



# Renfrew-Collingwood Seniors' Society 蘭菲高靈活耆英會

## August 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](mailto: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, Anyao, Nancy, Cathy, Claire, Jasmine, John, Casey, Laura, Danielle, Inna, Hugo, Kelly, Alexandra

## Editorial

Donna, Christina, Cassandra, John, Danielle & Cathy

## 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

# August 2023 Newsletter



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## JOIN OUR BOARD!

The Renfrew Collingwood Seniors' Society (RCSS) is looking for volunteers\* to fill two positions on our Board of Directors. This is a great opportunity to be involved in RCSS's direction and mission.

Our Board is made up of people with diverse lived experience and professional backgrounds. If you want to be a part of RCSS' leadership, ensure our seniors receive the best services, and contribute your skills and expertise to the community then please consider applying. Previous experience in information technology, finance or human resources would be beneficial. To apply, send a letter of interest and resume to [boardchair@rencollseniors.ca](mailto:boardchair@rencollseniors.ca) by August 31, 2023. If you have any questions, email, or leave a message for the Nominating Committee at 604-430-1441.

### Our Mission

To enhance the quality of life of aging adults within their community by promoting wellness and independence through the provision of a safe and caring environment.

### Our Vision

To be a Centre of excellence providing quality and innovative leadership in programs dedicated to seniors.

### Our Values

In fulfillment of our mission and in pursuit of our vision, we value respect; integrity; honesty; compassion; laughter; teamwork; accountability; quality of life for our clients, staff, and volunteers; welcoming, warm atmosphere.

\*Please note: Members that attend RCSS programs are not eligible for Board positions.

**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



Anyao Huang



Cathy Yau



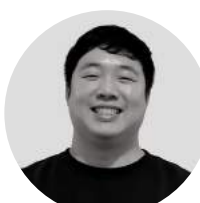
Nancy Moon



Claire Oh



Jasmine Tam



John Tam



Casey Chan



Inna Myghal



Danielle Richards



Laura Lopez



Hugo Chung



Kelly Felgenhauer



Alexandra Pastega



We will celebrate Pride this month, so be prepared for bursts of colourful decorations and activities. The six-colour pride flag will adorn our walls, windows, and ceiling- virtually everywhere so we can embrace this event. A brief history of the colours in the flag. Red is symbolic of life, orange is symbolic of healing, yellow is sunshine, green is nature, blue represents harmony and purple is spirit. Who would not want to be part of that?

Pride month both commemorates and celebrates LGBTQIA2S+ activism and culture. Over the past few years, RCSS has been dedicated to supporting and uplifting the voices of our LGBTQIA2S+ participants and our celebrations keep getting better. This year, we are having a Pride-themed ice cream day where Board members will join the participants and staff to decorate our desserts with the colours of the rainbow flag.

Our organization supports the dignity and equality of LGBTQIA2S+ folks, and we are proud to be designated a Safe Place by Vancouver Police Department where people can seek refuge from crime, harassment, and bullying. Acceptance of our differences is our strength, and we will always embrace and honour every individual and all cultures here at RCSS. So let us all celebrate and be proud of who we are!

這個月我們將會慶祝“同志驕傲月”，中心會以各種顏色作裝飾，代表的六色彩旗會出現在中心的牆上、窗戶上和天花板，活動期間都會隨處挂上，以示我們的支持，同時亦邀請您預備參與各種活動。簡單介紹六色彩旗的含義：紅色代表生命、橙色代表治愈、黃色代表陽光、綠色代表自然、藍色代表和諧寧靜，紫色代表精神。有誰不想擁有或成爲其中一色呢？

同志驕傲月也紀念和慶祝LGBTQ2S+ 的文化和活動。在過去幾年，RCSS中心致力去支持和提高我們LGBTQ2S+參與群體的聲音，而我們的慶祝活動也進行得越來越順利。今年我們準備舉辦以“同志驕傲”為主題的雪糕日，當天董事會成員將會出席，與員工們一起參與活動。

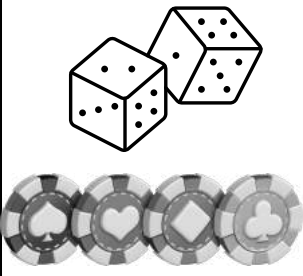
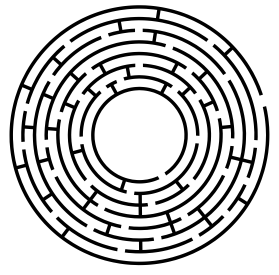
我們的機構支持LGBTQ2S+群體的尊嚴和平等，也很榮幸被溫哥華警察局指定為安全工作場所，人們在受到罪案、騷擾和欺凌時能尋求庇護。和而不同是我們最大的強項，在RCSS裏，我們時刻擁抱所有的文化和尊重各人。那麼在這個“驕傲月”，就讓我們慶祝和為自己感到自豪吧！

PRIDE!



#LOVEWINS!



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p><b>AM</b> <b>Sit Fit/Standfit</b> High/Low</p> <p><b>PM</b> Bucket Toss Pride Butterfly Name That Sport Uno</p>	<p>2</p> <p><b>AM</b> <b>Sit Fit/Standfit</b> Word Chain</p> <p><b>PM</b> Ladderball Bowl Weaving Rummikub Connect Four</p>	<p>3</p> <p><b>AM</b> <b>Sit Fit/Standfit</b> Roll-A-...</p> <p><b>PM</b> Knock 'Em Down Fruit Loops Rainbow Shake Loose A Memory Dominoes</p>	<p>4</p> <p><b>AM</b> <b>Sit Fit/Standfit</b> Ride the Bus</p> <p><b>PM</b> Shuffleboard Rainbow Spinner Snakes &amp; Ladders Scramble Sequence</p>
<p>7</p> <p><b>BC Day Centre Closed</b></p>	<p>8</p> <p><b>AM</b> <b>Sit Fit/Standfit</b> Team Tic Tac Toe</p> <p><b>PM</b> Rollers Name That Taste Mandalas Poker</p>	<p>9</p> <p><b>AM</b> <b>Sit Fit/Standfit</b> Pride Flags</p> <p><b>PM</b> Croquet Spot the Difference Pride Decor Uno Tiles</p>	<p>10</p> <p><b>AM</b> <b>Sit Fit/Standfit</b> Topple Tower</p> <p><b>PM</b> <b>Pride Day Event</b></p>	<p>11</p> <p><b>AM</b> <b>Sit Fit/Standfit</b> Ace To King</p> <p><b>PM</b> Tetris/Jenga Spa Day Card Bingo Bracelet Making</p>
<p>14</p> <p><b>AM</b> <b>Sit Fit/Standfit</b> Paper Planes</p> <p><b>PM</b> Suspension Bridge Word Scramble Make-Up Art Crokinole</p>	<p>15</p> <p><b>AM</b> <b>Sit Fit/Standfit</b> War</p> <p><b>PM</b> Carpet Darts Sensory Sorting Family Feud Mosaics</p>	<p>16</p> <p><b>AM</b> <b>Sit Fit/Standfit</b> Spoons</p> <p><b>PM</b> Bowling Trouble Scrapbooking Yahtzee</p>	<p>17</p> <p><b>AM</b> <b>Sit Fit/Standfit</b> 21 or Bust</p> <p><b>PM</b> Carpet Toss Valley Escape Hot Air Balloons The Price is Right</p>	<p>18</p> <p><b>AM</b> <b>Sit Fit/Standfit</b> Be a Builder</p> <p><b>PM</b> Relay Race Let's Go Pinwheel Craft Mahjong</p>
<p>21</p> <p><b>AM</b> <b>Sit Fit/Standfit</b> Number Dominoes</p> <p><b>PM</b> Target Spin Hungry Hippo Paper Bird Craft What's Cooking</p>	<p>22</p> <p><b>AM</b> <b>Sit Fit/Standfit</b> Word Opposite</p> <p><b>PM</b> Tic Tac Toe Calligraphy Surprising Truth Marble Slots</p>	<p>23</p> <p><b>AM</b> <b>Sit Fit/Standfit</b> Bump It</p> <p><b>PM</b> Bocci Dandelion Craft Table Bowling Shut The Box</p>	<p>24</p> <p><b>AM</b> <b>Sit Fit/Standfit</b> Cross It Off</p> <p><b>PM</b> Twister Baking Ball Shake Request That Tune</p>	<p>25</p> <p><b>AM</b> <b>Sit Fit/Standfit</b> Suits</p> <p><b>PM</b> Air Hockey Puzzle Party Card Making Colour Match</p>
<p>28</p> <p><b>AM</b> <b>Sit Fit/Standfit</b> Capitals</p> <p><b>PM</b> Music Favourites Dumpling Making Watermelon Craft Ring Toss</p>	<p>29</p> <p><b>AM</b> <b>Sit Fit/Standfit</b> Pictionary</p> <p><b>PM</b> Curling What is It? Petite Purse Gold Mining</p>	<p>30</p> <p><b>AM</b> <b>Sit Fit/Standfit</b> Scattergories</p> <p><b>PM</b> Marble Challenge Seashell Collage Animal Bingo Aquarium Visit</p>	<p>31</p> <p><b>AM</b> <b>Sit Fit/Standfit</b> Bunco</p> <p><b>PM</b> Ping Pong Pass Name 5 Game PNE Craft Card Games</p>	

周一	周二	周三	周四	周五
	1 <b>AM</b> 坐姿/站姿運動 高/低 <b>PM</b> 拋物入籃 蝴蝶手工 猜運動 UNO卡牌	2 <b>AM</b> 坐姿/站姿運動 組字鏈 <b>PM</b> 梯子球 手工棉線碗 魔力橋牌 四點連接	3 <b>AM</b> 坐姿/站姿運動 創意組合 <b>PM</b> 把它敲下來 水果彩虹 喚回記憶 多米諾骨牌	4 <b>AM</b> 坐姿/站姿運動 坐巴士 <b>PM</b> 桌上冰壺 彩虹陀螺 桌遊 排組合
7 不列颠哥伦比亚省日 中心關閉	8 <b>AM</b> 坐姿/站姿運動 過三關 <b>PM</b> 滾球 猜味道 曼陀羅畫 啤牌	9 <b>AM</b> 坐姿/站姿運動 驕傲彩旗 <b>PM</b> 門球 找不同 驕傲日裝飾 UNO牌	10 <b>AM</b> 坐姿/站姿運動 疊高塔 <b>PM</b> 驕傲日活動	11 <b>AM</b> 坐姿/站姿運動 啤牌大細 <b>PM</b> 砌方塊/層層疊 Spa美容日 卡牌賓果 手鏈製作
14 <b>AM</b> 坐姿/站姿運動 紙飛機 <b>PM</b> 浮橋遊戲 砌詞語 化妝 加拿大棋	15 <b>AM</b> 坐姿/站姿運動 啤牌戰 <b>PM</b> 地墊飛鏢 觸感分類 問答賽 拼貼畫	16 <b>AM</b> 坐姿/站姿運動 保持平衡 <b>PM</b> 保齡球 桌遊 剪貼手工 快艇遊戲	17 <b>AM</b> 坐姿/站姿運動 21點 <b>PM</b> 地墊拋物 逃出生天 熱氣球手工 價格競猜	18 <b>AM</b> 坐姿/站姿運動 建築師 <b>PM</b> 接力賽 樂高 風車手工 麻將
21 <b>AM</b> 坐姿/站姿運動 數字骨牌 <b>PM</b> 目標投擲 “飢餓的河馬” 紙鳥手工 烹飪節目	22 <b>AM</b> 坐姿/站姿運動 反義詞 <b>PM</b> 過三關 書法 驚訝的真相 碌波子	23 <b>AM</b> 坐姿/站姿運動 跳 <b>PM</b> 硬地滾球 蒲公英手工 桌上保齡球 關上盒子	24 <b>AM</b> 坐姿/站姿運動 劃走它 <b>PM</b> 扭扭樂 烘培組 搖搖球 點歌台	25 <b>AM</b> 坐姿/站姿運動 啤牌 <b>PM</b> 氣墊球 拼圖派對 卡片製作 顏色配對
28 <b>AM</b> 坐姿/站姿運動 首都 <b>PM</b> 最喜愛的音樂 包餃子 西瓜手工 拋圈圈	29 <b>AM</b> 坐姿/站姿運動 猜猜畫畫 <b>PM</b> 滾球 猜猜是什麼? 漂亮手袋 尋寶遊戲	30 <b>AM</b> 坐姿/站姿運動 分類 <b>PM</b> 波子挑戰 貝殼畫 動物賓果 參觀水族館	31 <b>AM</b> 坐姿/站姿運動 桌遊 <b>PM</b> 傳乒乓球 猜5樣 手工 卡牌遊戲	



Ci Ying, Aug 1st



Joan, Aug 3rd



Fei, Aug 4th



Zi Jun, Aug 6th



Wu, Aug 15th



Chun, Aug 16th



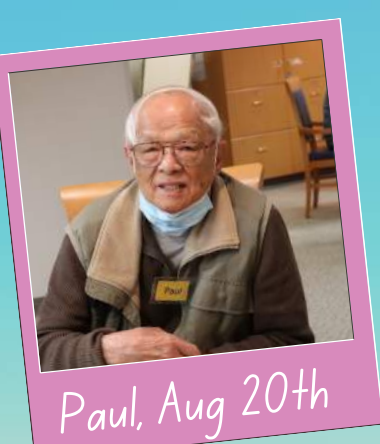
Ida, Aug 23rd



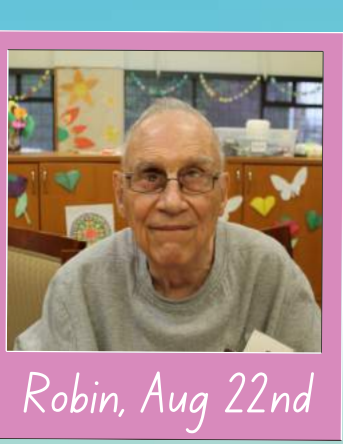
Diane, Aug 20th



Bik Kum, Aug 21st



Paul, Aug 20th



Robin, Aug 22nd



May, Aug 26th

HAPPY 100<sup>th</sup> BIRTHDAY

Happy Birthday





Number One Ladies, Tuong & Kelly



Way to go, Brenda!



Artist, Chun!



Very Creative, Bik Ho



Elna getting crafty!



Beautiful work, Fudge!



Baking with Henry



Cute, Viola & Anton!



Rose, ready for Summer



Peace & Love, Ying



Choi, you are cute!



## What have you learned about other cultures at the centre?



**Viola**

I enjoy making new friends from different cultures and learning about new cuisines!

**June**

I like coming to the centre, meeting other seniors and learning from others.



**Koon**

I am so happy to get to know everyone here. I also like learning other languages.



**Manuel**

I like visiting and chatting with other seniors. I love to taste different dishes, especially Asian food.



**Patricia**

I like eating different types of Asian food. I enjoy coming to the centre and chatting with different friends here.



**Kwok Wai**

I like Japanese culture and all other cultures. I like learning new things.



**Bing**

Everyone is different. I have learned various dialects and I enjoy listening to music from different countries.

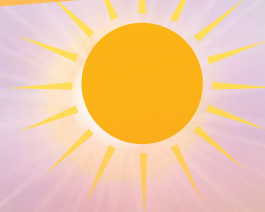


## What have you learned about other cultures at the centre?



**Kay**

I love to talk to other seniors from different cultures, it is always good to know more.



**Wai Po**

The menu at the centre varies, so I can get a taste of different cuisines from around the world.



**Sidney**

The staff are very friendly and the food is good. I enjoy chatting with people from different cultures, it brings back good memories.



**Lily**

I have learned about many different languages, cuisines, and traditions from other cultures.



**Pacita**

I enjoy tasting food from different countries, and the cultural music performances at RCSS are great.



**Roberta**

I have learned so many languages from the staff and other seniors! I am now able to greet others in their language.



**Anna**

I have met many people who speak different languages. With the help of staff to translate, I have learned new phrases and can socialize with others.





Hey, Aida!



Excellent Work, Mary & Connie



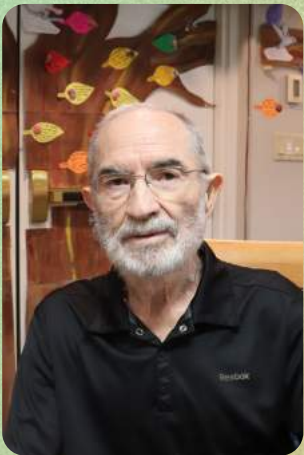
Welcome, David



Hey, Kim & Stella



Looking great, Pak Tong & Poi Ying!



Welcome, Jose!



Bi Yu, Lian & Fei learning to play Crokinole!



Po Chun, looking good!



Nice smile, Karen!



Tea time with Gee, Marilyn, Susan & Lin Fong



Looks great, Cynthia!



Nice Shot, Fernando!



Nice Teamwork, Charlotte & Addie



Look at this, Margherita!



Hi, Celia, Maudy & Fudge!



Go Ralph Go!



Way to go, Sarah!



Howdy, Pu Rong, Rey, Chuck & May



Nice Shot, Maria!



Nice Aim, Kwan!



Games & Giggles with Edward & Min



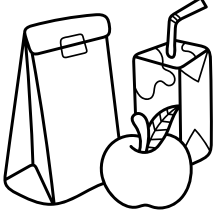

Card Games with Kem Ai & Sau Tien





Go Gim Go!



Alexandra & Andy!

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Butter Chicken (V Curry Chick Pea) Rice Steamed Veggies</p> <p>Apple Crisp</p>	<p>2</p> <p>Beef Meatloaf (V Veggie Loaf) Mashed Potatoes Steamed Veggies</p> <p>Pineapple Jello</p>	<p>3</p> <p>(V) Veggie Frittata Yam Fries Steamed Veggies</p> <p>Chocolate Pudding</p>	<p>4</p> <p>Ham &amp; Pea Soup (V Pea Soup) Grilled Cheese Sandwich Fresh Green Salad</p> <p>Zucchini Blueberry Squares</p>
<p>7</p> <p><b>BC Day Centre Closed</b></p>	<p>8</p> <p>Pan Fried Fish Scalloped Potatoes Steamed Broccoli</p> <p>Fresh Fruit</p>	<p>9</p> <p>Pork Patties (V Veggie Patty) Apple Gravy Roasted Potatoes</p> <p>Butterscotch Pudding</p>	<p>10</p> <p>Chicken (V Tofu) Chow Mein Asian Greens</p> <p>Lemon Tart</p>	<p>11</p> <p>Beef Spaghetti Bolognese (V Veggie Ground Round) Steamed Beans</p> <p>Rhubarb Cobbler</p>
<p>14</p> <p>Mapo Tofu Beef (V Tofu) Rice Asian Greens</p> <p>Fresh Fruit</p>	<p>15</p> <p>Lentil Vegetable Soup Grilled Cheese Salad</p> <p>Rhubarb Ginger Cake</p>	<p>16</p> <p>Peanut Chicken (V Peanut Noodles) Rice Steamed Veggies</p> <p>Rubarb Ginger Cake</p>	<p>17</p> <p>Beef Shepherds Pie (V Veggie Ground) Steamed Veggies</p> <p>Strawberry Mousse</p>	<p>18</p> <p>Fish Cakes (V Veggie Burger) Roasted Yams Coleslaw</p> <p>Fresh Fruit</p>
<p>21</p> <p>(V) Vegetarian Lasagna Caesar Salad</p> <p>Oatmeal Raisin Cookie</p>	<p>22</p> <p>Beef Goulash (V Lentil Goulash) Egg Noodles Steamed Veggies</p> <p>Fresh Fruit</p>	<p>23</p> <p>Fish Chowder (V Corn Chowder) Cheese Scones Roasted Cabbage Salad</p> <p>Chocolate Cake</p>	<p>24</p> <p>Turkey Fricassee (V Bean Fricassee) Rice Steamed veggies</p> <p>Bumbleberry Crisp</p>	<p>25</p> <p>Sweet &amp; Sour Chicken (V Tofu) Rice Asian Greens</p> <p>Fruit Jello</p>
<p>28</p> <p>Moroccan Chicken (V Chick Pea Stew) Steamed Veggies</p> <p>Banana Bread</p>	<p>29</p> <p>Greek Pork Meatballs (V Veggie Meatballs) Lemon Potatoes Greek Salad</p> <p>Vanilla Pudding</p>	<p>30</p> <p>(V) Vegetarian Casserole Roasted Veggies</p> <p>Fresh Fruit Sundae</p>	<p>31</p> <p>Tyee Fish (V Tofu) Rice Pilaf Steamed Veggies</p> <p>Fresh Fruit</p>	<p>(V) <b>Vegetarian</b></p> 

周一	周二	周三	周四	周五
	<p>1</p> <p>牛油雞肉 (V) 咖喱鷹嘴豆 配飯 蒸蔬菜</p> <p>蘋果脆脆</p>	<p>2</p> <p>牛肉批 (V) 蔬菜批) 薯蓉 蒸蔬菜</p> <p>菠蘿啫喱</p>	<p>3</p> <p>(V) 蔬菜派 番薯條 蒸蔬菜</p> <p>朱古力布丁</p>	<p>4</p> <p>火腿&amp;豆湯 (V) 豆湯) 烤芝士三文治 沙律</p> <p>藍莓蛋糕</p>
<p>7</p> <p>不列颠哥伦比亚省日 中心關閉</p>	<p>8</p> <p>煎魚 焗薯仔 蒸西蘭花</p> <p>新鮮水果</p>	<p>9</p> <p>豬肉批 (V) 蔬菜批) 蘋果醬 焗薯仔</p> <p>忌廉拖肥糖布丁</p>	<p>10</p> <p>雞肉 (V) 豆腐) 炒麵 中式蔬菜</p> <p>檸檬撻</p>	<p>11</p> <p>肉醬意粉 (V) 蔬菜意粉) 蒸豆</p> <p>果醬餅</p>
<p>14</p> <p>麻婆牛肉碎豆腐 (V) 麻婆豆腐) 中式蔬菜</p> <p>新鮮水果</p>	<p>15</p> <p>扁豆蔬菜湯 烤芝士沙律</p> <p>姜汁陷餅</p>	<p>16</p> <p>花生雞肉 (V) 花生麵) 配飯 蒸蔬菜</p> <p>姜汁陷餅</p>	<p>17</p> <p>牧羊人派 (V) 蔬菜派) 蒸蔬菜</p> <p>士多啤梨慕斯</p>	<p>18</p> <p>焗魚 (V) 蔬菜漢堡) 焗番薯 椰菜</p> <p>新鮮水果</p>
<p>21</p> <p>(V) 素肉醬意粉 麵包沙律</p> <p>燕麥提子曲奇</p>	<p>22</p> <p>紅燒薯仔牛肉 (V) 燒汁扁豆) 雞蛋麵 蒸蔬菜</p> <p>新鮮水果</p>	<p>23</p> <p>周打魚湯 (V) 粟米忌廉湯) 芝士鬆餅 烤椰菜沙律</p> <p>朱古力蛋糕</p>	<p>24</p> <p>燉火雞肉 (V) 燉雜豆) 配飯 蒸蔬菜</p> <p>黑莓脆脆</p>	<p>25</p> <p>甜酸雞肉 (V) 甜酸豆腐) 配飯 中式蔬菜</p> <p>水果啫喱</p>
<p>28</p> <p>摩洛哥雞肉 (V) 燉鷹嘴豆) 蒸蔬菜</p> <p>香蕉蛋糕</p>	<p>29</p> <p>希臘式豬肉球 (V) 素蔬菜肉球) 檸檬薯仔塊 希臘沙律</p> <p>雲妮拿布丁</p>	<p>30</p> <p>(V) 焗素肉鍋 焗蔬菜</p> <p>水果聖代雪糕</p>	<p>31</p> <p>煎魚 (V) 煎豆腐) 配飯 蒸蔬菜</p> <p>新鮮水果</p>	<p>(V) 素食</p> 

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p><b>AM</b> Sit Fit/ Standfit Hardware Shopping</p> <p><b>PM</b> Marble Challenge Circle Painting 20 Questions Tetris</p>	<p>2</p> <p><b>AM</b> Sit Fit/ Standfit Find The Turtle</p> <p><b>PM</b> Bean Bag Toss Chinese Checkers Yarn Cat I-Pads</p>	<p>3</p> <p><b>AM</b> Sit Fit/ Standfit Topleft Tower</p> <p><b>PM</b> Minute to Win It Crokinole Creative Expression Card Games</p>	<p>4</p> <p><b>AM</b> Sit Fit/ Standfit Connect 4</p> <p><b>PM</b> Fishing Game Sea Animal Craft Card Bingo Numbers</p>
<p>7</p> <p><b>BC Day Center Closed</b></p>	<p>8</p> <p><b>AM</b> Sit Fit/Standfit Rainbow Foods</p> <p><b>PM</b> <b>Pride Day Event</b></p>	<p>9</p> <p><b>AM</b> Sit Fit/Standfit High/Low</p> <p><b>PM</b> Bucket Toss Flower Painting Cantonese Trivia Uno</p>	<p>10</p> <p><b>AM</b> Sit Fit/Standfit Solving Mazes</p> <p><b>PM</b> Relay Race Cribbage Trouble You Be the Judge</p>	<p>11</p> <p><b>AM</b> Sit Fit/Standfit Keep</p> <p><b>PM</b> Shuffleboard What's In the Box? Birdhouses Horse Race</p>
<p>14</p> <p><b>AM</b> Sit Fit/Standfit Pick A Square</p> <p><b>PM</b> Coin Toss Qwirkle Bubble Art Yahtzee</p>	<p>15</p> <p><b>AM</b> Sit Fit/Standfit Battleship</p> <p><b>PM</b> Carpet Darts Card Making Dominoes Wheel of Fortune</p>	<p>16</p> <p><b>AM</b> Sit Fit/Standfit First to Fifty</p> <p><b>PM</b> Mini Golf Jenga Shut the Box Leaf Art</p>	<p>17</p> <p><b>AM</b> Sit Fit/Standfit Skill Ball</p> <p><b>PM</b> Ladderball Be A Builder Conversation Corner Mahjong</p>	<p>18</p> <p><b>AM</b> Sit Fit/Standfit Bunco</p> <p><b>PM</b> Knock Em' Down Dreamcatcher Dice Mania Make Up Art</p>
<p>21</p> <p><b>AM</b> Sit Fit/ Standfit Capitals</p> <p><b>PM</b> Carpet Toss Foyer Art Snakes &amp; Ladders Memory Match</p>	<p>22</p> <p><b>AM</b> Sit Fit/ Standfit Scategories</p> <p><b>PM</b> Ring Toss Airplane Craft Family Feud Flying Chess</p>	<p>23</p> <p><b>AM</b> Sit Fit/ Standfit Jackpot</p> <p><b>PM</b> Curling Sudoku Egg and Spoon Centre Decor</p>	<p>24</p> <p><b>AM</b> Sit Fit/Standfit Recipe Game</p> <p><b>PM</b> Request That Tune Connect 4 Window Art Puzzles</p>	<p>25</p> <p><b>AM</b> Sit Fit/Standfit Centre Decor</p> <p><b>PM</b> Leap Ball Shake Loose a Memory Mosaic Art Number Dominoes</p>
<p>28</p> <p><b>AM</b> Sit Fit/ Standfit Paper Planes</p> <p><b>PM</b> Seated Bocci Jeopardy! Calligraphy Wall Game</p>	<p>29</p> <p><b>AM</b> Sit Fit/ Standfit Lucky Lotto</p> <p><b>PM</b> Tic Tac Toe Dot Art Rummikub Who Wore It Best?</p>	<p>30</p> <p><b>AM</b> Sit Fit/Standfit Tenzi</p> <p><b>PM</b> Air Hockey Petit Purse Dumpling Making Great Wall Race</p>	<p>31</p> <p><b>AM</b> Sit Fit/ Standfit Pictionary</p> <p><b>PM</b> Floor Hockey Clap And Say Mandalas Genius Square</p>	



周一	周二	周三	周四	周五
	1 上午 坐姿/站姿運動 硬件購物 下午 彈珠挑戰 圓型畫 20 個問題 俄羅斯方塊	2 上午 坐姿/站姿運動 潛烏龜 下午 扔豆袋 波子棋 紗貓 I-Pad	3 上午 坐姿/站姿運動 推倒塔 下午 贏得勝利的一分鐘 彈 創意表達 紙牌遊戲	4 上午 坐姿/站姿運動 連接四 下午 釣魚遊戲 海洋動物手工 賓果卡 數字
	7 不列颠哥伦比亚省日 中心關閉	8 上午 坐姿/站姿運動 彩虹食品 下午 驕傲日活動	9 上午 坐姿/站姿運動 高/低 下午 拋豆袋 花卉畫 粵語小知識 UNO	10 上午 坐姿/站姿運動 解決迷宮 下午 接力比賽 克里比奇 麻煩 你做審判
14 上午 坐姿/站姿運動 選一個正方形 下午 擲硬幣 奎克爾 泡泡藝術 快艇	15 上午 坐姿/站姿運動 戰列艦 下午 地毯飛鏢 卡片製作 骨牌 命運之輪	16 上午 坐姿/站姿運動 一到五十 下午 迷你高爾夫 疊疊樂 關上盒子 葉子手工	17 上午 坐姿/站姿運動 技能球 下午 梯球 成為一名建設者 對話角 麻將	18 上午 坐姿/站姿運動 邦科 下午 擊倒他們 追夢手工 骰子狂熱 化妝
21 上午 坐姿/站姿運動 首都 下午 拋地毯 門廳藝術 蛇與梯子 記憶匹配	22 上午 坐姿/站姿運動 分類 下午 拋環 飛機工藝 家族「世仇」 飛行棋	23 上午 坐姿/站姿運動 大獎 下午 冰壺 數獨 雞蛋和勺子 中心裝飾	24 上午 坐姿/站姿運動 食譜遊戲 下午 請求那首曲子 連接四 櫥窗藝術 謎題	25 上午 坐姿/站姿運動 中心裝飾 下午 跳躍球 搖動釋放記憶 馬賽克藝術 多米諾骨牌
28 上午 坐姿/站姿運動 紙飛機 下午 坐式地滾球 危險! 書法 牆遊戲	29 上午 坐姿/站姿運動 幸運樂透 下午 井字遊戲 點藝術 魔力橋 誰穿得最好?	30 上午 坐姿/站姿運動 天子 下午 空氣曲棍球 小錢包 包餃子 長城賽	31 上午 坐姿/站姿運動 圖畫 下午 地板曲棍球 拍手說 曼陀羅 天才廣場	

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Philly Steak Sandwich (V Beyond Meat Sandwich) Warm Vegetable  Ice Cream Sundae	2 Ragu Chicken Pasta (V Tomato pasta) Roasted Vegetables  Fruit Cocktail	3 Baked Fish (V Baked Tofu) Onion Pilaf Stir Fried Vegetables  Coffee Cake	4 Hawaiian Pork (V Hawaiian Eggplant) Rice Steamed Vegetables  Lemon Loaf
7 <b>BC Day Centre Closed</b>	8 BBQ Pork with Baked Beans (V BBQ tofu) Wheat Bread Bun Seasoned Broccoli  Brownie	9 Fish Chowder (V Cream chowder) Scone Salad  Yogurt with Berry Compote	10 Butter Chicken (V Veg Curry) Rice Mixed Vegetable  Fresh Fruit	11 Beef Taco (V Tofu Taco) Fresh Salad Corn Chowder  Banana Cake
14 Braised pork (V Braised Beyond Meat) Garlic Bread Italian Vegetables  Caramel Jello	15 Herbed Fish (V Herbed Zucchini) Mashed Potatoes California blend Vegetables  Pumpkin Bar	16 Beef stew (V Tomato stew) Scone Salad  Fresh Fruit	17 Veg Casserole Stir Fried Vegetables  Earl Grey Cake	18 Baked Chicken Tomato Pasta (V Mushroom Pasta) Mixed Vegetables  Banana Cake
21 Ginger Fish (V Ginger Tofu) Rice Warm Vegetables  Matcha Cake	22 Soy Chicken (V Stir Fried Bean Curd) Baked Potatoes Mixed Vegetable  Lemon Loaf	23 Pork Frittata (V Vegetarian Frittata) Bread Salad  Fresh Fruit	24 Asian Hamburger Steak (V Tofu steak) Spaghetti Stir Fried Greens  Mango Cake	25 Manhattan Chowder (V Tomoto Chowder) Cold Pasta Salad  Fruit Cake
28 Chicken Teriyaki (V Tofu Teriyaki) Rice Asian Greens  Choco Cake	29 BBQ Pork on Bun Baked Beans (V BBQ Black Beans) Coleslaw  Apple Crumble	30 Mapo Tofu Rice Mixed Vegetables  Vanilla Jello	31 Chicken Sandwich (V Veg Ham Sandwich) Tomato Soup  Chocolate Cake	(V) <b>Vegetarian</b> 

周一	周二	周三	周四	周五
	<p>1</p> <p>費城牛排三明治 (☑素肉三明治) 溫熱蔬菜</p> <p>聖代冰淇淋</p>	<p>2</p> <p>拉古雞 意大利面 (☑番茄意大利面) 烤蔬菜</p> <p>水果雞尾酒</p>	<p>3</p> <p>焗魚 (☑焗豆腐) 洋蔥拌飯 炒蔬菜</p> <p>咖啡蛋糕</p>	<p>4</p> <p>夏威夷豬肉 (☑夏威夷茄子) 米飯 蒸菜</p> <p>檸檬麵包</p>
<p>7</p> <p>不列颠哥伦比亚省日 中心關閉</p>	<p>8</p> <p>燒烤豬肉配焗豆 (☑燒烤豆腐) 小麥麵包 西蘭花</p> <p>朱古力布朗尼蛋糕</p>	<p>9</p> <p>周打魚湯 (☑忌廉周打湯) 英式鬆餅 沙律</p> <p>莓果果醬配乳酪</p>	<p>10</p> <p>黃油雞 (☑素咖哩)飯 混合蔬菜</p> <p>水果</p>	<p>11</p> <p>牛肉墨西哥夾餅 (☑豆腐墨西哥夾餅) 沙律 粟米周打湯</p> <p>香蕉蛋糕</p>
<p>14</p> <p>紅燒肉 (☑素肉) 大蒜麵包 意大利蔬菜</p> <p>焦糖果凍</p>	<p>15</p> <p>香草焗魚 (☑香草焗意大利青瓜) 薯蓉 加州式蔬菜</p> <p>南瓜甜品</p>	<p>16</p> <p>牛肉燉菜 (☑蕃茄燉菜) 英式鬆餅</p> <p>水果</p>	<p>17</p> <p>砂鍋燉菜 炒蔬菜</p> <p>伯爵茶蛋糕</p>	<p>18</p> <p>焗烤雞肉 蕃茄意粉 (☑蘑菇意粉) 蔬菜</p> <p>香蕉蛋糕</p>
<p>21</p> <p>薑末魚 (☑薑味豆腐) 白飯 蔬菜</p> <p>抹茶蛋糕</p>	<p>22</p> <p>豉油雞 (☑炒豆卜) 焗薯仔 蔬菜</p> <p>檸檬蛋糕</p>	<p>23</p> <p>豬肉意式蛋餅 (☑素食蛋餅) 麵包 沙律</p> <p>水果</p>	<p>24</p> <p>亞洲漢堡扒 (☑豆腐漢堡扒) 意粉 炒蔬菜</p> <p>芒果蛋糕</p>	<p>25</p> <p>曼哈頓式周打湯 (☑蕃茄周打湯) 意粉沙律</p> <p>水果蛋糕</p>
<p>28</p> <p>照燒雞肉 (☑照燒豆腐) 白飯 蔬菜</p> <p>朱古力蛋糕</p>	<p>29</p> <p>燒烤豬肉包 焗豆 (☑燒烤豆) 高麗菜沙律</p> <p>蘋果批</p>	<p>30</p> <p>麻婆豆腐 白飯 蔬菜</p> <p>雲呢拿啫喱</p>	<p>31</p> <p>雞肉三文治 (☑蔬菜三文治) 蕃茄三文治</p> <p>朱古力蛋糕</p>	<p>☑ 素食</p> 





Hey, Cathy & Amy!



Besties, John & Teresita



Hanging out with Tran & Aida



Puzzle solving with Joseph



Happy 99th, Lie!



Alice, Zi Jun & Kiu having a ball!



Remedios, Aida, Lie, Alice & Diane



Looking good, Maria!



Beautiful Smile, Chu Sim



Jasmine, Nelly & Ciro



Beautiful, Poi Ying and Juli!



Hey There, King!