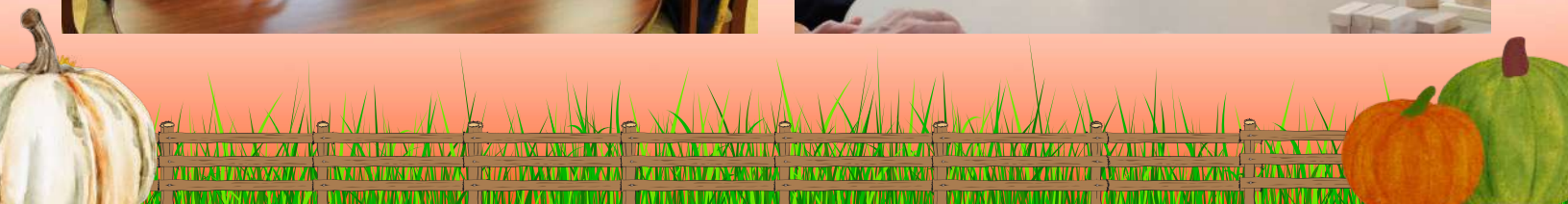


Alice Frith Centre | 2970 East 22nd Avenue, Vancouver, BC, V5M 2Y4 | 604-430-1441
Chown Adult Day Centre | 594 East 15th Avenue, Vancouver, BC V5T 2R5 | 604-879-0947



HELLO!

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

All RCSS Staff

Editorial

Donna, Christina, Cassandra, Alexandra, Crystal

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 Us

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^wməθkwə'yəm (Musqueam), Skwxwú7mesh (Squamish), and Səlílwətaʔ/Selilwitulh (Tseilil-Waututh) Nations.

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.

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. 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.

COLD & FLU SEASON

The change in weather this month also means cold and flu season is back. To protect yourself and others in your household, please contact your local pharmacy to learn more about when flu shots will be available. Flu shots are FREE and a great protective measure for people of all ages especially for individuals at high risk of serious illness from the flu.

本月天氣的變化也意味著感冒和流感季節又回來了。為了保護您自己和家人的其他人，請聯繫您當地的藥房，去了解有關何時提供流感疫苗的更多資訊。流感疫苗是免費的，對於所有年齡層的人來說都是一種很好的保護措施，特別是對於容易患有流感嚴重疾病的高風險族群。

Board of Directors



Madeleine MacIvor



Tara Abraham



Olga Smirnova



Poonam Kaila



Paul Hucul



Nancy Falcone



Jackie Kler

Staff



Donna Clarke



Christina Webster



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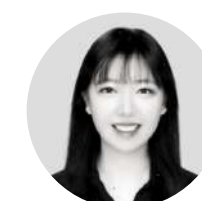
Rose Smith



Cassandra Ly



Nancy Moon



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Inna Myghal



Laura Lopez



Hugo Chung



Alexandra Pastega



Habana Gutierrez Vior



Ella MacQueen-Denz



Michelle Suriawan



Max Jee



Crystal Liu



York Lam



Bradly Moisan



Happy Thanksgiving Everyone! Hope you spend some time reflecting on all the things you are grateful for over the last year. I can think of several things that I am thankful for; expanding our family to include another site, becoming a bilingual centre and all the wonderful people in our lives through work. Please remember to thank the people who make your lives more fulfilling, especially those who care for you.

I notice that more seniors are wearing masks now that the fall weather is upon us. This is a great precaution as there is yet another variant on the horizon. I regret to inform you that we no longer have access to free supplies and can no longer provide the tests or masks at this site until further notice. I strongly suggest that family members pick up free covid tests at any drug store in your neighbourhood. You will also have to bring your own masks. The most important thing though is to stay home if you are under the weather.

Flu shots are now available, and I would like to remind you that it is okay to get both flu and covid shots together. Please book your appointment in the coming days or weeks. All staff members will have the flu shot or wear masks from December 1st to March 31st. Together we can make a difference – please take all the precautions you can to make all our lives healthier!

*** REMEMBER OUR AGM IS ON SATURDAY, OCTOBER 28TH AT 11:00AM ***
AT THE ALICE FRITH CENTRE (2970 EAST 22ND AVENUE, VANCOUVER, BC)

祝大家感恩節快樂！希望您能花一些時間反思過去一年中，所有能讓你感激的事情。我想到幾件值得我感激的事；擴大我們的大家庭，包括讓另一個中心成為一個雙語中心，並且所有優秀的人都出現在我們的工作之中。請記得感謝那些讓您的生活更加充實的人，尤其是那些關心您的人。

我注意到，隨著秋天的到來，越來越多的老年人戴上了口罩，這是一個很好的預防措施，因為即將出現另一種變異疾病。我很遺憾地通知您，我們無法再獲得免費物資，因此在本中心再無法提供測試或口罩，直至另行通知。我強烈建議您的家人在您附近的藥局領取免費的新冠病毒檢測。您還必須攜帶自己的口罩。但最重要的是，如果您感到身體不適，請留在家裡。

現在可以注射流感疫苗了，而且我想提醒，您可以同時注射流感疫苗和新冠疫苗。請在未來幾天或幾週內預約。12月1日至3月31日，我們的所有工作人員將注射流感疫苗或戴上口罩。

我們可以齊心協力，做出改變——請採取一切可能的預防措施，讓所有人的生活更加健康！

*** 請記住，我們的年度會員大會將於 10 月 28 日星期六上午 11:00 舉行 ***
溫哥華東22街2970號



Festive Crafts with Andy



Min and Rey



Brenda excellent work



Beautiful sunflower Alice!



Nice paper airplane June!



Mila with the corn



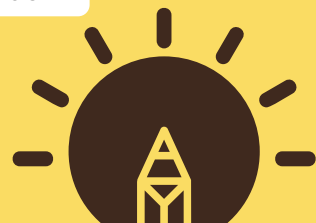
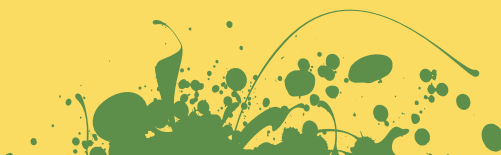
Big smile Nancy and Kwan



Team work makes the dream work!
Susan, Lin Fong and Choi



Having fun with Viola and John



I am thankful for.....



Addie

I am thankful for being here. I am very lucky to be alive and I am grateful I can still do a lot of different activities.



Alice

I am thankful for my son. I see him twice a month and he always helps me with grocery shopping.



Bick Kum

I am thankful for my daughters because they are very thoughtful and they always look after me. I am also thankful for the RCSS staff for being super friendly and nice!



Aida F

I am thankful for the exercise at RCSS because it improves my health and my mind.



Sarah

I am thankful that my family introduced me to the RCSS program and my husband for dropping me off at the facility every morning.



Chu Sim

I am thankful for the Canadian government for running the RCSS program. It is very beneficial and I am very grateful for everyone in the RCSS family.



Nelly

I am thankful for RCSS and I really enjoy the exercises. I am also thankful for my children for always dropping and picking me up at the center.



I am thankful for...



Joe

I am thankful for Chinese New Year. Every year my family gathers we are together and we are happy. We give gifts and share a delicious meal.



Anton

I am thankful for New Year. My family and I would go to church, sing and have a big lamb dinner. Getting together is the best gift.



Grace

New Year Day is my favorite tradition. Our family gets together, we celebrate another year to look forward to, we give gifts of clothing and money and eat rice cake soup.

Thankful & Blessed



Maudy

Growing up potlatch was celebrated in my culture, however I never got to participate in the ceremonies. Coming to Chown feels like I get to make up for lost time.



Celia

Filipino Independence Day is my favorite tradition. My family and I would put on a dance show and invite our loved ones. I got to perform ballet and share my love of country with my family and friends.



Mary

I enjoyed celebrating Chinese New Years. While there were a lot of rules to follow, it was always worth it having a special feast with family.



Narendra

Each year I look forward to Diwali. We go to temple for 3 hours, we are with family and friends for a traditional feast, and watch fireworks.





Festive friends Choi and Mary



Remedios, Sau Tien in Hungry Hippo



Observational Joan



Good hand Charlotte



Narendra getting in the spirit



Sidney, Kem Ai, Kim teamwork spirit in suspension bridge



Welcome Rosa!



Friendly competition with David, Chun, Amy and Ci Ying!



Lily you got it



Pu Rong has the strategy



Ella, Connie, June and Fei making birthday cards



Henry painting the sunset



Maria M, Oct 2nd



Lin Fong, Oct 4th



Anton, Oct 6th



Kem Ai, Oct 8th



Koon, Oct 9th



Teresita, Oct 9th



Kiu, Oct 10th



Pacita, Oct 13th



Fudge, Oct 14th



Rose, Oct 19th



Alice, Oct 29th





Throw that ball Stella



Koon, Grace, Ella, Zi Jun and Habana playing coin toss!



Waiting for Paul's turn



Great golfing Lian!



Chuck and Wai Po playing Mahjong



Cynthia knocking pins down with Marilyn, Bing and Patricia in shuffle board!



Jenga with Ida and Lin Fong



Lucky 21 with Wu and Bing



Margherita, Ying and Kim



Tuong, Margherita and King



Drawing games with Amy, You Mei, Ella, Bi Yu, June and Ci Ying



Good luck May!



Kwok Wai, Alexandra, Ju Li, and Marilyn in a game of Connect 4



46TH ANNUAL GENERAL MEETING SATURDAY, OCTOBER 28 @ 11AM – 12PM

The 46th Annual General Meeting of the Renfrew-Collingwood Seniors' Society will be held on **Saturday, October 28th, 2023 at 11AM** at 2970 East 22nd Avenue, Vancouver, BC. Please confirm your attendance by contacting us at 604-430-1441 or email cly@rencollseniors.ca. A printed board package is available upon request.

Lunch to follow.

If you are interested in running for the Board of Directors, please contact Poonam Kaila at boardchair@rencollseniors.ca or 604-430-1441.

第四十六屆蘭英菲高靈活耆英會年度會員大會 2023年10月28號（星期六上午11時）

第四十六屆蘭英菲高靈活耆英會年度會員大會會於2023年10月28號（星期六）上午11時在溫哥華東22街2970號舉行。請致電604-430-1441或電郵 cly@rencollseniors.ca 確認出席。如需要索取會議詳情，可向我們提出要求。

我們會提供午餐服務。

如您有興趣成為我們的會員代表，請致電604-430-1441或電郵 boardchair@rencollseniors.ca 聯絡提名代表 Poonam Kaila, 謝謝!



Chuck and Carlos mask up



Karen and Poi Ying getting ready for Fall



Fast friends Fudge, Ella and Maudy



Very festive Celia!



Focus!! Nelly, Kay and Lie



Learning a new skill with Manny and Patricia



Shirley and Marilyn rolling a lucky number 5!



Diane and Edward strong throw



Henry, Jose, Gim and Carlos enjoy music



Robin and Manny having fun!



Addie, Tran, Chun and Remedios playing bowling



John and Antonio