PM</p> <p>地上曲棍球 UNO 中心裝飾</p>	<p>28</p> <p>AM 坐姿/站姿運動 我去過哪裡</p> <p>PM</p> <p>投擲遊戲 麻雀 做杯墊</p>
				

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Fish Chowder Scone Salad</p> <p>Brownie</p>	<p>4</p> <p>BBQ Pork On Bun Baked Beans Warm Vegetables</p> <p>Apple Cobbler</p>	<p>5</p> <p>Easter Lunch</p>	<p>6</p> <p>Easter Lunch</p>	<p>7</p> <p>Good Friday Centre Closed</p>
<p>10</p> <p>Easter Monday Centre Closed</p>	<p>11</p> <p>Baked Fish Onion Pilaf Stir Fried Vegetables</p> <p>Coffee Cake</p>	<p>12</p> <p>Butter Chicken Rice Baked Vegetable</p> <p>Fresh Fruit</p>	<p>13</p> <p>Beef Sandwich Salad</p> <p>Chocolate Cake</p>	<p>14</p> <p>Ginger Pork Broccoli Rice</p> <p>Yogurt With Berry Compote</p>
<p>17</p> <p>Baked Chicken Pesto Pasta Mixed Vegetables</p> <p>Banana Cake</p>	<p>18</p> <p>Bulgogi Beef Rice Asian Greens</p> <p>Jello</p>	<p>19</p> <p>Pork Frittata Italian Greens</p> <p>Date Bar</p>	<p>20</p> <p>Herbed Fish Onion Pilaf Warm Vegetable</p> <p>Fresh Fruit</p>	<p>21</p> <p>Beef Stew Mashed Potato Stir Fried Vegetables</p> <p>Earl Grey Cake</p>
<p>24</p> <p>Beef Casserole Baked Greens</p> <p>Lemon Loaf</p>	<p>25</p> <p>Beef Casserole Mashed Potato Salad</p> <p>Brownie</p>	<p>26</p> <p>Fish and Eggplant Rice Mixed Vegetables</p> <p>Carrot Cake</p>	<p>27</p> <p>Braised Pork Fried Rice Steamed Vegetable</p> <p>Berry Cobbler</p>	<p>28</p> <p>Roasted Chicken Tomato Pasta Salad</p> <p>Mango Cake</p>
				

星期一	星期二	星期三	星期四	星期五
<p>3</p> <p>周打魚湯 鬆餅 沙律</p> <p>朱古力布朗尼蛋糕</p>	<p>4</p> <p>燒烤豬肉包 焗豆 蔬菜</p> <p>蘋果烤布樂</p>	<p>5</p> <p>復活節午餐</p>	<p>6</p> <p>復活節午餐</p>	<p>7</p> <p>耶穌受難節 中心關閉</p>
<p>10</p> <p>復活節星期一 中心關閉</p>	<p>11</p> <p>烤魚 洋蔥抓飯 炒蔬菜</p> <p>咖啡蛋糕</p>	<p>12</p> <p>印度奶油雞 飯 烤蔬菜</p> <p>新鮮水果</p>	<p>13</p> <p>牛肉三文治 沙律</p> <p>朱古力蛋糕</p>	<p>14</p> <p>薑味豬肉 西蘭花 飯</p> <p>莓乳酪</p>
<p>17</p> <p>焗青醬雞肉意粉 蔬菜</p> <p>香蕉蛋糕</p>	<p>18</p> <p>韓式牛肉飯 炒蔬菜</p> <p>啫喱</p>	<p>19</p> <p>豬肉菜肉餡煎蛋餅 意式蔬菜</p> <p>棗條</p>	<p>20</p> <p>香草魚 洋蔥抓飯 蔬菜</p> <p>新鮮水果</p>	<p>21</p> <p>燉牛肉 薯蓉 炒蔬菜</p> <p>伯爵茶蛋糕</p>
<p>24</p> <p>焗牛肉 烤青菜</p> <p>檸檬蛋糕</p>	<p>25</p> <p>焗牛肉 薯蓉 沙律</p> <p>朱古力布朗尼蛋糕</p>	<p>26</p> <p>煎魚茄子 飯 蔬菜</p> <p>紅蘿蔔蛋糕</p>	<p>27</p> <p>紅燒豬肉 炒飯 蒸菜</p> <p>漿果烤布樂</p>	<p>28</p> <p>烤雞 蕃茄意粉 沙律</p> <p>芒果蛋糕</p>
				



Lily



Kay



Joseph & Addie



Elna



Zi Jun



Diane



Wai Po



Alice



Lucy



Marilyn & Viola



Robin & Patricia



Sitfit Exercise



Stella



Beatriz