

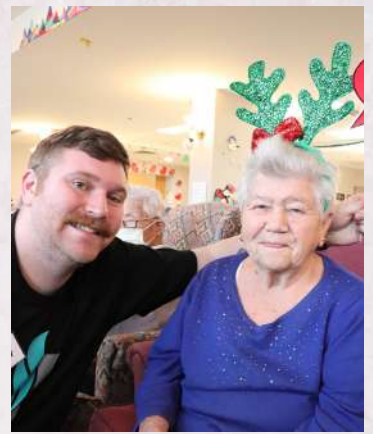


Renfrew-Collingwood Seniors' Society

蘭菲高靈活耆英會

December 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 xʷməθkwəyəm (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.

Warm Clothing Donation Drive

We are collecting new or gently used warm clothing. If you have any of the following items at home, please bring them in and we will gladly donate them: Scarves, Mittens, Hats, Socks, Jackets, Sweaters.



Thank you for your contributions!

保暖衣物捐贈活動

我們正在收集新的或用過的保暖衣物。

如果您家裡有以下任何物品：圍巾、手套、帽子、襪子、夾克、毛衣。可把他們帶到中心，我們很樂意捐贈它們予有需要的人，感謝您的貢獻！



Holiday Closure

Our centre will be closed on the following days:

Monday, December 25 | Tuesday, December 26 | Monday, January 1
Happy Holidays and see you on Tuesday, January 2nd!

假期關閉

我們的中心將在以下日期關閉：

12月25日，星期一

12月26日，星期二

1月1日，星期一

節日快樂，1月2日星期二見！

Board of Directors



Madeleine MacIvor



Tara Abraham



Olga Smirnova



Poonam Kaila



Nancy Falcone



Paul Hucul



Jackie Kler



Manpreet Kaur



Edward Sem

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



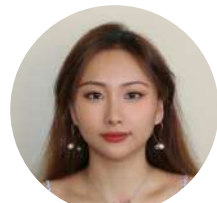
Habana Gutierrez Vior



Ella MacQueen-Denz



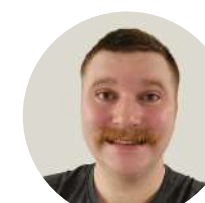
Michelle Suriawan



Crystal Liu



York Lam



Bradly Moisan



Happy Holidays to All and may the joys of the season fill your hearts with loving memories of days gone by. Make sure to spend some of those precious moments with your loving family members, friends, and neighbours as that is the true meaning of the holidays – quality time with loved ones.

Our tradition at the Centre is to look after our most vulnerable community members, so we will continue to donate gifts to people in need. We also welcome donations from you of lightly used winter clothes like hats, gloves, scarves, coats, and warm sweaters that we can pass on to deserving individuals.

Speaking of winter, it is common for HandyDart to cancel service in the winter if there are slippery road conditions or if sidewalks/stairs are not shoveled. In the event of such a thing happening, we will be checking in with you on those days (if you wish), to ensure you are safe, eating, taking medication, connecting with your family members to advise them that the in-person programs are canceled, and we will be offering remote programming.

HandyDart drivers have mentioned to us that some participants are not dressed for the cold weather and asked us to remind you that if you need physical assistance, you must have proper footwear suitable for the conditions – boots if possible. And yes, it is time to start wearing your heavy coats and gloves!

All the Best to You and Yours! We look forward to serving you in the coming year. All is well!

祝大家節日快樂，願節日的歡樂可以充滿你心中對逝去的充滿愛的回憶。一定要和你愛的家人，朋友和鄰居一起度過這些珍貴的時刻，和你愛的人共同度過美好時光，這才是節日的真正意義。

我們中心的傳統是照顧我們較為脆弱的社區成員:因此，我們將繼續向有需要的人捐款贈禮物。我們也歡迎您的捐贈，如帽子，手套，圍巾，外套和保暖的毛衣，我們可以傳遞給有需要的人。

說到冬天，HANDYDART經常會在冬天道路濕滑或者人行道，樓梯沒有鏟雪的情況下取消服務。如果這樣的事情發生，我們及時聯繫您（如果你需要），這些以監督你的安全，食物，吃藥和現場節目這些活動取消了，並通知您的家人，我們將會提供遠程節目。

HANDYDART的司機向我們提到，有些人沒有穿適合寒冬天氣的衣服，並要求我們提醒大家，如果你需要身體上的幫助，你必須有合適的鞋子，最好的就是靴子了。是的，是時候穿上你的厚外套和手套了！

祝你和你的家人一切順利！我們期待在新的一年裡為您服務！祝一切都好！





Beautiful beads, Amy!



Being creative, Margherita!



Awesome leaf, Bick Kum!



Feeling festive with Connie and Ella!



Making birthday cards with June



Creative ideas, Sau Tien!



Ready to reindeer, Brenda!!



John and Cynthia making a masterpiece!



Beautiful flowers Rosa and David!





Kem Ai

I enjoy traditional Chinese dim sum for the holidays, like steamed BBQ pork buns (char siu bao), rice rolls, and egg tarts.



Rey

I like eating roast beef during holidays, my children make it for the family.



Bik Ho

During Chinese New Year, we eat Cantonese steamed fish. I like having it with soy sauce.



Maria N.

During holidays, my favorite food is traditional spaghetti bolognese.



Chun

My favorite holiday food is Chinese food, both savory and sweet.



Aida. F

I love eating Filipino food during the holidays, such as kare-kare stew and adobo!



Rosa

For the holidays, I like beef kare-kare, and Filipino peanut stew made with ox tail, bokchoy, green beans and eggplant.





Linda

My favorite holiday food is Leche Flan. It is a traditional Filipino custard dessert with caramel and it is delicious!



Manny

My favorite holiday food is pancit and baked chicken. Panict is a Filipino noodle dish with vegetables. It tastes amazing!



Robin

My favorite holiday food is a classic roast turkey dinner and all of the holiday baked goods.



Zi Jun

My favorite holiday food to eat is poached chicken and mochi for dessert. We eat this to celebrate Chinese New Year.



Wu

My favorite holiday food is Chinese steamed taro cake.

Susan

My favorite holiday food to eat is smoked chicken with tea leaves.



Gee

My favorite holiday meal to share is braised pork belly with preserved vegetables. Such a treat!





Stunning tiara, Kim!



80's Rock stars, Lily, Addie and Laura!



Happy Birthday, Alice!



Happy Birthday, King!



Nice costume, Rose!



The three muskateers! Andy, Bing and David



Musical Maudy!



Viola and Patricia making memories!



Happy 88 birthday, Min!



Welcome, Jenifer!



Mah Jong masters, Choi and Lin Fong



Welcome, Chris!

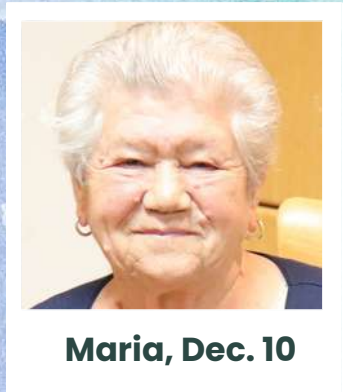
Happy Birthday



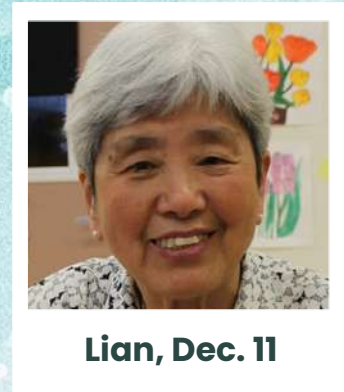
Poi Ying, Dec. 6



Wai King, Dec. 7



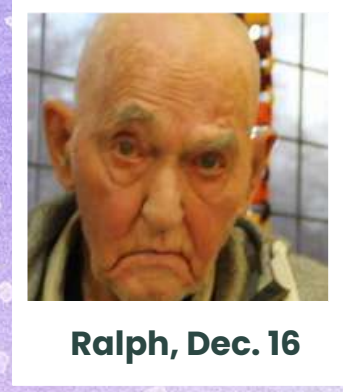
Maria, Dec. 10



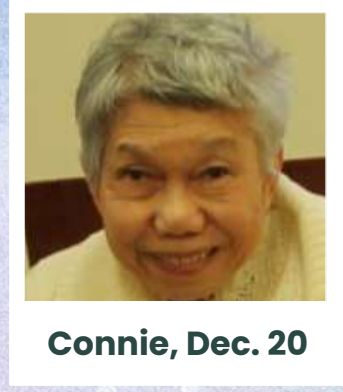
Lian, Dec. 11



Shirley, Dec. 12



Ralph, Dec. 16



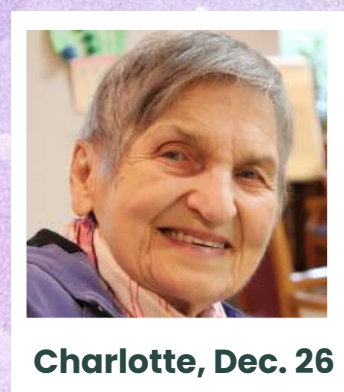
Connie, Dec. 20



Stella, Dec. 25



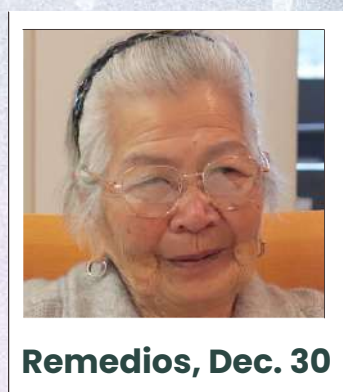
Nancy, Dec. 26



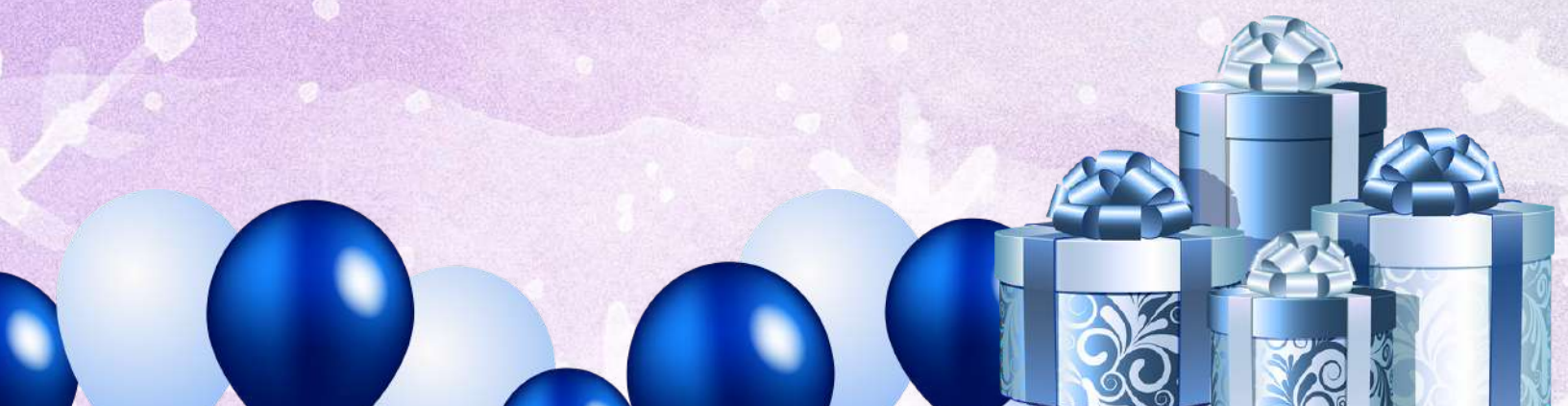
Charlotte, Dec. 26



Hui, Dec. 29



Remedios, Dec. 30





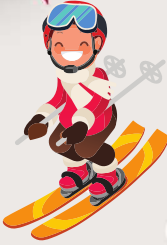
Big win, Lian and Chun



David, Ella and Manny playing Shuffleboard



Welcome, Nina!



Hi Amy!



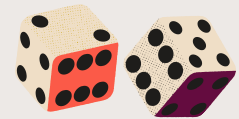
Mahjong masters, Chuck and Wai Po!



Good move Teresita, Chuck and Anna!



Gee and Fei in Mah Jong



Hello from Rosa!



Table bowling with Ciro and Jose!



Nice work Tran, Antonio and John!



Way to go, Ying and Min!



Great throw Lie!



Team working a suduko puzzle with Patricia, Anton and Narendra



Bun Ja and York having fun



Enjoying the festivities with Koon, Kiu and Pak Tong!



York, You Mei and Lian celebrating the perfect shot!



Nice shot, Celia!



Have fun Monica, Antonio and Mila!



Lovely smile, Inna and Joan!



Be a builder Lie and Fernando!



Beautiful Diwali art, Sarah, Remedios and Beatriz!



Shuffleboard game with Edward!



Nice toss, Nelly and Kay!



Henry and Anton in Relay Race



Having a laugh with Bi Yu, Lian and Susan





Our friend, Sidney!



Enjoying the performance with Carlos, Elna and Laura!



Focus time, John and Pu Rong!



Hey Alfred!



Beautiful flowers Connie!



Gorgeous glasses, Roberta and Arsenia!



Ida, Karen, Kwok Wai, Alexandra, Ju Li and Margaret making friends



Viola is ready for holiday celebrations!



Happy birthday, Joe!



Good job Celia!



Loving the music! Jose, Gim, Kwan and Nancy!



Nice Smile! Emily!