

RENFREW
COLLINGWOOD
SENIORS SOCIETY
Taking Seniors To Heart

Since
1976

Renfrew-Collingwood Seniors' Society

蘭菲高靈活耆英會

July 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

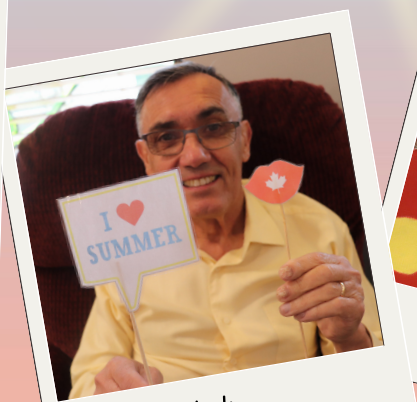
Hello SUMMER



Sarah & Diane



Antonio



Natalino



Bik Ho



Rosa



Rose & Pacita



Maudy



Mila



Cynthia



Chuck



You Mei





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, Cassandra, Imran, Nancy, Cathy, Claire, Jasmine, John, Casey, Laura, Danielle, Inna, Hugo, Kelly

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 xʷməθkwəyəm (Musqueam), Skwxwú7mesh (Squamish), and Səlilwətaʔ/Selilwitulh (Tseil-Waututh) Nations.

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Wildfire Smoke 山火煙霧

Extreme heat can lead to drought and wildfires resulting in poor air quality from wildfire smoke. Staying indoors when it is too hot can lead to heat exhaustion or heat stroke, which are more dangerous for your health than being exposed to wildfire smoke. DO NOT BE AFRAID to open your windows or go outside to cool down even if there is smoke.

極端高溫可能導致乾旱和野火，野火煙霧導致空氣質量不佳。天氣太熱時待在室內可能會導致熱衰竭或中暑，這對您的健康比暴露在野火煙霧更危險。即使有煙霧，也不要害怕打開窗戶或到外面降溫。

Board of Directors



Madeleine MacIvor



Tara Abraham



Olga Smirnova



Poonam Kaila



Paul Hucul



Nancy Falcone



Jackie Kler

Staff



Donna Clarke



Christina Webster



Wai Yee Chou



Joon Kim



Faith Malakoff



Rose Smith



Cassandra Ly



Imran Ranmall



Anyao Huang



Cathy Yau



Nancy Moon



Claire Oh



Jasmine Tam



John Tam



Casey Chan



Inna Myghal



Danielle Richards



Laura Lopez



Hugo Chung



Kelly Felgenhauer



Happy Canada Day!

Our beautiful multicultural country is full of opportunity and as we watch what is happening around the world and south of the border, I am reminded every day how fortunate we are to live here. We are so blessed to have a culture of acceptance. I am especially grateful that as an inclusive country we are making progress on the indigenous land rights and acknowledgements. It is my hope that some day soon, truth and reconciliation will be embraced by all of us, and we will support the rightful claims of the original people who inhabited and cared for this land.

Well, you may have noticed that we have lots of new participants and are nearing the occupancy levels at both Centres. Seeing both places bustling is what we have been long awaiting. The benefits of these programs go beyond our expectations and the more day programs we have, the less people go to long term care. The ideal time to attend the program is two days (at least) and some of you were lucky enough to be granted three days temporarily until we were at full occupancy. Vancouver Coastal Health has now directed us to reduce the three days a week to two so we can make room for other referrals.

In the coming weeks, the nurse and I will be assessing the participants who are slotted in three times a week and connecting with family members and care givers to make sure the transition back to two days goes smoothly. If additional home support is necessary on the day that you will not be coming here, we will communicate that to your case managers. If this will create major hardships for you, I suggest you call the case managers, maybe they will reconsider.

As always, we will advocate for you to keep the day along with trying to support other seniors in the community. It is a delicate balancing act, but it always works out. All is well.

加拿大日快樂!

我們美麗的多元文化國家充滿了機遇，當我們觀察世界各地和邊境以南正在發生的事情時，我每天都在提醒自己生活在這裡是多麼幸運。我們很慶幸能夠擁有一個接受文化的地方。我特別感激的是，作為一個包容性的國家，我們在土著土地權利和承認方面取得了進展。我希望不久的將來，真相與和解將被我們所有人所接受，我們將支持居住和照料這片土地的原住民的合法主張。

您可能已經註意到，我們有很多新參與者，並且兩個中心的入住率都已接近。看到這兩個地方熙熙攘攘的景像是我們期待已久的。這些計劃的好處超出了我們的預期，我們提供的日間計劃越多，接受長期護理的人就越少。參加該項目的理想時間是兩天（至少），有些人很幸運能夠暫時獲得三天的時間，直到我們滿員為止。溫哥華衛生局現已指示我們將每週三天減少到兩天，以便為其他轉診騰出空間。

在接下來的幾週內，護士和我將評估每周安排三次的參與者，並與家人和護理人員聯繫，以確保順利過渡到兩天。如果您不在此處的當天需要額外的家庭支持，我們將與您的案件經理溝通。如果這會給您帶來很大的困難，我建議您致電案件經理，也許他們會重新考慮。

一如既往，我們將倡導您繼續這一天，並努力支持社區中的其他老年人。這是一種微妙的平衡行為，但總能奏效。一切順利。

Monday	Tuesday	Wednesday	Thursday	Friday
3 Canada Day Centre Closed	4 AM Sit Fit/Standfit Make 24 PM Basketball Family Feud Dominos Aromatherapy	5 AM Sit Fit/Standfit Topple Tower PM Bucket Toss Bottle Decoration Ring Toss Puzzles	6 AM Sit Fit/Standfit War PM Shuffleboard Trouble Dot Puzzle A-Z Scatergeries	7 AM Sit Fit/Standfit Crazy 8's PM Ladderball Rummikub Ice Cream Craft Go Fish
10 AM Sit Fit/Standfit Emergency Prep PM Knock 'Em Down Music Favourites Valley Escape Pocket Hangers	11 AM Sit Fit/Standfit 3 x 3 PM Request That Tune Crokinole Tea Talk Baking	12 AM Sit Fit/Standfit Roll A... PM Ping Pong Pass Table Bowling Door Decor Hungry Hippo	13 AM Sit Fit/Standfit Be A Builder PM Croquet 20 Questions Painting Uno	14 AM Sit Fit/Standfit Ace to King PM Carpet Darts Basket Craft Table Basketball Podcasts
17 AM Sit Fit/Standfit First to Fifty PM Relay Race Button Golf Garden Rocks Mahjong	18 AM Sit Fit/Standfit Pictionary PM Card Bingo Music Wellness Sudoku Foam Flower Vases	19 AM Sit Fit/Standfit Skill Ball PM Carpet Toss Headbandz Matching Game Card Making	20 AM Sit Fit/Standfit Slap Jack PM Bowling Fishbowl Game Texture Matching Shut the Box	21 AM Sit Fit/Standfit Would You Rather PM Health Arts Performer
24 AM Sit Fit/Standfit Word Hive PM Paper Plane Slot Photo Collage Animal Bingo Horse Race	25 AM Sit Fit/Standfit Spoons PM Bocci Spa Day Tetris Cribbage	26 AM Sit Fit/Standfit Rings On PM Reel It In Clap and Say Mosaic Mountains Bead Sorting	27 AM Sit Fit/Standfit Connect Four PM Air Hockey Bird Houses What Is It? I-Pads	28 AM Sit Fit/Standfit Word Chain PM Curling You Be the Judge Numbers Fishing Game
31 AM Sit Fit/Standfit Origami PM Marble Challenge Language Learning Treasure Hunt Butterfly Craft				

星期一	星期二	星期三	星期四	星期五
3 加拿大日 中心關閉	4 上午 坐姿/站姿運動 二十四 下午 籃球 家庭問答 多米諾骨牌 香薰療法	5 上午 坐姿/站姿運動 高塔 下午 拋物入籃 瓶子裝飾 拋圈圈 拼圖	6 上午 坐姿/站姿運動 卡牌戰 下午 投壺 桌上遊戲 點拼圖 A-Z 遊戲	7 上午 坐姿/站姿運動 瘋狂八 下午 梯子球 魔力橋 雪糕手工 啤牌
10 上午 坐姿/站姿運動 緊急準備 下午 把"它"敲下來 最愛的音樂 山谷逃生 口袋衣架	11 上午 坐姿/站姿運動 三乘三 下午 音樂 加拿大棋 茶點對話 烘焙	12 上午 坐姿/站姿運動 畫畫 下午 傳乒乓球 桌上保齡球 門裝飾 飢餓的河馬	13 上午 坐姿/站姿運動 建築師 下午 槌球 二十個問題 繪畫 UNO卡牌	14 上午 坐姿/站姿運動 紙牌遊戲 下午 地上飛鏢 籃子手作 桌上籃球 播客
17 上午 坐姿/站姿運動 一到五十 下午 接力比賽 高爾夫球 岩石花園 感官盒子	18 上午 坐姿/站姿運動 猜猜畫畫 下午 卡牌BINGO 靜心音樂 數獨遊戲 泡沫花瓶	19 上午 坐姿/站姿運動 彈珠遊戲 下午 拋豆袋 猜猜我是誰 配對遊戲 卡片製作	20 上午 坐姿/站姿運動 衾棉胎 下午 保齡球 魚缸遊戲 紋理匹配 關上盒子	21 上午 坐姿/站姿運動 你會寧願... 下午 音樂欣賞
24 上午 坐姿/站姿運動 蜂巢字 下午 紙飛機 照片拼貼 動物BINGO 賽馬	25 上午 坐姿/站姿運動 勺子 下午 地滾球 Spa美容日 俄羅斯方塊 紙牌遊戲	26 上午 坐姿/站姿運動 響起鈴聲 下午 捲起它 拍手說 馬賽克山脈 珠子分類	27 上午 坐姿/站姿運動 連連看 下午 桌上氣墊球 鳥屋 這是什麼? 平板電腦	28 上午 坐姿/站姿運動 詞語組 下午 地上冰壺 你是裁判 麻將 釣魚
31 上午 坐姿/站姿運動 摺紙 下午 波子挑戰 語言學習 尋寶 蝴蝶手工				

HAPPY BIRTHDAY



Addie
July 2nd



Joseph
July 2nd



Karen
July 5th



Nelly
July 12th



Sarah
July 22nd



Choi
July 29th





Hello Wai-Po & Bik Kum



Beautiful Art, Stella & Ying



Great Work, Lucia



Looks Beautiful, Rose



Looking Great, Kim, Lie, & Aida T



Fun Times with Fudge & Juli



Hey there, Teresita!



Nice Work, Lin Fong



Fun & Games with Karen & Robin



Artists, Charlotte & Alice



Celebrating with Imran & Viola

My Favourite Summertime Activity Is...

Andy

I like watching TV shows and enjoying a cold beverage.



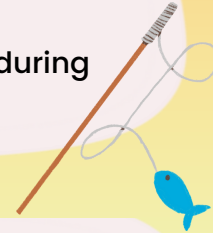
Susan

I like going for a run, eating sushi, and shopping at Costco.



Pak Tong

I enjoy gardening and fishing with friends during summer.



Poi Ying

I enjoy singing with friends during summer time.



Manuel

I like spending time at Queen Elizabeth Park and having picnic's with my family.



Lian

I enjoy shopping at Richmond Centre with my daughter.



Fei

I like playing Mahjong with my wife and eating ice-cream during summer time.



My Favourite Summertime Activity Is...

Diane

I like going for a walk and eating McDonald's with my family.



Elna

I enjoy going out for delicious meals like dim sum with my friends.



Chuck

I enjoy going to the park to get some exercise.



Kwan

I love going to the park for a walk and watching baseball games.

Rosa

I enjoy taking the bus to the beach, getting exercise and spending time with friends & family.



Maria M

I enjoy spending time at the park and having BBQ's with my family.



Lie

I enjoy catching up on my favourite TV shows and having a relaxing nap.





Hi There, Roberta



Crafty Ladies, Bik Ho, Sarah, Elna, Maria M



Welcome, Ralph



Hanging out with John, Labros & Celia



Vintage Car Day with Elna, Chun & Maria N



Po Chun



All Smiles with Margherita, Paul & Lily



Nice Work, Brenda



Howdy, Anton!



Hello, Kwok Wai



Hi There, Koon



Hello, Gim!



Nice Shot, Chun



Strategizing with Kem Ai & Natalino



Amazing Work, Zi Jun & Kiu



Exercise with Aida F



Joseph, Charlotte, Bik Kum



Beautiful Work, Ci Ying, June, & Bi Yu



Great Teamwork, Aida F, Rosa, Lie & Lily



Looking Sharp, Kwan



Sau Tien & Laura



Table Game Fun with Marilyn & Gee



Connie, Ida, Poi Ying, Karen, Bi Yu



Focused Fernando



Joan, Nelly, Henry, Natalino & John

Monday	Tuesday	Wednesday	Thursday	Friday
3 Canada Day Centre Closed	4 Ⓟ Frittata Potato Wedges Steamed Greens Banana Cake	5 Beef & Barley Soup (Ⓟ Barley Veg Soup) Cheesy Scone Steamed Veggies Cheese Cake	6 Butter Chicken (Ⓟ Curry Tofu) Rice Steamed Veggies Fresh Fruit	7 Fish Newberg (Ⓟ Bean Stew) Steamed Veggies Jello
10 Pork (Ⓟ Tofu) Chow Mein Asian Greens Butterscotch Pudding	11 Greek Beef Meatballs (Ⓟ Veggie Balls) Lemon Rice Carrots & Peas Fresh Fruit	12 Sweet N' Sour Chicken (Ⓟ Tofu) Rice Asian Greens Strawberry Milkshake	13 Tye Fish (Ⓟ Omelette) Potato Salad Steamed Veggies Oatmeal Cake	14 Ⓟ Veggie Burgers Cauliflower Mashed Potatoes Mushroom Gravy Green Salad Banana Tart
17 Ⓟ Lentil Walnut Loaf Scalloped Potatoes Green Beans Lemon Pound Cake	18 Mapo Tofu Pork (Ⓟ Mapo Tofu) Rice Asian Greens Fruit Jello	19 Fish Cakes (Ⓟ Veggie Burgers) Yam Fries Steamed Veggies Chocolate Zucchini Cake	20 Hearty Turkey Soup (Ⓟ Bean Soup) Egg Salad Sandwich Bean Salad Blueberry Sunday	21 Adobo Chicken (Ⓟ Adobo Tofu) Rice Steamed Veggies Apple Sauce
24 Fish Chowder (Ⓟ Corn Chowder) Egg Salad Sandwich Shredded Cabbage Slaw Fresh Fruit	25 Turkey Patties (Ⓟ Veggie Burger) Lemon Potatoes Steamed Veggies Fruit Cobbler	26 Ⓟ Veggie Chana Masala Rice Mixed Greens Lemon Pudding	27 Cha Siu Pork Meatloaf (Ⓟ Bake Beans) Chow Mein Cabbage Banana Tart	28 Beef Goulash (Ⓟ Lentil Goulash) Mashed Potatoes Steamed Veggies Fresh Fruit
31 Chicken Casserole (Ⓟ Pasta Casserole) Steamed Veggies Key Lime Tart				Ⓟ Vegetarian 

周一	周二	周三	周四	周五
3 加拿大日 中心關閉	4 ① 蔬菜奄列 焗薯角 蒸蔬菜 香蕉蛋糕	5 牛肉麥粒湯 (① 麥粒蔬菜湯) 芝士鬆餅 蒸蔬菜 芝士蛋糕	6 牛油咖喱雞 (① 咖喱豆腐) 配飯 蒸蔬菜 新鮮水果	7 白汁魚塊 (① 燉雜豆) 蒸蔬菜 啫喱
10 瘦豬肉炒麵 (① 豆腐雜菜炒麵) 中式蔬菜 奶油焦糖布丁	11 希臘式牛肉球 (① 素肉球) 配飯 紅蘿蔔青豆 新鮮水果	12 甜酸雞肉塊 (① 豆腐) 配飯 中式蔬菜 士多啤梨奶昔	13 焗魚 (① 奄列) 薯仔沙律 蒸蔬菜 燕麥蛋糕	14 ① 素漢堡 椰菜花 蘑菇汁薯蓉 沙律 香蕉撻
17 ① 紅腰豆核桃塊 焗薯塊 青豆 檸檬蛋糕	18 麻婆豆腐豬肉碎 (① 麻婆豆腐塊) 配飯 中式蔬菜 水果啫喱	19 焗魚餅 (① 素漢堡塊) 焗番薯條 蒸蔬菜 朱古力擲瓜蛋糕	20 蔬菜火雞湯 (① 雜豆湯) 蛋沙律三文治 沙律 藍莓新地雪糕杯	21 菲律賓味醋烹雞 (① 菲律賓味醋豆腐) 配飯 蒸蔬菜 蘋果蓉
24 周打魚湯 (① 粟米周打湯) 蛋沙律三文治 椰菜沙律 新鮮水果	25 火雞派 (① 素漢堡派) 焗檸檬薯仔 蒸蔬菜 水果餡餅	26 ① 素鷹嘴豆馬薩拉 配飯 蔬菜 檸檬布丁	27 叉燒炒麵 (① 焗豆) 椰菜 香蕉撻	28 燉牛肉 (① 燉紅腰豆) 薯蓉 蒸蔬菜 新鮮水果
31 焗白汁雞肉 (① 焗白汁意粉) 蒸蔬菜 青檸撻				① 素食 

Monday	Tuesday	Wednesday	Thursday	Friday
3 Canada Day Centre Closed	4 AM Sit Fit/ Standfit High/Low PM Ladderball I-Pads Family Tree	5 AM Sit Fit/ Standfit Pictionary PM Shuffleboard Mahjong Tetris/Jenga	6 AM Sit Fit/ Standfit First to Fifty PM Mini Golf Word Search Scrapbooking	7 AM Sit Fit/ Standfit Centre Decor PM Curling The Price is Right Sunshine Craft
10 AM Sit Fit/Standfit 21 or Bust PM Carpet Toss What is It? Stacking Game	11 AM Sit Fit/Standfit Origami PM Air Hockey Yahtzee Zentangle Drawing	12 AM Sit Fit/Standfit Bump It PM Music Melodies Garden Accessories Dominoes	13 AM Sit Fit/Standfit Memory Match PM Bean Bag Toss Visit the Aquarium Snakes & Ladders	14 AM Sit Fit/Standfit Bingo PM Marble Challenge Bowl Weaving Headbandz
17 AM Sit Fit/Standfit Clay Works PM Ring Toss Dice Mania Sensory Sorting	18 AM Sit Fit/Standfit Spot the Difference PM Relay Race Seashell Craft Trouble	19 AM Sit Fit/Standfit Ace to King PM Bocci Windmill Craft Crokinole	20 AM Sit Fit/Standfit Keep PM Health Arts Performer	21 AM Sit Fit/Standfit Yes or No PM Creative Expression Roll It Up Uno
24 AM Sit Fit/ Standfit War PM Suspension Bridge Rainbow Craft Card Bingo	25 AM Sit Fit/ Standfit Connect Four PM Request That Tune Cactus Craft Puzzles	26 AM Sit Fit/ Standfit Roll a... PM Knock 'Em Down Flying Chess Pride Poster	27 AM Sit Fit/Standfit Tenzi PM Leap Ball Sun Catchers Rummikub	28 AM Sit Fit/Standfit Battleship PM Coin Toss Sorting Game Chinese Checkers
31 AM Sit Fit/ Standfit Card Tower PM Carpet Darts Texture Match Conversation Corner				

周一	周二	周三	周四	周五
3 加拿大日 中心關閉	4 AM 坐姿/站姿運動 高/低 PM 樓梯球 IPADS 家庭樹	5 AM 坐姿/站姿運動 猜猜畫畫 PM 站立遊戲 麻雀 飛行棋	6 AM 坐姿/站姿運動 一至五十 PM 哥爾夫球 椅上旅遊 「麻煩」	7 AM 坐姿/站姿運動 中心裝飾 PM 冰壺 問答遊戲 手工
10 AM 坐姿/站姿運動 廿一點 PM 拋豆袋 什麼? 堆積	11 AM 坐姿/站姿運動 摺紙 PM 氣墊球 骰子 禪繞畫	12 AM 坐姿/站姿運動 骰子 PM 音樂 園藝裝飾 骨牌	13 AM 坐姿/站姿運動 記憶遊戲 PM 豆袋 水族館 蛇與樓梯	14 AM 坐姿/站姿運動 賓果 PM 波子遊戲 編織 桌上遊戲
17 AM 坐姿/站姿運動 泥膠 PM 拋環 骰子 感官分類	18 AM 坐姿/站姿運動 找不同 PM 接力 貝殼手工 「麻煩」	19 AM 坐姿/站姿運動 A至K PM 球 風車手工 彈指	20 AM 坐姿/站姿運動 保持 PM Health Arts表演	21 AM 坐姿/站姿運動 對或錯 PM 創意 滾球 UNO
24 AM 坐姿/站姿運動 戰爭 PM 吊橋 彩虹手工 卡BINGO	25 AM 坐姿/站姿運動 連4 PM 音樂 仙人掌手工 拼圖	26 AM 坐姿/站姿運動 滾一個... PM 冰壺 飛行棋 海報	27 AM 坐姿/站姿運動 骰仔 PM 彈球 太陽 魔力橋	28 AM 坐姿/站姿運動 戰列艦 PM 拋硬幣 分類 波子棋
31 AM 坐姿/站姿運動 卡塔 PM 拋遊戲 分類 聊天				

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Canada Day</p> <p>Centre Closed</p>	<p>4</p> <p>Herb Fish (V Herb Zucchini) Mashed Potato Italian Veggies</p> <p>Fresh Watermelon</p>	<p>5</p> <p>Ginger Beef (V Ginger Tofu) Rice Asian Green</p> <p>Matcha Cake</p>	<p>6</p> <p>Fish Chowder (V Vegetable Chowder) Grilled Cheese Salad</p> <p>Greek Yogurt</p>	<p>7</p> <p>Pork Chops (V Mushroom Chops) Creamy Pasta Roasted Veggies</p> <p>Chocolate Cake</p>
<p>10</p> <p>Beef Pad Thai (V Bean Curd Pad Thai) Tropical Salad</p> <p>Jello</p>	<p>11</p> <p>Egg Sandwich Tomato Soup Warm Veggies</p> <p>Ice Cream</p>	<p>12</p> <p>Fish Pie (V Vegetarian Omelette) Pasta Salad</p> <p>Berry Cobbler</p>	<p>13</p> <p>Pork Stew (V Tomato Stew) Scalloped Potato Baked Veggies</p> <p>Fresh Fruit</p>	<p>14</p> <p>Baked Chicken (V Baked Eggplant) Rice Mixed Veggies</p> <p>Earl Grey Cake</p>
<p>17</p> <p>Pulled Pork (V Beyond Meat) Buttered Rice Seasoned Veggies</p> <p>Brownie</p>	<p>18</p> <p>Beef Japchae (V Veggie Japchae) Rice Steamed Veggies</p> <p>Apple Crisp</p>	<p>19</p> <p>Pork Frittata (V Veggie Frittata) Cold Pasta Salad</p> <p>Fruit Cake</p>	<p>20</p> <p>BBQ Chicken (V BBQ Tofu) Pasta Mixed Greens</p> <p>Cottage Cheese</p>	<p>21</p> <p>Manhattan Chowder Peanut Butter Sandwich Salad</p> <p>Orange Cake</p>
<p>24</p> <p>Baked Fish (V Baked Tofu) Scalloped Potatoes California Veggie Blend</p> <p>Mango Cake</p>	<p>25</p> <p>Hamburger Steak (V Beyond Meatball) Tomato Pasta Salad</p> <p>Blueberry Sundae</p>	<p>26</p> <p>Korean Chicken Noodle Soup (V Vegetable Noodle Soup) Rice Asian Greens</p> <p>Jello</p>	<p>27</p> <p>Mapo Tofu Rice Stir Fried Vegetables</p> <p>Short Cake</p>	<p>28</p> <p>Soy Beef (V Soy Tofu) Seaweed Rice Warm Salad</p> <p>Fresh Fruit</p>
<p>31</p> <p>Chicken Curry (V Beyond Meat Pasta) Mixed Greens</p> <p>Date Bar</p>				<p>(V) Vegetarian</p> 

周一	周二	周三	周四	周五
<p>3</p> <p>加拿大日</p> <p>中心關閉</p>	<p>4</p> <p>香草魚 (V 香草西葫蘆) 土豆泥 意大利蔬菜 新鮮西瓜</p>	<p>5</p> <p>薑汁牛肉 (V 姜豆腐) 米 亞洲蔬菜 抹茶蛋糕</p>	<p>6</p> <p>魚雜燴 (V 蔬菜雜燴) 烤奶酪 沙拉 希臘酸奶</p>	<p>7</p> <p>豬排 (V 蘑菇排) 奶油意大利面 烤蔬菜 巧克力蛋糕</p>
<p>10</p> <p>泰式牛肉炒粉 (V 泰式豆腐墊) 熱帶沙拉 果凍</p>	<p>17</p> <p>雞蛋三明治 蕃茄湯 溫熱蔬菜 冰淇淋</p>	<p>18</p> <p>魚餅 (V 素食煎蛋捲) 意大利面 沙拉 漿果餡餅</p>	<p>19</p> <p>燉豬肉 (V 番茄燉菜) 扇貝土豆 烤蔬菜 新鮮的水果</p>	<p>20</p> <p>焗雞 (V 烤茄子) 米 混合蔬菜 伯爵茶蛋糕</p>
<p>17</p> <p>手撕豬肉 (V 超越肉類) 黃油飯 調味蔬菜 布朗尼</p>	<p>18</p> <p>牛肉雜菜 (V 蔬菜雜菜) 米 蒸蔬菜 蘋果酥</p>	<p>19</p> <p>豬肉菜肉餡煎蛋餅 (V 蔬菜菜肉餡煎蛋餅) 冷意大利面沙拉 水果蛋糕</p>	<p>20</p> <p>烤雞 (V 燒烤豆腐) 意大利面 混合豆類 乾酪</p>	<p>21</p> <p>曼哈頓雜燴濃湯 花生醬三明治 沙拉 橙子蛋糕</p>
<p>24</p> <p>烤魚 (V 烤豆腐) 調料烤土豆 加州蔬菜混合 芒果蛋糕</p>	<p>25</p> <p>漢堡牛排 (V 超越肉丸) 番茄意大利面 沙拉 藍莓聖代</p>	<p>26</p> <p>韓國雞肉湯麵 (V 蔬菜湯麵) 亞洲綠菜 果凍</p>	<p>27</p> <p>麻婆豆腐飯 炒蔬菜 蛋糕</p>	<p>28</p> <p>大豆牛肉 (V 黃豆豆腐) 海苔飯 熱沙拉 新鮮的水果</p>
<p>31</p> <p>咖哩雞 (V 超越肉類) 意大利面) 混合豆類 混合蔬菜</p>				<p>(V) 素食</p> 



Princess Tuong



Classy Ladies, Kelly & Min



Music with Elizabeth, Maria M & Ciro



Looking Lovely, Alice



Hats off to Sidney!



Fun Times with Lie, Henry & Remedios



Edward & Rey's Sweet Ride



Getting Crafty with Bing, Ida, Manny



Beautiful Smiles, Kay & Charlotte



Happy Days with John & King



Hey, Patricia!