



Renfrew-Collingwood Seniors' Society

蘭菲高靈活耆英會

November 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!

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^wməθkwəyəm (Musqueam), Skwxwú7mesh (Squamish), and Səlílwətaʔ/Selilwitulh (Tsleil-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



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Poonam Kaila



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Claire Oh



Inna Myghal



Laura Lopez



Hugo Chung



Alexandra Pastega



Habana Gutierrez Vior



Ella MacQueen-Denz



Michelle Suriawan



Max Jee



Crystal Liu



York Lam



Bradly Moisan



We recognize Remembrance Day the 11th hour of the 11th day of the 11th month, November 11th at 11:00am. It marks the end of hostilities during the First World War and an opportunity to recall all those who served to defend us. Many of our seniors (past and present) sacrificed so much for our country and their bravery provided us with the comforts that we all enjoy today. No matter who they were fighting for, the impact would have been the same on their lives and the lives of the loved ones they left behind to serve their country.

As I reflect on the many Remembrance Day ceremonies we had over the years, there was always sadness, but it is important for us to recognize the women and men who flew fighter jets, worked in factories making ammunition and uniforms, fought from the trenches or from the sea and risked their lives. We must put our feelings aside and thank the HEROS within the generation we serve. Those that stood their ground so we could live freely and peacefully. Lest We Forget!

Our Annual General Meeting is behind us, but I would like to congratulate a couple of members who received our accolades at the event. Our long-term serving participant and board member Kamaljeet Kler and Addie Eisner who is currently the longest serving member of our organization and has donated her beautiful knitting to us for decades. Both women have contributed so much to the growth of our Society and they deserve all the praise and adoration we bestow upon them. Congratulations to you both for a job well done.



我們在11月的第11天的第11個小時就是11月11日上午11點紀念陣亡戰士的哀悼日。它標志著第一次世界大戰期間敵對行動的結束，也是緬懷所有保衛我們的人的機會。我們的許多前輩（現在和過去的）為我們的國家犧牲了很多，他們的勇敢為我們提供了今天可以享有的舒適。無論他們是為誰而戰，他們的生活以及他們身後的親人的生活都會受到影響。

回顧多年來我們舉行的許多陣亡將士紀念日的儀式，悲傷總是難免的。但對我們來說最重要的是要認識到那些冒著生命危險在駕駛戰鬥機，在製造彈藥，在工廠製作戰服，戰壕，和海上作戰的男男女女們。我們必須把感情放在一邊，感謝我們生活的這一代的英雄。在他們堅定的立場中，我們能夠自由和平的生活。無難忘。

我們的年度會員大會已經過去了，但我想祝賀幾位在這次活動中獲得我們榮譽的會員。我們的長期服務參與者和董事會成員KAMALJEET KLER和ADDIE EISNER，她目前是我們組織中服務最久的成員，幾十年如一日的奉獻她的手工編織品。兩位女性都為我們的社會發展做出了巨大的貢獻，他們值得我們給予他們所有的讚美和崇拜。祝賀你們做得好！



Crafty cuts with Kiu!



Art creation time, Henry!



Makeup artist, Tuong!



Nice work, Ida!



The yarn master, Addie!



Nice knotting, Elna!



Looking good, Jose!



Getting creative with Habana and Alfred



A gorgeous fall poster with Rosa and Bradly





Min

It makes me remember my father. He was a doctor who helped people by giving them medications, treating their wounds and giving them medical support during the war and my mother was a pharmacist who also helped.



John

It's a day to remember those who fought in WWI-WWII. I have family members who were part of it like my grandfather and I still keep his helmet and other pieces he used during his service.



Roberta

Remembrance Day makes me feel sad because I had friends that were like brothers to me that were part of the war who I never saw again.



Charlotte

It is a hard day for many who have family that were a part of the war. I experienced the war in my country of Germany and it was a tough time for us.



Edward

It is a day to honor those who were part of WWI and WWII. On Remembrance day, there is an annual parade where my son, who was a cadet, used to participate in, and I would go watch him.



What Remembrance Day Means to Me...



John

We have to remember that many people were killed in the war. They lost their lives, so we could live ours.



Bi Yu

We are a big family in the world. I hope for everyone to show more respect, fight less, and and achieve world peace.



Patricia

The soldiers brought peace -- we should remember and give thanks.



Shirley

The soldiers were great -- they helped end the war and give us our freedoms.



Kwok Wai

It is an important day. The soldiers dedicated themselves to fight for the people.



Narendra

I saw from the news that many kids lost their lives in the war. We remember those that fought for us and those that lost their time here.



Cynthia

Remembrance Day is for acknowledging those who have fought in the war, and those who died. There have been many losses and it's important to remember them.





Win the game together Susan and Ci Ying!



Poppy pictures with Patricia, Bing and Alfred



Fishing reward, Sau Tien!



Focus time with Lie



Paying our respects with Mila



Big wave from Kem Ai and Nelly



Happy Birthday, Teresita!



Proudly wearing poppies with Bick Kum, Teresita and Monica



Our friend, Ying!



Hi Ralph!



Connie, Lin Fong and Choi honouring Remembrance Day



What's the next move, Gim?



Happy Birthday



Mary, Nov. 1st



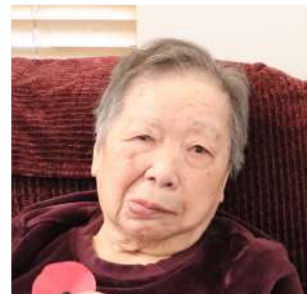
Fernando, Nov. 9



Joe, Nov. 10



Alice, Nov. 11



King, Nov. 11



Min, Nov. 16



Ju Li, Nov. 26th



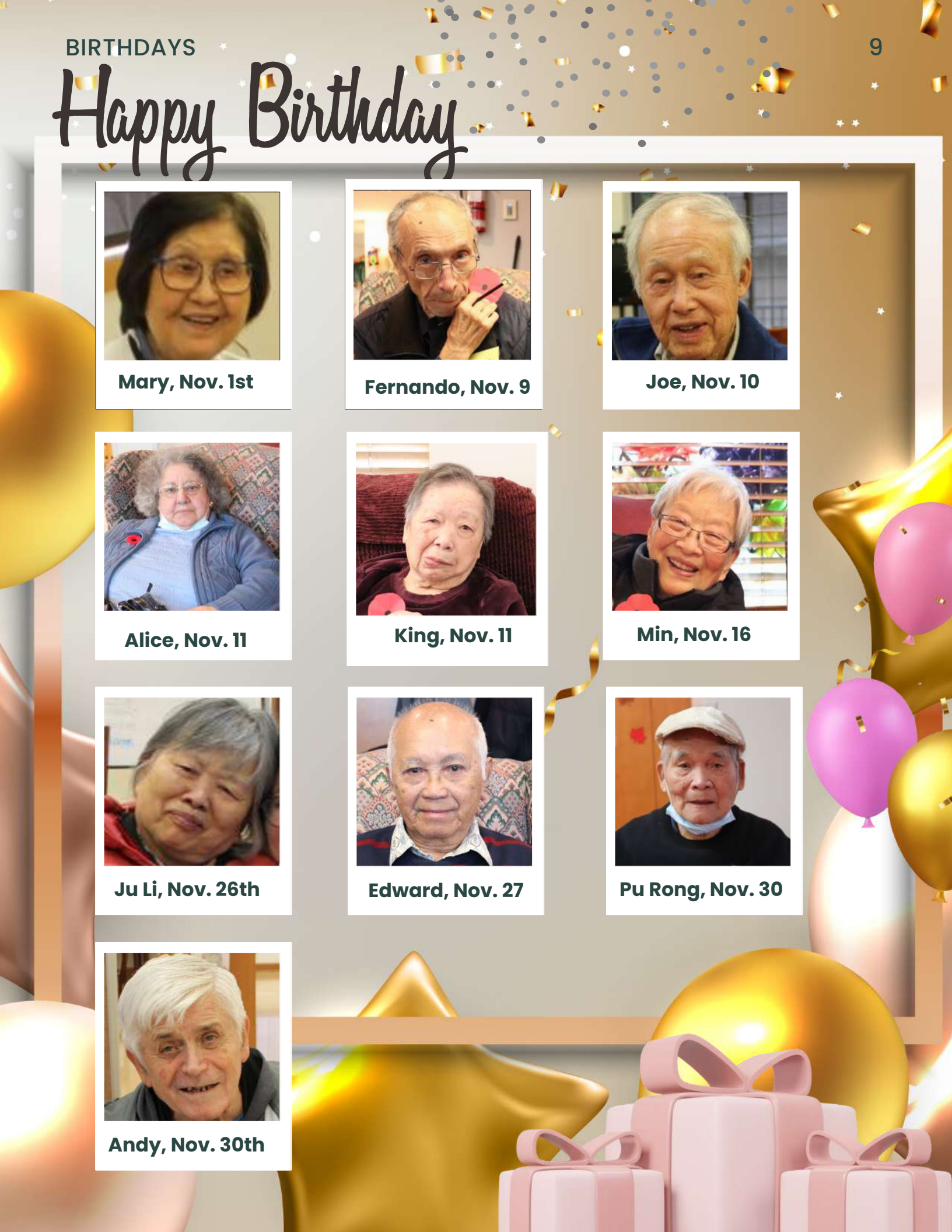
Edward, Nov. 27



Pu Rong, Nov. 30



Andy, Nov. 30th





Teamwork, Aida and Paul!



Zi Jun, Pak Tong and Hugo having fun!



Big smile, Maria M!



Nice shot Gee!



Remembrance Day with Maria N, Kwan and Tran



Hello friends, Diane and Max!



Sneak Peak, Rey and Chuck!



Having a blast with Lian!



Air Hockey with Joe, Andy, Linda and John!



Be a builder, Chuck, Anna, Inna, Carlos and Pu Rong



Way to go, Celia and Joe!



Great throw, Henry!



Winning big with You Mei and Chun



Hi Robin!



Jeopardy time with Fernando, Brenda, Roberta and Sidney



Playing the keys with Patricia!



Remembrance Day with Amy



Ciro and Bik Ho say Hi



Team Spirit with Hui and Teresita



Wheel it in May, Tran, John and Kwan



Hi Mary!



Turkey feeder with Sarah, Charlotte and Max



Lily, Arsenia and Henry having a lovely afternoon



Celia with Health Arts performer, Danielle!



Cool shades, Viola!



Good game, Aida, Tran and Antonio



Lest we forget, Inna and Joan!



We remember, Margherita and Rosa!



Honouring Remembrance Day with Wu and Ida



Happy birthday, Koon!



Be happy, May and Crystal



Poker pals Amy, York and Fei



Big laughs with Manny, David and Bi Yu!



Remember the history, Kay!



Happy 90th birthday, Anton!



Enjoy the music with good friends Kay, Rose and Kim!



Chun, Bik Ho and Nancy acknowledging Remembrance Day



Hi Grace!

