



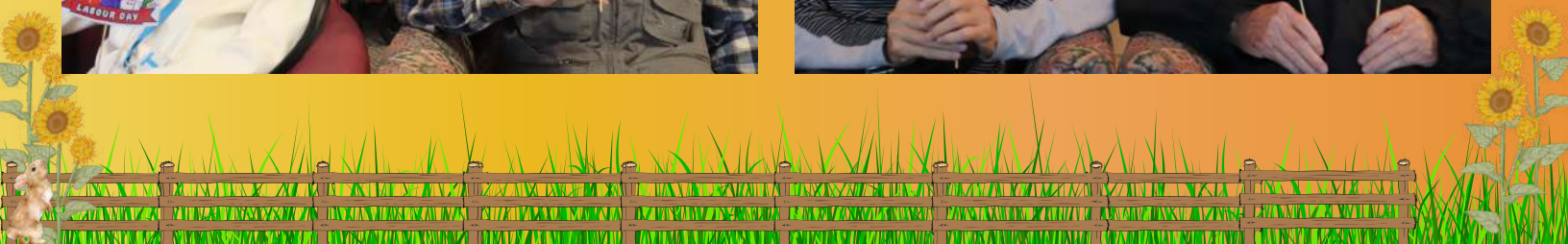
Renfrew-Collingwood Seniors' Society

蘭菲高靈活耆英會

September 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, Cassandra, Anyao, Nancy, Claire, Laura, Inna, Hugo, Kelly, Ella, Habana, Alexandra, Michelle, Max

Editorial

Donna, Christina, Cassandra, Alexandra

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

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請加入我們的董事會!

Renfrew Collingwood Seniors' Society (RCSS) 正在尋找志願者填補董事會的兩個職位。這是一個參與RCSS發展和使命的絕佳機會。我們的董事會由具有多樣生活經驗和專業背景的人組成。如果您想成為RCSS領導團隊的一員，確保我們的老年人獲得最佳服務，並為社區貢獻您的技能和專業知識，請考慮申請。在信息技術、財務或人力資源方面的先前經驗將會對申請很有幫助。

若想申請，請發送感興趣的信函和簡歷至 boardchair@rencollseniors.ca，截止日期為2023年9月15日。如果您有任何問題，請發送電子郵件或給提名委員會留言，電話號碼為604-430-1441。

我們的使命 - 通過提供安全關懷的環境，通過促進健康和獨立，提升老年人在社區中的生活質量。

我們的願景 - 成為卓越中心，在致力於老年人的項目中提供優質和創新的領導力。

我們的價值觀 - 為了履行我們的使命，追求我們的願景，我們重視：尊重；誠信；誠實；同情；笑聲；團隊合作；問責制；為我們的客戶、員工和志願者提供生活質量；熱情友好的氛圍。

*請注意：參加RCSS項目的會員不符合參與董事會職位的資格。

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



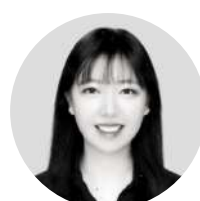
Rose Smith



Cassandra Ly



Nancy Moon



Claire Oh



Inna Myghal



Laura Lopez



Hugo Chung



Alexandra Pastega



Habana Gutierrez Vior



Ella MacQueen-Denz



Michelle Suriawan



Max Jee



Crystal Liu



York Lam



The beautiful summer weather is about to come to an end so hopefully we will get some long-awaited rain for our plants, trees, and bushes. It has been an amazing year for growth, not only for our gardens but as you know, for our organization.

We just celebrated our first-year anniversary with two adult day programs and all-in-all the transition went relatively well. Not without growing pains, but worth the energy we put into expanding. Having doubled in size, however, means we must update our goals for the coming three years; and coincidentally, our current Strategic Plan has been completed and we are ready for the next phase of our development.

To achieve our organizational goals, we need new Board members to assist us in determining the direction we take in the future. Our preference would be to have family members in these leadership roles that are impacted by the decisions we make. Since we have so many Chinese speaking seniors in the community and at our Centre, it would be ideal to have someone from their cultural background represented on our Board. Please consider volunteering some time to support our seniors and make a difference in the lives of those we care for and love.

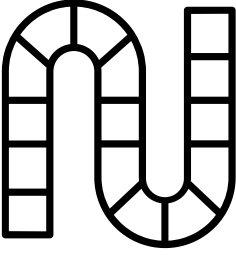

The dreaded smoke has arrived on our doorsteps again this year and it would be wise to keep your windows closed if it is not too hot in your home. On days when the air quality is bad, you can always come to the Centre an extra day if we have space. Please remember that if it comes down to heat or air quality, it is better to open the window. The impact of heat stroke is a lot more detrimental than the long-term effects of inhaling smoke – the lesser of two evils.

美麗的夏季天氣即將結束，希望我們能為我們的植物、樹木和灌木叢帶來期待已久的降雨。這是增長驚人的一年，不僅對我們的花園來說，而且如您所知，對我們的組織來說也是如此。

我們剛剛通過兩個成人日間項目慶祝了我們的一周年紀念日，總而言之，過渡進展得相對順利。並非沒有成長的煩惱，但值得我們投入精力進行擴張。然而，規模擴大一倍意味著我們必須更新未來三年的目標；巧合的是，我們目前的規劃已經完成，我們已經為下一階段的發展做好了準備。

為了實現我們的組織目標，我們需要新的董事會成員來協助我們確定未來的方向。我們的首選是讓家庭成員擔任這些受我們所做決策影響的領導角色。由於我們的社區和中心有很多講中文的老年人，因此我們的董事會中擁有來自他們文化背景的人是理想的選擇。請考慮花一些時間做志願者，支持那些一生辛勤工作的老年人，並為我們關心和愛的人作出貢獻。

今年可怕的煙霧再次來到我們家門口，如果家裡不太熱，最好關上窗戶。在空氣質量不好的日子裡，如果我們有空位，您可以多來中心一天。請記住，如果涉及到熱量或空氣質量，最好打開窗戶。中暑的影響比吸入煙霧的長期影響要嚴重得多——兩害相權取其輕。

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>AM Sit Fit/ Standfit High/Low</p> <p>PM Knock 'Em Down 20 Questions Centrepieces Uno Tiles</p>
<p>4</p> <p>Labour Day</p> <p>Centre Closed</p>	<p>5</p> <p>AM Sit Fit/Standfit Ace to King</p> <p>PM Shuffleboard Name That Sport Connect Four Painting</p>	<p>6</p> <p>AM Sit Fit/Standfit 3x3 Twister</p> <p>PM Bucket Toss Tenagrams Dominoes Centre Decor</p>	<p>7</p> <p>AM Sit Fit/Standfit Card Making</p> <p>PM Rollers Crazy 8's Qwirkle Jewelry Making</p>	<p>8</p> <p>AM Sit Fit/Standfit Lucky Lotto</p> <p>PM Basketball Request That Tune Apple Craft Puzzles</p>
<p>11</p> <p>AM Sit Fit/Standfit Keep</p> <p>PM Ladderball Moonlight Lanterns Mahjong Table Basketball</p>	<p>12</p> <p>AM Sit Fit/Standfit Spoons</p> <p>PM Suspension Bridge Shadow Matching Rummikub Crossword Clues</p>	<p>13</p> <p>AM Sit Fit/Standfit War</p> <p>PM Floor Hockey Jeopardy Tetris/Jenga Picture Frames</p>	<p>14</p> <p>AM Sit Fit/Standfit First to Fifty</p> <p>PM Bowling Numbers Guess Who? Felt Art</p>	<p>15</p> <p>AM Sit Fit/Standfit 21 or Bust</p> <p>PM Carpet Toss Bunting Craft Table Bowling Card Games</p>
<p>18</p> <p>AM Sit Fit/Standfit</p> <p>PM Health Arts Performer</p>	<p>19</p> <p>AM Sit Fit/Standfit Jackpot</p> <p>PM Marble Challenge Hungry Hippo Shake Loose a Memory Shut the Box</p>	<p>20</p> <p>AM Sit Fit/Standfit Word Chain</p> <p>PM Target Spin Bee Craft Crokinole Pets and Friends</p>	<p>21</p> <p>AM Sit Fit/Standfit Marble Slots</p> <p>PM Bocci Rapid Fire Games Creative Expression Uno</p>	<p>22</p> <p>AM Sit Fit/Standfit Origami</p> <p>PM Floor Buckets Guess the Language Dice Mania Treasure Hunt</p>
<p>25</p> <p>AM Sit Fit/Standfit Connect Four</p> <p>PM Croquet Now & Then Trouble Paper Weaving</p>	<p>26</p> <p>AM Sit Fit/Standfit Recipe Game</p> <p>PM Bingo Bead Sorting Trivia Spin Yahtzee</p>	<p>27</p> <p>AM Sit Fit/Standfit Corn Craft</p> <p>PM Air Hockey Sunflower Craft Memory Match Make 10</p>	<p>28</p> <p>AM Sit Fit/Standfit Tetris</p> <p>PM Fishing Game Fall Moon Painting What Is It? Card Bingo</p>	<p>29</p> <p>AM Sit Fit/Standfit Fun with Flags</p> <p>PM Ring Toss Fall Leaf Décor Family Feud Number Dominoes</p>

周一	周二	周三	周四	周五
				1 早上 坐姿/站姿運動 高/低 下午 擊倒它們 二十個問題 中心裝飾品 UNO四連消消樂
4 勞動節 中心關閉	5 早上 坐姿/站姿運動 卡牌遊戲 下午 投壺球 猜猜那運動 連接四 繪畫	6 早上 坐姿/站姿運動 三乘三扭轉者 下午 拋物入籃 七巧板 骨牌 中心裝飾	7 早上 坐姿/站姿運動 卡片製作 下午 滾筒 瘋狂八 桌上遊戲 珠寶製作	8 早上 坐姿/站姿運動 幸運樂透 下午 籃球 點歌聽 蘋果手作 拼圖
11 早上 坐姿/站姿運動 保持 下午 梯球 月光燈籠 麻將 桌上籃球	12 早上 坐姿/站姿運動 勺子遊戲 下午 吊橋 陰影匹配 魔力橋 填字遊戲	13 早上 坐姿/站姿運動 戰爭 下午 地板曲棍球 危險邊緣 俄羅斯方塊/層層疊 相框製作	14 早上 坐姿/站姿運動 一到五十 下午 保齡球 數字 猜猜那是誰? 毛氈藝術	15 早上 坐姿/站姿運動 廿一點 下午 墊上拋物 彩旗手作 桌上保齡球 紙牌遊戲
18 早上 坐姿/站姿運動 下午 健康藝術表演者	19 早上 坐姿/站姿運動 大獎 下午 彈珠挑戰 飢餓河馬 釋放記憶 關上盒子	20 早上 坐姿/站姿運動 文字鏈 下午 旋轉目標 蜜蜂手作 加拿大棋 寵物和朋友	21 早上 坐姿/站姿運動 彈珠 下午 硬地滾球 射擊遊戲 創意表達 UNO卡牌	22 早上 坐姿/站姿運動 摺紙 下午 地板桶 猜猜語言 骰子狂熱 尋寶
25 早上 坐姿/站姿運動 連接四 下午 槌球 現在&接著 麻煩 紙織	26 早上 坐姿/站姿運動 食譜遊戲 下午 賓果 珠子分類 旋轉問答 快艇骰子	27 早上 坐姿/站姿運動 玉米手作 下午 氣墊球 向日葵手作 記憶匹配 製作 10	28 早上 坐姿/站姿運動 俄羅斯方塊 下午 釣魚遊戲 月亮繪畫 它是什麼? 賓果卡	29 早上 坐姿/站姿運動 旗幟樂趣 下午 拋圈圈 秋葉裝飾 家庭問答 多米諾骨牌

Happy Birthday



Brenda, September 1st



Susan, September 8th

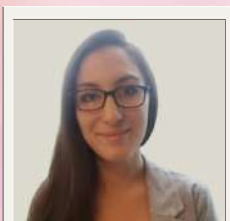


Kay, September 29th



Elna, September 30th

Welcome New Staff!



Alexandra is from North Burnaby and has three years of experience in long term care. When she isn't working, you can find her biking the sea wall, or spending time with her family.



Ella is from Salt Spring Island, and moved to Vancouver this past Spring. She mostly gets around the city by bicycle! In her free time she loves to read, knit, paint, and draw.



Habana is from Madrid, Spain and came to Canada in 2017 for university. She is an international student completing her masters in Gerontology. She has 2 years of experience working with seniors and enjoys spending time outdoors camping and rock climbing.



Max was born in South Korea, and he moved here to Canada when he was 9-years old. He has always wanted to work in a healthcare setting, so he started his journey by volunteering at Royal Columbian Hospital while taking a Registered Nursing program in Douglas College. Then, he advanced into as a pharmacy assistant and a 911 Emergency call-taker. He loves talking and making new friends. He is passionate about reading and watching fiction (mainly fantasy), playing the piano, and going indoor bouldering.



Gorgeous birdhouse, Joan!



Cute crafts, Ella and Pak Tong



Crafting with Ciro



Great work, Connie!



Bonjour from Carlos



Maria M. & Bick Kum



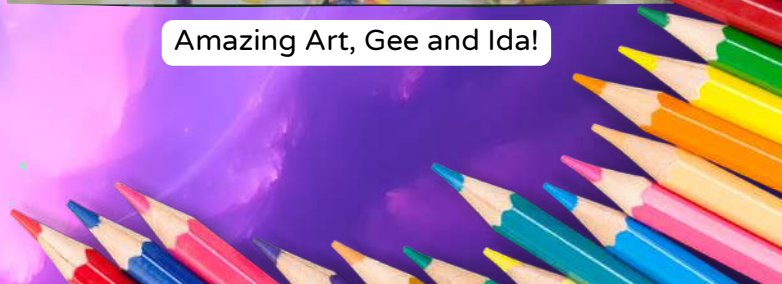
Beautiful leaves, June



The Queens Team - Anna, Min, Stella, Ying, Kim & Anyao



Amazing Art, Gee and Ida!



My job was...and I enjoyed it because...



Alice

A preschool nursery attendant. I enjoyed helping children and the feeling I got from knowing that the children in my care were doing well.



Fei

I was a cook in a Chinese restaurant for over 30 years. I enjoyed cooking and knowing that I was earning money to help my family.



Fudge

I was a dry cleaner attendant. I worked at the front counter for 30 years. I liked all the duties that came with my job and I liked talking to clients.



Amy

I was a secondary school teacher. I liked to help my students succeed!



David

I was a draftsman for 12 years. I liked creating things with my own hands and making things from scratch.



Ralph

I was a sports coach. I liked seeing the performance that the athletes achieved and the satisfaction it gave me.



*Thank you
FOR YOUR
Hardwork*

Connie

I was a hairstylist. I enjoyed fashion design and had a lot of fun giving different styles to people.



**LABOR
DAY!**



My job was...and I enjoyed it because...



Rey

I worked as a machine operator and I really liked it because I manufactured boxes and the management was very friendly.



Min

I was a teacher and I enjoyed it because I loved seeing my students get healthy and gain knowledge which contributed to a good future for them.



Edward

My profession was an auto mechanic. I really enjoyed working with wrenches, nuts and bolts.



Antonio

My job was in construction and I enjoyed it because I met a lot of people there and now my son works at that company as a manager.



Stella

She worked as an electronic assembler for 40 years. Stella loved her job because she was given different projects and it was really interesting.



Charlotte

Charlotte worked on the production line in a meat factory. She enjoyed it because she made a reasonable income to support herself and her family.



Teresita

Teresita sold snacks at a school and loved seeing the happy smiles of the students everyday.



Thank you
FOR YOUR
Hardwork





Thank you to the Praxis Spinal Cord Institute and BC Hydro for helping seniors beat the heat with cooling towels!



Kem Ai & Nelly



Marilyn and Viola



Fernando, Sau Tien & Joan are 100% concentrated



Hi Wu!



Fast friends, Bing Manny and Narendra



Making dandelions with Sarah & Mila



Nice smile Andy!



Poi Ying and Karen striking a pose



Looking good, Kwok Wai!



Roberta pretty in turquoise



A big win for Lian, Chun, You Mei & Bi Yu



Nice dance moves, Grace and Viola



Bocci with Paul, Sidney & Lie



Happy Pride from John!



Dice games with June & Fei



Fei, Claire & Amy in the Labour Day spirit



Welcome, Monica!



Mah Jong with Zi Jun & Koon



Hungry Hippos with Maria N. & Pacita




Great team spirit, everyone!



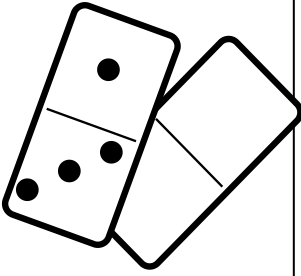
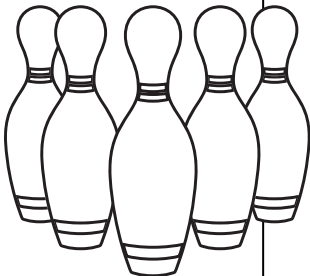
Prize winners, Poi Ying & Joe


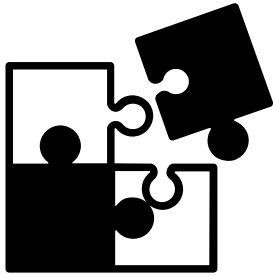



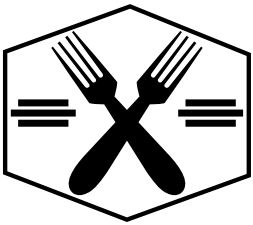
Good friends, Nancy & John

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pan Fried Fish (V) Veggie Burger Roasted Yams Green Veggies Fresh Fruit
4  Centre Closed	5 Chicken w/ Mushrooms (V) Mushroom Omelet) Rice Fresh Apple Cake	6 Turkey Shepherd's Pie (V) Lentil Patty) Steamed Veggies Banana Pudding	7 Silky Squash Soup & Salmon Sandwich (V) Egg salad + Soup) Steamed Veggies Apple Sauce A La Mode	8 Peaches + Pork Patties (V) Veggie Sausage) Mashed Potatoes + Steamed Veggies Chocolate Zucchini Cake
11 Butter Chicken & Rice (V) Tofu + Cashew) Steam Greens Fruity Jello	12 (V) Veggie Frittata Baked Yams Tabouli Salad Fruit Cobbler	13 Beef-Chili con Carne (V) Veggie Chili) Corn Muffins Broccoli Apple Crisp	14 Island Pork Stew (V) Coconut Rice) Steamed Veggies Chocolate Pudding	15 Roasted Chicken Gravy (V) Chickpea Stew) Potatoes, Steamed Veggies Pecan tart
18 (V) Mulligatawny Soup Egg Salad Sandwich Steam Veggies Banana Snack Cake	19 American Beef Stew (V) Bean Stew) Mashed Potatoes Steamed Veggies Cherry Jello	20 (V) Veggie Squash + Spinach Lasagna Steamed Veggie Orange Cranberry Loaf	21 Mapu Tofu (Pork) (V) Tofu Mapu) Rice Asian Greens Peach Cobbler	22 Turkey Patties (V) Zucchini Patties) Lemon Potatoes Steamed Veggies Fresh Fruit
25 Pork Patties (V) Veggie Patty) Apple Sauce Potatoes, Steam Veggies King of Pudding	26 Fish Cakes + Pasta (V) Veggie Omelet) Broccoli Blondies	27 Morocaan Chicken Rice (V) Chickpea Stew) Steam Veggies Fresh Fruit	28 Turkey Casserole (V) Veggie Soup) Steamed Veggies Carrot Cake	29 Beef + Broccoli Rice (V) Tofu, Broccoli) Bokchoy Apple Crisp

周一	周二	周三	周四	周五
① 素食 				1 煎魚 (①素食漢堡) 烤山藥 綠色蔬菜 新鮮水果
4  中心關閉	5 雞肉/蘑菇 (①蘑菇煎蛋捲) 米飯 新鮮蘋果蛋糕	6 火雞牧羊人派 (①扁豆餡餅) 蒸蔬菜 香蕉布丁	7 絲滑南瓜湯 & 三文魚三明治 (①雞蛋沙拉+湯) 蒸蔬菜 蘋果醬蛋糕	8 桃子+豬肉餅 (①素香腸) 土豆泥+蒸蔬菜 巧克力南瓜蛋糕
11 黃油雞飯 (①豆腐+腰果) 蒸汽果嶺 果凍	12 ① 蔬菜菜肉餡煎蛋餅 烤山藥 塔布利沙拉 水果餡餅	13 牛肉辣椒醬 (①蔬菜辣椒) 玉米鬆餅 花椰菜 蘋果酥	14 燉豬肉 (①椰子飯) 蒸蔬菜 巧克力布丁	15 烤雞汁 (①鷹嘴豆燉菜) 土豆、蒸蔬菜 山核桃餡餅
18 ① 多汁湯 雞蛋沙拉三明治 蒸蔬菜 香蕉點心蛋糕	19 美式燉牛肉 (① 嫩豆) 土豆泥 蒸蔬菜 櫻桃果凍	20 ①素南瓜+菠菜烤寬麵 條 蒸素菜 橙色蔓越莓麵包	21 麻婆豆腐 (豬肉) (①豆腐麻婆) 米 亞洲綠黨 桃子餡餅	22 火雞餡餅 (①西葫蘆餡餅) 檸檬土豆 蒸蔬菜 新鮮水果
25 豬肉餅 (① 蔬菜餡餅) 蘋果醬 土豆、蒸蔬菜 布丁	26 魚餅+意大利面 (① 素煎蛋捲) 椰菜花 白巧克力蛋糕	27 摩洛哥雞飯 (① 鷹嘴豆燉菜) 蒸蔬菜 新鮮水果	28 火雞砂鍋 (①素湯) 蒸蔬菜 胡蘿蔔蛋糕	29 牛肉+西蘭花飯 (①豆腐、西蘭花) 白菜 蘋果酥

Monday	Tuesday	Wednesday	Thursday	Friday
				1 AM Sit Fit/Standfit Roll A... PM Ladderball Jenga/Tetris What Is It? Zentangle Drawing
4 Labour Day Centre Closed	5 AM Sit Fit/Standfit Card Bingo PM Fishing Game Horse Race Foyer Art Dominoes	6 AM Sit Fit/Standfit High/Low PM Suspension Bridge Guess that scent Autumn Poster Chinese Checkers	7 AM Sit Fit/Standfit Jackpot! PM Shuffleboard Sunflower Craft Rummikub Around the World	8 AM Sit Fit/Standfit Country or City PM Tic Tac Toe Cantonese Trivia Banner Making Memory Match
11 AM Sit Fit/Standfit Ace to King PM Carpet Darts Crokinole Pie Craft Shut The Box	12 AM Sit Fit/Standfit Connect 4 PM Bucket Toss The Price is Right Pumpkin Craft Finish the Phrase	13 AM Sit Fit/Standfit Skillball PM Seated Bocci Card Making Card Bingo Snakes and Ladders	14 AM Sit Fit/Standfit Lucky Lotto PM Ring Toss True or False Sunset Craft Go Fish	15 AM Sit Fit/Standfit First to 50 PM Knock Em Down Dice Mania Missing Numbers Mandalas
18 AM Sit Fit/Standfit 21 or Bust PM Bean Bag Toss Guess the Sound Yarn Wrapping Qwirkle	19 AM Sit Fit/Standfit War PM Bucket Throw Apples to Apples Festive Art Crazy 8's	20 AM Sit Fit/Standfit Bump It! PM Air Hockey Pictionary Make 10 Abstract Art	21 AM Sit Fit/Standfit Keep PM What's In The Box? You be the Judge Sudoku Harvest Craft	22 AM Sit Fit/Standfit Sequence PM Health Arts Performer
25 AM Sit Fit/Standfit Bunco PM Marble Challenge Mah Jong Jeopardy Woven Leaves	26 AM Sit Fit/Standfit Hardware Shopping PM Coin Toss Puzzles Pumpkin Painting Thanksgiving Trivia	27 AM Sit Fit/Standfit Topple Tower PM Relay Race Candy Corn Craft Conversation Corner Tenzi	28 AM Sit Fit/Standfit Food Rainbow PM Musical Eras Family Feud Spa Day Uno	29 AM Sit Fit/Standfit Tenagrams PM Mini Golf Scribble Drawing Bingo Make 21

周一	周二	周三	周四	周五
				<p>上午¹ 坐姿/站姿運動 畫一個...</p> <p>下午 梯球 層層疊/俄羅斯方塊 它是什麼? 繪圖</p>
<p>4</p>  <p>中心關閉</p>	<p>5</p> <p>上午 坐姿/站姿運動 賓果卡</p> <p>下午 釣魚遊戲 賽馬 門廳藝術 骨牌</p>	<p>6</p> <p>上午 坐姿/站姿運動 高/低</p> <p>下午 吊橋 猜猜那味道 秋季海報 跳棋</p>	<p>7</p> <p>上午 坐姿/站姿運動 大獎!</p> <p>下午 投壺球 向日葵手作 魔力橋 環遊世界</p>	<p>8</p> <p>上午 坐姿/站姿運動 國家或城市</p> <p>下午 井字遊戲 粵語小知識 橫幅製作 記憶匹配</p>
<p>11</p> <p>上午 坐姿/站姿運動 紙牌遊戲</p> <p>下午 地上飛鏢 加拿大棋 餡餅手作 關上盒子</p>	<p>12</p> <p>上午 坐姿/站姿運動 連接四</p> <p>下午 拋物入籃 價格遊戲 南瓜手作 完成短語</p>	<p>13</p> <p>上午 坐姿/站姿運動 技巧球</p> <p>下午 坐式地滾球 卡片製作 賓果卡 蛇與梯子</p>	<p>14</p> <p>上午 坐姿/站姿運動 幸運樂透</p> <p>下午 拋圈圈 對或錯 日落手作 去釣魚</p>	<p>15</p> <p>上午 坐姿/站姿運動 一到五十</p> <p>下午 擊倒它們 骰子狂熱 缺失號碼 曼陀羅</p>
<p>18</p> <p>上午 坐姿/站姿運動 廿一點</p> <p>下午 扔豆袋 猜猜聲音 包紗 原木形色棋</p>	<p>19</p> <p>上午 坐姿/站姿運動 戰爭</p> <p>下午 拋物入桶 蘋果到蘋果 節日藝術 瘋狂八</p>	<p>20</p> <p>上午 坐姿/站姿運動 撞它!</p> <p>下午 氣墊球 猜猜畫畫 製作10 抽象手作</p>	<p>21</p> <p>上午 坐姿/站姿運動 保持</p> <p>下午 盒裡有什麼東西? 你是裁判 數獨遊戲 農作物手作</p>	<p>22</p> <p>上午 坐姿/站姿運動 順序</p> <p>下午 健康藝術表演者</p>
<p>25</p> <p>上午 坐姿/站姿運動 骰子遊戲</p> <p>下午 彈珠挑戰 麻將 危險邊緣 編織葉</p>	<p>26</p> <p>上午 坐姿/站姿運動 硬件購物</p> <p>下午 拋豆袋 謎題 南瓜繪畫 感恩節遊戲</p>	<p>27</p> <p>上午 坐姿/站姿運動 推倒塔</p> <p>下午 接力賽 玉米糖手作 對話角 骰子遊戲</p>	<p>28</p> <p>上午 坐姿/站姿運動 彩虹食物</p> <p>下午 音樂時代 家庭問答 美容日 UNO卡牌</p>	<p>29</p> <p>上午 坐姿/站姿運動 七巧板</p> <p>下午 迷你高爾夫球 塗鴉繪圖 賓果 製作21</p>

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Sandwich (V)Veggie Ham Sandwich Tomato Soup Chocolate Cake
4 Labour Day Centre Closed	5 Ginger Beef (V)Ginger Tofu Rice Asian Greens Greek Yogurt	6 Chicken Chow Mein (V)Assorted Vegetables Chow Mein) Buttered Broccoli Fruit Cake	7 Fish steak (V)Beyond Meat Steak) Creamy Pasta Italian Vegetables Ice Cream	8 Herbed chicken (V)Herbed Zucchini) Garlic Bread Warm Vegetables Berry Cobbler
11 Beef Shepherd's Pie (V)Beyond meat Pie) Pasta Salad Orange Cake	12 Chicken Sandwich (V)Egg Sandwich) Chicken Bone Soup Mixed Vegetables Apple Crisp	13 Taiwanese Braised Pork (V)Braised Tofu) Rice Warm Vegetables Fresh Fruit	14 Bulgogi Beef (V)Soy Eggplant) Rice Stir Fried Vegetables Jello	15 Parmesan Crusted Fish (V) Parmesan Crusted Tofu) Pasta Broccoli Matcha Cake
18 Herbed Fish (V)Herbed Beyond Meat) Stir Fried Noodles Seasoned Vegetables Pumpkin Cake	19 Pork Frittata (V)Egg Frittata) Pasta Salad Berry Cobbler	20 Fish pie (V)Beyond Meat Pie) Honey Garlic Bread Roasted Vegetables Fruit Cocktail	21 Baked Chicken (V)Baked Corn Steak) Onion Pilaf Roasted Vegetables Date Bar	22 Braised Beef (V)Braised tofu) Fried Rice Asian Mixed Greens Ice Cream
25 Rosemary Chicken (V)Rosemary Bean Patty) Roasted Potatoes Warm Vegetables Yogurt with Fruit Compote	26 Fish in Garlic Butter Sauce (V)Tofu Steak) Mushroom Pilaf Bean Salad Earl Grey Cake	27 Beef Stew (V)Tomato Stew) Bread Stir Fried Vegetables Fresh Fruit	28 Pulled Pork (V)Pulled Eggplant) Tomato Spaghetti Salad Brownie	29 Soy Chicken (V)Soy Tofu) Garlic Rice Steamed Vegetables Lemon Loaf

周一	周二	周三	周四	周五
<p>① 素食</p> 				<p>1</p> <p>雞肉三明治 (①素火腿三明治) 蕃茄湯</p> <p>巧克力蛋糕</p>
<p>4</p>  <p>中心關閉</p>	<p>5</p> <p>薑汁牛肉 (①姜豆腐) 米飯 亞洲綠</p> <p>希臘酸奶</p>	<p>6</p> <p>雞肉炒麵 (①什錦蔬菜炒麵) 黃油西蘭花</p> <p>水果蛋糕</p>	<p>7</p> <p>魚排 (①素肉牛排) 奶油意大利面 意大利蔬菜</p> <p>冰淇淋</p>	<p>8</p> <p>香草雞 (①香草西葫蘆) 大蒜麵包 蔬菜</p> <p>漿果餡餅</p>
<p>11</p> <p>牛肉牧羊人餡餅 (①素肉餅) 意大利面 沙拉</p> <p>橙子蛋糕</p>	<p>12</p> <p>雞肉三明治 (①雞蛋三明治) 雞骨湯 混合蔬菜</p> <p>蘋果酥</p>	<p>13</p> <p>台灣紅燒肉 (①紅燒豆腐) 米飯 蔬菜</p> <p>新鮮水果</p>	<p>14</p> <p>烤肉牛肉 (①大豆茄子) 米飯 炒蔬菜</p> <p>果凍</p>	<p>15</p> <p>帕爾馬干酪脆皮魚 (①帕爾馬干酪豆腐皮) 意大利面 椰菜花</p> <p>抹茶蛋糕</p>
<p>18</p> <p>香草魚 (①香草素肉) 炒麵 調味蔬菜</p> <p>南瓜蛋糕</p>	<p>19</p> <p>豬肉菜肉餡煎蛋餅 (①雞蛋菜肉餡煎蛋餅) 意大利面 沙拉</p> <p>漿果餡餅</p>	<p>20</p> <p>魚餅 (①素肉餅) 蜂蜜蒜蓉麵包 烤蔬菜</p> <p>果汁</p>	<p>21</p> <p>焗雞 (①烤玉米牛排) 洋蔥抓飯 烤蔬菜</p> <p>餅乾</p>	<p>22</p> <p>紅燒牛肉 (①紅燒豆腐) 炒飯 亞洲混綠</p> <p>冰淇淋</p>
<p>25</p> <p>迷迭香雞 (①迷迭香豆餅) 烤土豆 蔬菜</p> <p>酸奶配水果蜜餞</p>	<p>26</p> <p>蒜蓉黃油醬魚 (①豆腐牛排) 蘑菇抓飯 豆類沙拉</p> <p>伯爵灰蛋糕</p>	<p>27</p> <p>燉牛肉 (①番茄燉菜) 麵包 炒蔬菜</p> <p>新鮮水果</p>	<p>28</p> <p>手撕豬肉 (①茄子) 番茄意大利面 沙拉</p> <p>布朗尼</p>	<p>29</p> <p>豉油雞 (①黃豆豆腐) 蒜米 蒸蔬菜</p> <p>檸檬麵包</p>



Aida T. & Board Member, Poonam!



Koon, Patricia and Shirley



Hello King, Michelle & Henry!



Wai Po staying cool



Ella and Andy having a blast



Chatting away with Cynthia, Narendra & Shirley



Having a laugh with Karen, Michelle & John



Happy birthday, Chun!



Aida F.



Good times with Ju Li, Viola & Bi Yu



Great effort, Teresita, May & Pu Rong!



Margherita