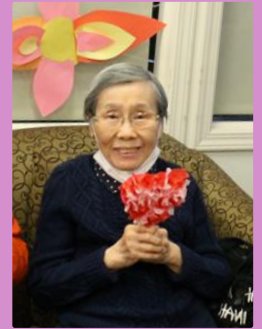


Alice Frith Centre | 2970 East 22nd Avenue, Vancouver, BC, V5M 2Y4 | 604-430-1441

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



Happy
Mother's
Day





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.

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

Editorial

Donna, Christina, Cassandra, John & Danielle

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^wməθkwəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and Səlilwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.

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RCSS Mask Update

On April 6, the Ministry of Health announced that masks will no longer be required at any health facility in B.C. As a result, masks are now optional at both our centres. Please let us know if you have any questions or concerns. For more information, please visit www.vch.ca.

4月6日，衛生局宣佈取消BC省護理設施需佩戴口罩的規定。因此，現起我們2間中心都可隨個人意願選擇是否繼續佩戴口罩。如若你有任何疑慮，請告知我們。更多資訊，請查看www.vch.ca。

Board of Directors



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Cathy Yau



Nancy Moon



Claire Oh



Jasmine Tam



John Tam



Casey Chan



Inna Myghal



Danielle Richards



Laura Lopez



Sandra Markovic



Happy Mother's Day to all the special women in our program. This is a day like no other because we stop to acknowledge all the wonderful memories we have of the maternal figures in our life. The divine beings that brought us into the world, guided and mentored us through life, and bestowed unconditional love in our hearts.

Besides my biological Mother, I had lots of women who nurtured me throughout my journey. Grandmothers, aunts, neighbour who "adopted" me because my Mom was so far away, and mother-in-law. They all had the same qualities of devotion and encouraged me to reach for the stars. I, like many other grateful recipient children, adore the extraordinary souls that give so selflessly to ensure we have the basic foundations for growth. Thank you and receive our love with gratitude and admiration. Enjoy your day!

Program news, as you probably know by now, mask wearing is no longer mandatory in the Centre or on HandyDart. It is welcomed news for some, but it also brings apprehension for others who have serious health concerns. Please be reassured that it is your choice, and we will support your decision. If you are more comfortable leaving the covering on your face, then do it. We will continue to be diligent in our protocols to reduce the spread of viruses and germs by continuing with sanitation standards that were maintained throughout the pandemic. We will also keep a supply of masks and sanitizer at the door for your comfort. If there is anything you need us to do please discuss with the nurses who will relay your preferences in care planning sessions.

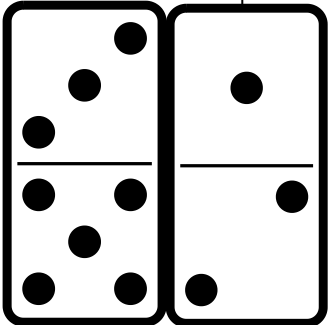
All is well!

中心的各位母親，母親節快樂！這是與眾不同的一天，我們都停下來頌贊和懷念生活中與母親的美好回憶。母親將我們帶入世界，引導和指導我們渡過一生，並在我們心中賦予無條件的愛。

除了我的親生母親，在我人生旅程上，還接受了很多偉大女士的養育：祖母、姨姨、因我親生母親離我太遠而“領養”我的鄰居和我的婆婆。她們都有同樣的奉獻精神，並鼓勵我去追逐夢想。像許多其他感恩的受助兒童一樣，我非常崇拜那些無私奉獻的偉大靈魂，確保了我們擁有基本的成長基礎。感謝您，並請接受我們的愛。好好享受屬於您的一天！

中心最新消息，正如您可能知道的那樣，在中心或HANDYDART巴士上不再強制要求佩戴口罩。或許這對一些人來說是好消息，但也給其他有嚴重健康考慮的人帶來了擔憂。請放心，這是您的選擇，如果您更願意把口罩留在臉上，我們會尊重和支持您的決定。我們會繼續遵守在整個大流行期間保持的衛生標準來減少病毒和細菌的傳播，仍會在門口提供口罩和消毒搓手液。如果您有任何需要我們做的事情，請與護士討論，她們會在會議中傳達您的偏好和納入護理計劃中。

祝
一切順利

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>AM Sit Fit/Standfit Be a Builder</p> <p>PM Bean Bag Toss Banner Craft Sudoku Connect Four</p>	<p>2</p> <p>AM Sit Fit/Standfit Origami</p> <p>PM Bucket Toss Colour Match Centerpieces Conversation Corner</p>	<p>3</p> <p>AM Sit Fit/Standfit Fun/Flop</p> <p>PM Fishing Game Paper Ball Art Request That Tune Rummikub</p>	<p>4</p> <p>AM Sit Fit/Standfit Go Fish</p> <p>PM Relay Race Pom Pom Game Crokinole Tetris</p>	<p>5</p> <p>AM Sit Fit/Standfit Ace to King</p> <p>PM Table Bowling Card Games Mother's Day Art Marble Challenge</p>
<p>8</p> <p>AM Sit Fit/Standfit First to 50</p> <p>PM Knock 'Em Down Card Making Shake Loose a Memory Trouble</p>	<p>9</p> <p>AM Sit Fit/Standfit Keep</p> <p>PM Music Fit Ring Toss Dominoes Shut the Box</p>	<p>10</p> <p>AM Sit Fit/Standfit Clay Works</p> <p>PM Basketball Suncatchers Sensory Sorting Uno Tiles</p>	<p>11</p> <p>AM Sit Fit/Standfit High/Low</p> <p>PM Bocci Gold Mining Paint Along Snakes & Ladders</p>	<p>12</p> <p>AM Sit Fit/Standfit Dice Game</p> <p>PM Carpet Darts Puzzle Party Mother's Day Tea Mahjong</p>
<p>15</p> <p>AM Sit Fit/Standfit Pass the Parcel</p> <p>PM Carpet Toss Rhyming Dominoes Magazine Mosaics Our Community</p>	<p>16</p> <p>AM Sit Fit/Standfit Lucky Lotto</p> <p>PM Croquet Baking Language Learning Marble Slots</p>	<p>17</p> <p>AM Sit Fit/Standfit Pictionary</p> <p>PM Health Arts Music</p>	<p>18</p> <p>AM Sit Fit/Standfit What do you Pack?</p> <p>PM Shuffleboard Family Feud Ceramic Painting Sticker Fun</p>	<p>19</p> <p>AM Sit Fit/Standfit 21 or Bus</p> <p>PM Kickball Chinese Chess Picture Frames Yahtzee</p>
<p>22</p> <p>Victoria Day Centre Closed</p>	<p>23</p> <p>AM Sit Fit/Standfit Number Dominoes</p> <p>PM Ladderball Who Sings That? Yarn Craft Bead Patterns</p>	<p>24</p> <p>AM Sit Fit/Standfit Build Your City</p> <p>PM Air Hockey Rock Painting Spa Day Crazy 8</p>	<p>25</p> <p>AM Sit Fit/Standfit Fun With Flags</p> <p>PM Noodle Ball Uno I-Pads Fill It Up</p>	<p>26</p> <p>AM Sit Fit/Standfit Card Bingo</p> <p>PM Curling 3D Flowers Window Art Gather Your Tokens</p>
<p>29</p> <p>AM Sit Fit/Standfit This or That</p> <p>PM Ping Pong Pass Thread Flowers Animal Sounds Qwirkle</p>	<p>30</p> <p>AM Sit Fit/Standfit Topple Tower</p> <p>PM Bowling Paper Mache Trivia Jenga/Tenzi</p>	<p>31</p> <p>AM Sit Fit/Standfit Ring-A-Ding-Ding</p> <p>PM Suspension Bridge Mandalas Pets & Friends Matching Game</p>		

周一	周二	周三	周四	周五
1 AM 坐姿/站姿運動 建築家 PM 拋豆袋 牆面掛飾製作 數獨 連連看	2 AM 坐姿/站姿運動 折紙 PM 投籃 顏色配對 檯面裝飾製作 聊天角	3 AM 坐姿/站姿運動 歡樂問答 PM 釣魚 紙球手工 點歌聽 魔力橋牌	4 AM 坐姿/站姿運動 紙牌遊戲 PM 傳物比賽 射球 加拿大棋 拼方塊	5 AM 坐姿/站姿運動 卡牌次序 PM 桌上保齡球 卡牌遊戲 母親節手工 波子挑戰
8 AM 坐姿/站姿運動 鬥快到50 PM 把它敲下來 卡片製作 記憶遊戲 桌游：棋	9 AM 坐姿/站姿運動 骰仔遊戲 PM 快樂音樂 拋圈 多米諾骨牌 關上盒子	10 AM 坐姿/站姿運動 玩泥膠 PM 籃球 陽光吊飾 感官分類 UNO	11 AM 坐姿/站姿運動 高/低 PM 硬地滾球 尋寶遊戲 一起畫 桌上遊戲	12 AM 坐姿/站姿運動 骰仔遊戲 PM 墊上飛鏢 拼圖派對 母親節茶會 麻雀（將）
15 AM 坐姿/站姿運動 傳包裹 PM 墊上拋物 多米諾骨牌 雜誌拼貼 我們的社區	16 AM 坐姿/站姿運動 幸運樂透 PM 門球 烘培組 語言學習 波子遊戲	17 AM 坐姿/站姿運動 猜猜畫畫 PM 音樂表演	18 AM 坐姿/站姿運動 你會帶什麼？ PM 投壺 益智問答賽 陶藝 貼紙樂	19 AM 坐姿/站姿運動 21點 PM 踢球 象棋 相框製作 快艇遊戲
22 維多利亞日 中心關閉	23 AM 坐姿/站姿運動 數字骨牌 PM 梯子球 猜歌手 毛線手工 珠仔的規律	24 AM 坐姿/站姿運動 打造你的城市 PM 氣墊球 石頭繪 美容日Spa 紙牌遊戲	25 AM 坐姿/站姿運動 旗子樂 PM 傳球 Uno 平板電腦 I-Pads 入樽	26 AM 坐姿/站姿運動 卡片Bingo PM 地上冰壺 3D花製作 櫥窗手工 集齊你的籌碼
29 AM 坐姿/站姿運動 這個或那樣 PM 乒乓傳球 勾花 動物聲音 形色棋	30 AM 坐姿/站姿運動 高塔 PM 保齡球 紙漿模型 問答環節 層層疊/骰仔	31 AM 坐姿/站姿運動 戴戒指 PM 浮橋 曼陀羅畫 動物朋友 配對遊戲		


 HAPPY BIRTHDAY


Sidney
May 2nd



Lucia
May 22nd



Kwan
May 22nd



Welcome New Staff!



Sandra Markovic

Sandra grew up in Killarney in East Vancouver. She is the youngest of 3 sisters and her parents are from Croatia. Sandra enjoys Latin style dancing such as Bachata, Salsa and Merengue. She plays guitar and likes to sing and write music. Sandra enjoys arts and crafts and is skilled in the ancient art of macrame. Sandra loves to travel and has been to Asia, Europe, and lived and traveled in Australia for 5 months. Before working for RCSS, Sandra was a barista for 11 years, and a mental health worker for 12 years.



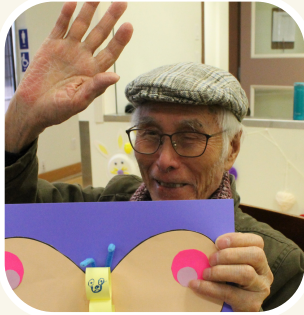
Hello, Antonio



Nice Work, Manuel & Kwok Wai



Hello, Aida



Hey Kiu!



Getting Crafty with Ciro & Elna



Welcome, Remedios



Very Pretty, Kem Ai



Good Work Lian & Lin Fong



Nice Smile, Charlotte



Beautiful Work, Poi Ying



Pretty Flower, You Mei



Sweet Edward



Super Mom Roberta



Wow Henry!

My mother was special because...



Diane T.
 My mother, Lillian and I would go on special outings such as going for a drive, shopping, going to the movies and out to restaurants.



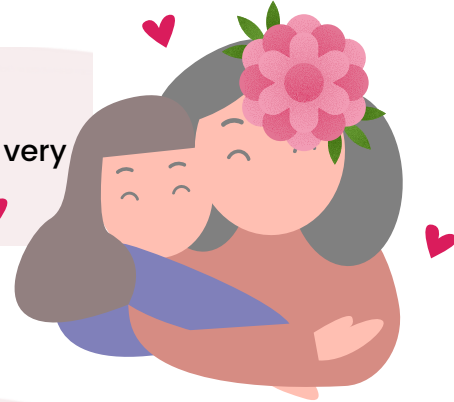
Pacita
 My mother was so special because she practiced religion and taught my family how to be kind, patient, and friendly.



mama



Min
 My mom was a very kind person who worked very hard for our family.



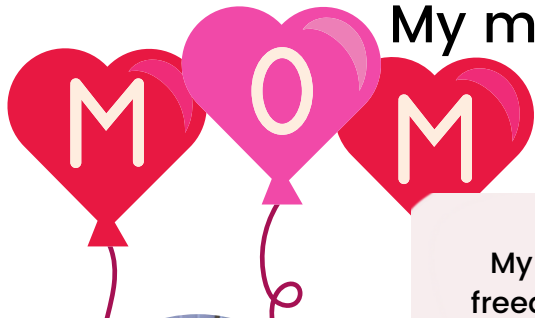
Chuck
 My mother was special because she would always cook memorable meals every Chinese New Year and for my birthday.



Maria N.
 My mother, Teresa was the best mom and she meant everything to me.



My mother was special because...



Marilyn
My mother was supportive and gave me a lot of freedom in choosing what I wanted to do. She also worked very hard to support me through my life.



Koon
My mother had 15 children, but was still very kind and generous.



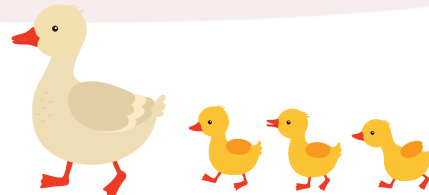
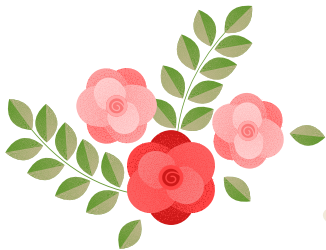
SUPER MOM



John
My mother was a hardworking woman that worked on a farm. She supported me in life and helped me come to Canada.



Viola
I loved spending time outdoors with my mom and aunt when I was a kid. I have the best memories with them.



Lin Fong
My mom kept my siblings and I safe and helped all of us get to Canada.





Nice work, Addie!



Great Smile, Lucy



Charming Flowers, Labros & John



Gardening Club



Best buddies, Kwan & Chuck



Good Morning, King



Looking Good, Joseph



Lovely Performance From Health Arts



You Got This, Cynthia



Wonderful Smile, Patricia



Friends Wai Po & May



Nice Full House, Fudge



Strategizing With Anton & Manuel



Great Toss, Wu



Nice Aim, Amy



Nice Teamwork, Paul & Lie



Good Throw, Maudy



Good Friends, Min & Jasmine



Bullseye, Kim!



Good Friends, Rose & Gim



Careful, Bik Ho!



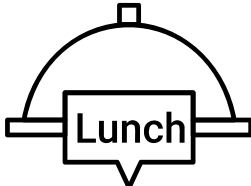
Back At You, Tuong



Good Luck, Elizabeth



All smiles with Natalino & Henry

Monday	Tuesday	Wednesday	Thursday	Friday
1 Mushroom Gravy (VVegetarian Burgers) Oven Roast Fries Steamed Broccoli Banana Bread	2 Moroccan Chicken Stew (VChickpea Stew) Rice Steamed Broccoli Fruit Jello	3 Italian Sausage (VBroccoli Manicotti) Lasagna Steamed Veggies Pineapple Snow	4 Mapo Tofu Pork (VMapo Shitake Tofu) Rice Asian Greens Chocolate Zucchini Cake	5 Fish Pie (VVeggie Omelette) Roasted Cabbage Mango Dessert
8 Pan-fried Tilapia (VPeanut Noodles) With Fruit Salsa Tomato Rice Roasted Veggies Apple Crisp	9 Style Penne Pasta (VVeggie Greek) Tabbouleh Yogurt Orange Cake	10 Chicken Chow Mein (VTofu Chow Mein) Asian Greens Strawberry Jello	11 Manhattan Fish Chowder (VTomato Bean Soup) Cheese Scones Steamed Veggies Peach Cobbler	12 Turkey Fricassee (VWhite Bean Stew) Mashed Potatoes Steamed Veggies Fresh Fruit
15 Beef Broccoli (VTofu Shitake) Chow Mein Veggies Rhubarb Dessert	16 Turkey Meatloaf (VTofu Meatloaf) Scalloped Potatoes Steamed Veggies Vanilla Pudding	17 BBQ Pork Ribs (VVeggie Sausage) Fried Rice Steamed Veggies Blueberry Coffee Cake	18 Butter Chicken (VLentil Stew) Rice Steamed Veggies Raspberry Jello	19 (VVegetarian Spinach Noodles Veggie Ground Sauce Carrots & Peas Apple Cake
22 Victoria Day Centre Closed	23 Fish Baked With (VWhite Beans Leeks) Leeks With Rice Steamed Veggies Bumble Berry Cobbler	24 (VVeggie Frittata Yam Fries Spinach Salad Fresh Fruit	25 Turkey Patties (VChickpea Patties) Lemon Tomatoes Feta Roasted Veggies Strawberry Sundae	26 Chinese Chicken Corn (VTofu Mushroom Soup) Soup With Rice Asian Greens Pecan Tart
29 Peanut Chicken (VPeanut Tofu) Coconut Rice Steamed Veggies Tropical Jello	30 Beef Goulash (VKidney Bean Goulash) Potatoes Steamed Veggies Fresh Fruit Parfait	31 Tye Fish (VMarinated Tofu) Scalloped Potatoes Steamed Veggies Rhubarb Crisp		(V) Vegetarian

周一	周二	周三	周四	周五
1 焗薯條 (V素漢堡扒配蘑菇汁) 蒸西蘭花 香蕉蛋糕	2 摩洛哥式焗雞肉 (V焗鷹嘴豆) 配飯 蒸西蘭花 水果啫喱	3 義式香腸千層麵 (V茄汁西蘭花意粉) 蒸蔬菜 菠蘿雪糕	4 豬肉碎麻婆豆腐 (V素香菇麻婆豆腐) 配飯 朱古力翠肉瓜蛋糕	5 焗魚塊 (V素奄列) 椰菜 芒果甜品
8 香煎鯽魚配甜酸果醬 (V花生麵) 蕃茄飯 焗蔬菜 蘋果脆脆	9 藜麥蔬菜沙律 (V素希臘式長通粉) 香橙蛋糕	10 雞肉炒麵 (V豆腐炒麵) 中式蔬菜 士多啤梨啫喱	11 曼哈頓周打魚湯 (V蕃茄雜豆湯) 芝士鬆餅 蒸蔬菜 蜜桃餡餅	12 法式燉火雞 (V燉白豆) 配薯蓉 蒸蔬菜 新鮮水果
15 牛肉西蘭花炒麵 (V豆腐香菇) 蔬菜 果蓉杯	16 火雞肉扒 (V豆腐扒) 切片薯仔 蒸蔬菜 雲呢拿布丁	17 BBQ豬肋骨條 (V素香腸) 炒飯 蒸蔬菜 藍莓咖啡蛋糕	18 黃油雞 (V燉紅扁豆) 配飯 蒸蔬菜 紅桑梅啫喱	19 紅蘿蔔&豆 (V素醬菠菜麵) 蘋果蛋糕
22 維多利亞日 中心關閉	23 大蔥焗魚 (V焗大蔥白豆) 配飯 蒸蔬菜 莓果餡餅	24 蕃薯條 (V素鹹派) 菠菜沙律 新鮮水果	25 火雞派 (V鷹嘴豆派) 檸檬蕃茄芝士焗蔬菜 士多啤梨新地	26 雞肉粟米湯配飯 (V豆腐蘑菇湯) 中式蔬菜 核桃撻
29 花生椰汁雞肉飯 (V花生豆腐) 蒸蔬菜 熱帶水果啫喱	30 燉牛肉 (V燉腰果) 薯仔塊 蒸蔬菜 新鮮水果芭菲	31 香煎魚塊 (V醬豆腐) 切片薯仔 蒸蔬菜 果蓉脆脆		
(V) 素食				

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>AM Sit Fit/ Standfit Poster Making</p> <p>PM Floor Buckets Follow Your Nose Where in the World?</p>	<p>2</p> <p>AM Sit Fit/ Standfit Connect Four</p> <p>PM Mini Golf Centre Décor Headbandz</p>	<p>3</p> <p>AM Sit Fit/ Standfit War</p> <p>PM Curling Watermelon Craft Genius Square</p>	<p>4</p> <p>AM Sit Fit/ Standfit 21 or Bust</p> <p>PM Ladderball You Be The Judge I-Pads</p>	<p>5</p> <p>AM Sit Fit/ Standfit Food Rainbow</p> <p>PM Knock 'Em Down Calligraphy Trouble</p>
<p>8</p> <p>AM Sit Fit/ Standfit Scategories</p> <p>PM Shuffleboard Baking Dominoes</p>	<p>9</p> <p>AM Sit Fit/ Standfit Lucky Lotto</p> <p>PM Roll It Up Paper Hyacinths Card Games</p>	<p>10</p> <p>AM Sit Fit/ Standfit First to Fifty</p> <p>PM Marble Challenge Flower Vases Chinese Checkers</p>	<p>11</p> <p>AM Sit Fit/ Standfit Card Bingo</p> <p>PM Fishing Game Crokinole Butterfly Craft</p>	<p>12</p> <p>AM Sit Fit/ Standfit I Spy</p> <p>PM High Tea/Chat Spa Day Card Making</p>
<p>15</p> <p>AM Sit Fit/ Standfit Fun With Flags</p> <p>PM Relay Race What's in the Box? Macrame Workshop</p>	<p>16</p> <p>AM Sit Fit/ Standfit Keep</p> <p>PM Carpet Toss Request That Tune Picture Frames</p>	<p>17</p> <p>AM Sit Fit/ Standfit Tenegrams</p> <p>PM Bowling Flying Chess Keychains</p>	<p>18</p> <p>AM Sit Fit/ Standfit Tenzi</p> <p>PM Carpet Darts Celebrity Guess Who Tetris/Jenga</p>	<p>19</p> <p>AM Sit Fit/ Standfit Bump It</p> <p>PM Floor Hockey Pictionary Rummikub</p>
<p>22</p> <p>Victoria Day Centre Closed</p>	<p>23</p> <p>AM Sit Fit/Standfit</p> <p>PM Performance by Alastair McMurray</p>	<p>24</p> <p>AM Sit Fit/ Standfit Go Fish</p> <p>PM Coin Toss Spot The Difference Uno</p>	<p>25</p> <p>AM Sit Fit/ Standfit Ace to King</p> <p>PM Table Hockey Pizza Making Yahtzee</p>	<p>26</p> <p>AM Sit Fit/ Standfit Country or City</p> <p>PM Balloon Tennis Knitting Club Shut The Box</p>
<p>29</p> <p>AM Sit Fit/ Standfit Roll-a...</p> <p>PM Sing-a-Long Mahjong Summer Craft</p>	<p>30</p> <p>AM Sit Fit/ Standfit Topple Tower</p> <p>PM Bucket Toss Scrabble Rock Painting</p>	<p>31</p> <p>AM Sit Fit/ Standfit Guess The Language</p> <p>PM Bocci Zentangle Drawing Gardening</p>		

周一	周二	周三	周四	周五
<p>1</p> <p>AM 坐姿/站姿運動 海報製作</p> <p>PM 拋球 嗅覺遊戲 世界上的哪裡?</p>	<p>2</p> <p>AM 坐姿/站姿運動 連4點</p> <p>PM 迷你金子 中心裝飾 桌上遊戲</p>	<p>3</p> <p>AM 坐姿/站姿運動 戰爭</p> <p>PM 滾球 西瓜手工 桌上遊戲</p>	<p>4</p> <p>AM 坐姿/站姿運動 21點</p> <p>PM 樓梯球 你做法官 IPADS</p>	<p>5</p> <p>AM 坐姿/站姿運動 食物彩虹</p> <p>PM 拋球 書法 桌上遊戲</p>
<p>8</p> <p>AM 坐姿/站姿運動 分種類</p> <p>PM 推球 烘焙 骨牌遊戲</p>	<p>9</p> <p>AM 坐姿/站姿運動 六合彩</p> <p>PM 滾球 花手工 卡牌</p>	<p>10</p> <p>AM 坐姿/站姿運動 一到五十</p> <p>PM 滾波子 花瓶手工 波子棋</p>	<p>11</p> <p>AM 坐姿/站姿運動 卡牌Bingo</p> <p>PM 釣魚 彈指棋 蝴蝶手工</p>	<p>12</p> <p>AM 坐姿/站姿運動 我是偵探</p> <p>PM 下午茶/聊天 水療 卡片製作</p>
<p>15</p> <p>AM 坐姿/站姿運動 國旗</p> <p>PM 接力比賽 盒內有什麼? 繩結工作坊</p>	<p>16</p> <p>AM 坐姿/站姿運動 保護</p> <p>PM 拋球 音樂遊戲 相架</p>	<p>17</p> <p>AM 坐姿/站姿運動 七巧版</p> <p>PM 保齡球 飛行棋 鎖匙扣</p>	<p>18</p> <p>AM 坐姿/站姿運動 骰子遊戲</p> <p>PM 拋球 猜是誰 俄羅斯方塊/層層疊</p>	<p>19</p> <p>AM 坐姿/站姿運動 骰子遊戲</p> <p>PM 地上曲棍球 猜猜畫畫 魔力橋</p>
<p>22</p> <p>維多利亞日 中心關閉</p>	<p>23</p> <p>AM 坐姿/站姿運動</p> <p>PM Alastair McMurray 先生表演</p>	<p>24</p> <p>AM 坐姿/站姿運動 卡牌遊戲</p> <p>PM 拋金幣 找不同 UNO</p>	<p>25</p> <p>AM 坐姿/站姿運動 卡牌遊戲</p> <p>PM 氣墊球 Pizza製作 快艇骰子</p>	<p>26</p> <p>AM 坐姿/站姿運動 國家或城市</p> <p>PM 網球 編織 桌上遊戲</p>
<p>29</p> <p>AM 坐姿/站姿運動 擲個...</p> <p>PM 齊唱歌 麻雀 夏日手工</p>	<p>30</p> <p>AM 坐姿/站姿運動 疊羅漢</p> <p>PM 拋豆袋 桌上遊戲 水彩石頭</p>	<p>31</p> <p>AM 坐姿/站姿運動 猜語言</p> <p>PM 推球 禪繞畫 園藝</p>		

Monday	Tuesday	Wednesday	Thursday	Friday
1 Stir Fried Pork (VStir Fried Bean Curd) Fried Rice Asian Green Fruit Cake	2 Panko Crust Fish (V)Panko Crust Eggplant With Creamy Dill Sauce Dinner Roll Mixed Vegetables Fresh Fruit	3 Homemade Meatloaf (V)Tofu Meatball) Mashed Potato Warm Vegetables Jell-O	4 Chicken Alfredo (V)Alfredo Pasta) Pasta Italian Vegetables Blueberry Sundae	5 Herbed Baked Fish (V)Herbed Baked Vegetables) Rice Pilaf Seasoned Vegetables Chocolate Cake
8 Chicken Fajita (V)Beyond meat Fajita) Spanish Rice Fiesta Vegetables Earl Grey Cake	9 Salisbury Steak (V)Vegetarian Salisbury Steak) With Gravy Mashed Potato Baked Vegetables Greek Yogurt	10 Pork Frittata (V)Veggie Frittata) Pasta Salad Berry Cobbler	11 Fish Chowder (V)Creamy Chowder) Dinner Roll Salad Fresh Fruit	12 Beef Pad Thai (V)Veggie Pad Thai) Mango Salad Ice Cream
15 Beef Lasagna (V)Tomato Pasta) Roasted Vegetables Mango Cake	16 Herbed Roasted Pork (V)Herbed Roasted Tofu) Creamy Dijon Sauce Scalloped Potato Mixed Vegetables Short Cake	17 Hawaiian Chicken Haystack (V)Hawaiian Veggie Haystack) Rice Asian Greens Ice Cream	18 Beef Stew (V)Vegetable Stew) Mashed Potato Salad Yuzu Cake	19 Braised Pork (V)Braised Vegetables) Rice Steamed Vegetables Date Bar
22 Victoria Day Centre Closed	23 Baked Chicken (V)Baked Zucchini) Fried Rice Glazed Vegetables Jell-O	24 (V)Mapo Tofu Rice Asian Green Fruit Cake	25 (V)Vegetarian Japchae Soy Pork Rice Broccoli Coffee Cake	26 (V)Egg Sandwich Tomato Soup Salad Lemon Loaf
29 BBQ Pork (V)BBQ Beyond Meat) On Bun Baked beans Warm Vegetables Banana Cake	30 Manhattan Chowder (V)Tomato Chowder) Grilled Cheese Salad Fresh Fruit	31 Beef Shepherd Pie (V)Braised Tofu) Salad Orange Cake		(V) Vegetarian

周一	周二	周三	周四	周五
<p>1</p> <p>炒豬肉 (V 炒豆卜) 炒飯 亞洲蔬菜</p> <p>水果蛋糕</p>	<p>2</p> <p>白汁焗脆魚 (V 白汁茄子) 麵包 炒雜菜</p> <p>新鮮水果</p>	<p>3</p> <p>肉卷 (V 豆腐球) 薯蓉 炒雜菜</p> <p>啫喱</p>	<p>4</p> <p>白汁雞肉意粉 (V 白汁意粉) 意式蔬菜</p> <p>藍莓新地</p>	<p>5</p> <p>香草焗魚 (V 香草焗蔬菜飯) 蔬菜</p> <p>朱古力蛋糕</p>
<p>8</p> <p>墨西哥烤雞薄餅 (V 墨西哥烤素肉薄餅) 西班牙式飯 炒雜菜</p> <p>伯爵茶蛋糕</p>	<p>9</p> <p>梳士巴利漢堡扒配肉 (V 素梳士巴利漢堡扒) 醬 薯蓉 焗雜菜</p> <p>希臘乳酪</p>	<p>10</p> <p>豬肉意式蛋餅 (V 素意式蛋餅) 意粉 沙律</p> <p>莓果烤布樂</p>	<p>11</p> <p>周打魚湯 (V 周打湯) 麵包 沙律</p> <p>新鮮水果</p>	<p>12</p> <p>牛肉泰式炒河粉 (V 蔬菜泰式炒河粉) 芒果沙律</p> <p>雪糕</p>
<p>15</p> <p>肉醬千層麵 (V 蕃茄意粉) 烤蔬菜</p> <p>芒果蛋糕</p>	<p>16</p> <p>香草烤豬肉配芥末 (V 香草烤豆腐) 醬 白汁焗薯仔 炒雜菜</p> <p>奶油蛋糕</p>	<p>17</p> <p>夏威夷雞肉 (V 夏威夷菜) 飯 亞洲蔬菜</p> <p>雪糕</p>	<p>18</p> <p>燉牛肉 (V 燉菜) 薯蓉 沙律</p> <p>柚子蛋糕</p>	<p>19</p> <p>燉豬肉 (V 燉菜) 飯 亞洲蔬菜</p> <p>甜品</p>
<p>22</p> <p>維多利亞日 中心關閉</p>	<p>23</p> <p>焗雞肉 (V 焗青瓜) 炒飯 炒雜菜</p> <p>啫喱</p>	<p>24</p> <p>飯 (V 麻婆豆腐) 亞洲蔬菜</p> <p>水果蛋糕</p>	<p>25</p> <p>醬油豬肉 (V 蔬菜韓式炒粉絲) 西蘭花</p> <p>咖啡蛋糕</p>	<p>26</p> <p>蕃茄湯 (V 雞蛋三文治) 沙律</p> <p>檸檬蛋糕</p>
<p>29</p> <p>燒烤豬肉 (V 燒烤素肉) 焗豆 蔬菜</p> <p>香蕉蛋糕</p>	<p>30</p> <p>曼哈頓周打湯 (V 蕃茄周打湯) 芝士三文治 沙律</p> <p>新鮮水果</p>	<p>31</p> <p>牛肉牧羊人批 (V 燉豆腐) 沙律</p> <p>香橙蛋糕</p>		<p>(V) 素食</p>



Hiya, Bing!



Good Friends, Casey and Andy



Nice Teamwork, Robin & Jean



Friendship Bracelets With Choi



Stunning Work, Sau Tien



Lunch With Lucia, Claire & Ho Sang



Great Work Team



Nice Shot, Pu Rong



Welcome Chun



Looking good, Alice!



Hi, Bik Kum



Beautiful Flower, Gee



Our New Friend, Rey