



# Renfrew-Collingwood Seniors' Society

## 蘭菲高靈活耆英會

### April 2024 Newsletter - 四月刊



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Our monthly newsletter is produced by the staff with the help and support of all seniors and distributed to caregivers and the community.

此月刊由所有員工在年長者的幫助與支持下完成，並分發給看護耆英會。



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](mailto: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.

蘭菲高靈活耆英會是一個為社區服務了超過46年的非盈利公益組織。我們有一群由志願者組成的董事會負責維持組織的運作。我們的團隊擁有許多優秀的且富有熱情的員工，有不少人已經在耆英會工作了許多年。除此之外，來自社區的志願者和學生們也透過協助我們實施計劃和參與各種項目，在為年長者提供服務方面發揮了重要作用。

兩間成人日間中心在為年長者提供各種文娛活動與社交機會的同時，也保證了每個年長者可以在中心感受到家的溫暖以及品嚐到美味的飯食。我們的主旨是為年長者提供幫助，讓他們可以安心的在社區和家中養老。

蘭菲高靈活耆英會樂意接受各種捐贈，包括但不限於遺贈以及禮物。我們的官方稅單號碼是11911 5558 RR0001 – 你將會收到一封公益捐贈回執。如果你有興趣捐款，請透過 [rcss@rencollseniors.ca](mailto:rcss@rencollseniors.ca) 電子轉帳或將支票連同您的回郵地址發送給 Renfrew-Collingwood Seniors' Society。您的支持是對我們極大的鼓勵！

如果你或者你認識的人想要參加成人日間活動，請致電溫哥華海岸衛生局（VGH）604-263-7377，並且留下你的詳細信息和電話。他們會儘快回復你。

### Let's Celebrate Earth Day!

#### 讓我們一起慶祝地球日

This month's special event is Earth Day! We are requesting that you to bring in a few recyclable items that have been laying idle at home such as used batteries, toilet paper rolls, plastic bags, cardboard, old magazines, disposable chopsticks and cutlery, or mooncake boxes. We will transform the items into beautiful pieces of artwork while raising awareness on how to protect our planet. These activities are not only meant to showcase creativity, but also to convey important messages about recycling and sustainable development in the community. We hope you will participate and bring reusable items to contribute to this meaningful event.

這個月的特別活動是地球日！我們請求您帶來一些在家閒置的可回收物品，例如廢電池、廁紙捲、塑膠袋、紙板、舊雜誌、一次性筷子和餐具，或者月餅盒。我們將把這些物品轉化為美麗的藝術品，同時提高人們對如何保護我們的地球的意識。這些活動不僅旨在展示創造力，還要向社區傳達有關回收和可持續發展的重要信息。我們希望您能參加並帶來可重複使用的物品，為這個有意義的活動做出貢獻。

We humbly acknowledge that Renfrew-Collingwood Seniors' Society and the work we do is on the unceded, ancestral, traditional, and occupied homelands of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and Səlilwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.

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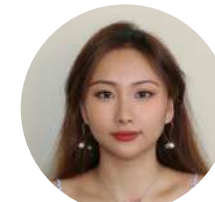
Habana Gutierrez Vior



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York Lam



Brady Moisan



Anyao Huang



Onur Gursoy



It makes such a difference to our lives to see more sunlight and the accompanied warmer weather. The winter blues are hopefully gone and now we can become more active and socially engaged with our family, friends, and community.

I have been puttering in the garden every minute I can and doing the cleanup that I should have done last fall. Every time I rake a patch of leaves, I discover new life popping up. I am always grateful and relieved to see that the perennials survived another winter and heat dome.

It is not only the new life that excites me, but the birds courting each other with their distinct chirping, and the hummingbirds returning to enjoy the nectar in our feeder. The simple joys of life and living in the moment is where we need to be – not the future or the past.

If you love gardening the way I do, do not overdo it the first few times you venture back out there. Remember not to lift heavy pots and do not get up on ladders – those chores can be done by your grandchildren when they visit you.

This month we will be celebrating Earth Day which marks the anniversary of the birth of the environmental movement. Let's all get on board by doing simple things that we can do to protect the environment. For example, do not use plastic bags - instead, bring a reusable one. Do not waste water by letting it run to get cold - instead, put some water in the fridge. Recycle everything.

If you want to recycle something useful like clothing, we can help. We will collect your slightly used outfits, shoes or coats and make sure deserving individuals get to enjoy them. Now is the time to do this as we change seasons. My rule of thumb is if I have not worn it this season then to the recycle bin it goes. Try it – it is liberating!

All is well!

看到更多的陽光和伴隨而來的溫暖天氣，對我們的生活影響非常大。冬季的陰沉感希望已經消失，現在我們可以更積極地與家人、朋友和社區進行互動。

我一有空就在花園裡忙活，清理去年秋天應該做的事情。每次我用耙子耙落葉，都會發現新生命冒出來。看到多年生植物又度過了另一個冬天和熱浪，我總是感激和欣慰。

令我興奮的不僅是新生命，還有鳥兒用獨特的鳴叫在求偶，以及蜂鳥回來享受我們餵食器中的花蜜。生活中的簡單喜悅和活在當下是我們應該追求的，而不是未來或過去。

如果你像我一樣熱愛園藝，不要一開始就做得太過分。記住不要舉重的花盆，也不要爬梯子——這些事情可以等到你的孫子孫女來訪時做。

這個月我們將慶祝地球日，這是環保運動誕生的紀念日。讓我們都參與其中，做一些簡單的事情來保護環境。例如，不要使用塑料袋，而是帶一個可重複使用的袋子；不要浪費水，可以將一些水放入冰箱裡而不是讓水流著變冷；還有回收一切。

如果你想要回收一些有用的東西，比如衣服，我們可以提供幫助。我們將收集你的少用衣服、鞋子或外套，並確保有需要的人可以享受到它們。現在正是時候這樣做，因為季節在轉換。我的經驗法則是，如果這個季節都沒有穿過，那就送進回收箱吧。試試吧——這樣做會讓你感到自由！

一切都很好！



Fun coloring, Remedios!!  
有趣的畫畫!



Lovely Card, Ida!  
漂亮的卡!



Wonderful craft, Sau Tien!  
很棒的手工!



Cute bunnies, Rose!!  
可愛的兔子!



Nice, Henry!  
优秀!



Good job, Elna!  
做得好!



Beautiful smile, Cynthia!  
燦爛的微笑!



BunJa, Maudy and Jenifer,  
making a beautiful rainbow! 製作美麗的彩虹!



Beautiful pop up card, Bick Kum and Wai Po!  
精美的手工賀卡!



**Antonio**

The best place to travel is Hawaii. There are nice and clean beaches, friendly people, and the weather is nice. If you go be sure to visit a banana farm.

最好的旅行目的地是夏威夷。乾淨的沙灘，溫暖的氣候，好客的人。如果你想的話一定要去香蕉農場。



**Min**

I like Europe. In France, there are many museums you can visit. Sweden has beautiful landscapes you can enjoy.

我很喜歡歐洲，特別是法國，那裡有很多的博物館可以參觀。瑞士有很多自然景觀可以欣賞。



**Rey**

I have no favorite place because instead of going back to the same place I like to explore new ones to discover the culture and meet new people.

我沒有什麼最喜歡的地方，因為比起一直去一個地方我更喜歡探索新的文化，交新的朋友。



**Sarah**

The best place is Vancouver. There are good honest people that tell you the truth.

最好的地方是溫哥華，這裡有真誠的人經常告訴你真理。



**Maria N**

The best place to visit is Napoli, my home town in Italy. Because of the nature, there are good places to eat spaghetti, meatballs and lasagna.

最好玩的地方是那不勒斯，我在意大利的家鄉，那裡有很多好吃的意大利面，肉丸和千層麵。



**Tran**

I like Canada. We have good weather and food, nice employees, friendly people.

我喜歡加拿大，我們有好的天氣和食物，有好的員工，善良的人。



**Arsenia**

My favorite place to visit is Vancouver. The weather is always cool, not too hot in comparison with my home city Manila.

我最喜歡的地方是溫哥華。和我的家鄉馬尼拉相比這裡的天氣很合適。





## Narenda

I would love to visit Fiji which is where I was born. One of my favorite parts about visiting is seeing the amazing beaches.  
我喜歡去斐濟，那裡是我的出生地。我最喜歡的部分就是遊覽令人驚嘆的海灘。



## Andy

I would like to visit Europe, specifically the Black Sea because it's warm, and I like the warm weather.  
我想去歐洲，特別是黑海，因為那裡很溫暖，我喜歡溫暖的天氣。



## Manuel

I would like to go back to the Philippines to see where I come from.  
我想回到菲律賓看看那個我來自的地方。

## Lin Fong

My favorite place to visit is Hawaii. I have been there twice. The sunshine and beach are my favorite things about visiting.  
我最喜歡去的地方是夏威夷。我去過那裡兩次。我最喜歡的是那裡的陽光和海灘。



## Lian

My favorite country to travel is China because it is my home country. The scenery in China is beautiful.  
我最喜歡旅遊的國家是中國，因為那是我的祖國。中國的風景很美。



## Choi

My favorite place to travel is Hong Kong because there are so many good food and entertainment options. You will never be bored in Hong Kong!  
我最喜歡的旅遊地點是香港，因為那裡有很多美食和娛樂選擇。在香港你永遠不會感到無聊！



## Robin

I have travelled throughout eastern Canada to visit family. A place I would love to see is Great Britain as my ancestors are from there.  
我走遍了加拿大東部探望家人。我想去看看英國，因為我的祖先來自那裡。





Music and smiles, 享受音樂與歡笑 with Susan and Amy!



Lots of laughs, 超級多歡樂 with Shirley, Viola, Pak Tong and Jenifer!



Hi Sidney and Alice! 您好呀!



Having fun, King, Michelle, and Joan! 開心時光!



Good friends, Rosa and Arsenia! 好朋友!



Cards with friends, Wu and Amy Chow 和朋友一起玩撲克!



Cheerful, Lan Fang! 加油!



Having fun, 開心時光 with John, Ida, Viola, Celia, Bi Yu and Claire!



Cards with Andy and Alfred 一起玩UNO!



Best friends! 最好朋友! Lian and Lin Fong



Good game, Wing and Anna! 好玩的遊戲!



Wonderful smile, Cynthia! 開心的笑容!



# Happy Birthday



**Jenifer, Apr. 6**



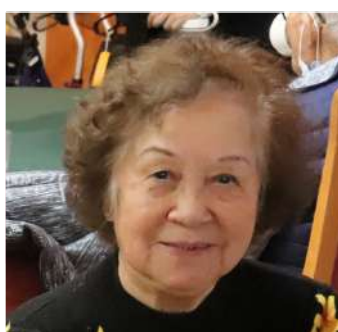
**Kim, Apr. 10**



**Joan, Apr. 12**



**Tuong, Apr. 12**



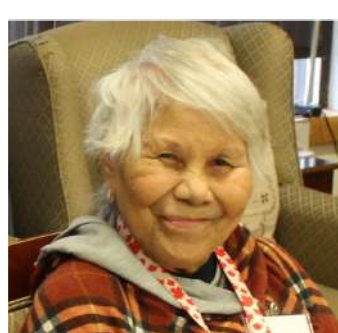
**Ying, Apr. 20**



**Chuck, Apr. 24**



**Patricia, Apr. 24**



**Cynthia, Apr. 30**

**Did you know?**  
 你知道嗎?

People that are born in April share the same birthday month as our Earth?  
 生日在4月的人和我們的地球分享同一個生日月份。

Earth Day is on April 22nd! It marks the anniversary of the birth of the modern environmental movement in 1970.  
 地球日是4月22日！它標誌著1970年現代環境運動誕生的周年紀念日。





So focused, 超強專注力,  
Fernando!



June, Alexandra, John and Manny 桌上跳  
房子 having fun in hopscotch!



Cards with 紙牌和 York, Maudy, Fei, and  
You Mei!



Lovely flower, Beatriz!  
迷人玫瑰!



Happy Charlotte!  
開心!



Cool King!  
酷!



Fishing time with Kwan and Gim!  
釣魚時間!



Ready to play, Chun and  
Robert!  
遊戲時間!



Carpet darts, 地毯廢標,  
with Kay!



Looking good, 看起来不错  
Anton!



Bowling 桌上保齡球 with Kem Ai,  
Kim, and Sarah!



Zi Jun, Chris and Ella having fun with  
cards! 一起打牌!



Robin and Manny playing  
skillball! 彈彈珠!



Fun times 有趣的時光 with Narendra,  
Manny, Henry, York and Chris!



Lovely ladies, 可愛的女士們  
Connie and Gee!



Conversation game 聊天遊戲 with  
Maria D. & Diane!



Making plans, 制定計劃  
with Jenifer and Alexandra!



Popsicle match 雪糕配對, Lina  
and Maria N!



Headband game 遊戲時間,  
Aida!



Bun Ja, Poi Ying, Ju Li, Anyao and David  
having fun! 玩得很開心!



Fun day with Ying and Lie! 開心的一天!



Welcome, Georgia! 歡迎你!



Shirley, Joan and Hugo  
ready to win! 準備好獲勝!



Thinking hard, Addie! 努力思考!



Lovely couple, Robert and Mary!  
幸福的夫妻!



Lovely smile, Pacita!  
甜美笑容!



Ready for the performance,  
Rose and Nelly! 迎接演出!



Chun, Susan, York and Choi  
in mah jong! 打麻將!



Welcome, 歡迎你,  
Fei Fei!



Beautiful smile, 開心的笑, Maria P and  
Edward!



Nice tower,  
漂亮的高塔,  
Karen!



Perfect shot, 完美角度,  
Koon!



Best of friends, 好朋友, Chun and Hui!



Good work, 做得好,  
Wai King!



Go green for the earth, 環保的意識,  
Paul and Lily!



Welcome, 歡迎, Yim Lan!



Good morning, 早上好, Roberta and Stella!



Big smile, 笑得燦爛,  
Tong!



Kwok Wai and Alexandra  
having fun with dice! 玩骰子玩得很開心!



Lovely smile, Margherita!  
燦爛的笑容!



Happy Teresita!  
幸福!



Hi, Linda!  
你好!