



Renfrew-Collingwood Seniors' Society

蘭菲高靈活耆英會

May 2024 Newsletter - 五月刊



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Email: rcss@rencollseniors.ca | Website: www.rencollseniors.ca | Mon - Fri: 8:30AM - 4:00PM



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，並分發給看護者和社區。

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.

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 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。

47th Annual General Meeting | 第四十七屆蘭英菲高靈活耆英會年度會員大會 Saturday, June 22, 2024 @ 11AM - 12PM | 2024年6月22號（星期六上午11時）

The 47th Annual General Meeting of the Renfrew-Collingwood Seniors' Society will be held on Saturday, June 22nd, 2024 at 11AM at 2970 East 22nd Avenue, Vancouver, BC. Please confirm your attendance by contacting us at 604-430-1441 or email clj@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會於2024年6月22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clj@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！

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.

Board of Directors



Madeleine MacIvor



Tara Abraham



Olga Smirnova



Poonam Kaila



Paul Hucul



Jackie Kler



Manpreet Kaur



Edward Sem

Staff



Donna Clarke



Christina Webster



Wai Yee Chou



Joon Kim



Faith Malakoff



Cassandra Ly



Claire Oh



Laura Lopez



Hugo Chung



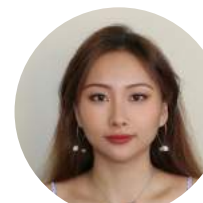
Alexandra Pastega



Ella MacQueen-Denz



Michelle Suriawan



Crystal Liu



York Lam



Bradly Moisan



Anyao Huang



Onur Gursoy



Kelsey Wong



Happy Mother's Day to all the wonderful caring women at our Centre and in our lives. As noted in many of my articles, this designated day in May is one of the opportune times in our lives to show our mothers and mother-figures much love and gratitude. It is a day to reflect on all the unconditional love that we received, and can give, because we were nurtured by the women who cared for us.

I was blessed to have my adoring Mother and I know your children feel the same about you. May they bestow you with many acts of kindness, flowers, chocolates or whatever your fancy! You deserve the accolades, so embrace it!

We bid farewell to Rose, our cook for the last twelve years. Rose is one of the best cooks in the field. She took pride in her work, knew what we liked and did not like, and she modified every food item so all of us could enjoy the meal she prepared. Rose was instrumental in producing thousands of frozen meals during the pandemic for staff members to deliver to seniors, not only in our community but across the city. My understanding is Rose is furthering her education and will hopefully obtain her Red Seal Classification. She is so deserving of that credential, and we look forward to hearing about her success in that undertaking. On behalf of all the Team, Board and Seniors, THANK YOU ROSE and good luck in your future endeavors!

A quick note about emergency preparedness. The forest fires are starting early again this year with a couple out of control already. Please note that if the air quality is unbearable, we will be inviting you to schedule extra days at the Centre. You can come in and enjoy air conditioning and purified air. That also goes for the dreaded heat domes. More info to follow.

All is well! Donna

祝所有我們中心和生活中所有出色有愛的女士們母親節快樂。正如我許多篇文章所提及的，五月的這個特定日子是我們在生活中向母親和母親形象表達愛和感激之情的絕佳時機。這是一個感恩所有我們曾經受到的無條件愛的日子，也是一個我們可以因為曾經受到照顧我們的女性而表達感激的日子。我很幸運有一位慈愛的母親，我知道您的孩子對您也有同樣的感受。願他們用許多善舉、鮮花、巧克力或您喜歡的任何東西來慶祝您！您值得這些讚美，請接受吧！

我們向Rose道別，她是我們中心的廚師，已經工作了十二年。Rose是這個領域中最優秀的廚師之一。她以她的工作為榮，了解我們喜歡和不喜歡的食物，並且她會調整每一道菜式，使我們都能享受到她準備的餐點。在疫情期間，Rose在製作成千上萬份冷凍餐食，發揮了重要作用，供員工送給社區和整個城市的長者。我了解到Rose將繼續深造，希望能獲得紅章資格。她非常值得這個榮譽，我們期待聽到她在這一努力中取得成功的消息。代表整個團隊、董事會和長者，感謝你，Rose，祝你在未來的努力中一切順利！

關於緊急應變的一個快訊。今年的森林火災又提前開始了，已經有幾起失控的火災。請注意，如果空氣質量變得無法忍受，我們將邀請您在中心安排額外的日子。您可以來享受空調和淨化空氣。對抗這種可怕的高溫天氣也是如此。更多信息稍後提供。

一切順利! Donna



Beautiful flowers, Wai King!
美麗的花, Wai King!



Elna, Bradly and Wai Po ready for spring!
Elna, Bradly和Wai Po準備好春天!



Nice work, Alfred!
做得好, Alfred!



Nice butterflies, Kwan!
漂亮的蝴蝶, Kwan!



Good job, Hui!
做得好, Hui!



Beautiful smile, Ying!
美麗的笑容, Ying!



Laura and Sau Tien are masters with scissors!
Laura和Sau Tien是剪刀大師!



The crafty crew, June, David and Connie!
手作隊伍, June, David和Connie!



Jenifer and Fei Fei making flowers!
Jenifer和Fei Fei做手工藝術花!

**Tuong**

Doing exercise with my mother is the happiest memory.

和媽媽一起做運動是最開心的回憶。

**Lan Fang**

I used to make sticky rice cake and glutinous rice dumplings with my mother every Lunar New Year. It is my favorite food.

每年農曆新年我都會和媽媽一起做年糕和咸水角。這是最喜歡的食物。

**Bick Kum**

My mother was a very kind person. She loved me so much. She cooked every meal for me.

我的母親是一個非常好的人。她非常愛我。每餐都是她煮飯給我吃。

**Addie**

My mother was a good cook. I liked her Ukrainian food so much.

我的母親是一位很好的廚師。我非常喜歡她做的烏克蘭菜。

**Anna**

My mother was a very gentle person and she loved me very much. I miss the days when my family would eat together and hang out.

我的母親是一個非常溫柔的人，她非常愛我。我懷念和家人一起吃飯、外出玩耍的日子。

**Hui**

My mother took care of me and cooked my favorite dishes for me all the time.

媽媽照顧我，做我喜歡吃的菜給我。

**Maria D.**

My mother was a very skilled cook. I learned all my cooking from her. I still miss the delicious lasagna she cooked.

我的母親是一位非常好的廚師。我所有的廚藝都是從她那裡學來的。我仍然記得她做的美味烤寬麵條。



Poi Ying

I have great memories of my mom from my childhood. She took great care of me and was always there.
在我的童年時期我和我媽媽一起度過了非常美好的時光，她總是陪伴在我的身邊和照顧我。

Joan

My mother taught me how to sew when I was young. I have fond memories of baking bread with her for my 10 siblings and I.
我小時候我媽媽教我縫紉。與母親和10個兄弟姐妹一起烤麵包是最美好的回憶。



David

When I was young, my mother and I travelled across South Korea together. She was always very kind.
我小時候我的母親和我在韓國旅遊，她非常善良對我很好。



Zi Jun

My mom and I were very good friends. We got along very well.
我媽媽和我是非常好的朋友。我們相處的非常好。



Fei-Fei

My mom was always very encouraging. I remember how supportive she was.
我媽媽總是鼓勵我去做任何事情。我記得她非常支持我。



Jenifer

My favorite memory with my mom was baking. She was most known for her cakes.
我記得我和我媽一起烤麵包，那是我最珍貴的回憶。每個吃過我媽媽做的蛋糕的人都對她印象深刻



Joe

My mom and I were very close. We would play poker together and do exercise.
我和我媽媽非常親近，我們在一起玩撲克和做運動。





Great team, Fernando and Cynthia! Fernando 和 Cynthia 的出色團隊合作!



Teresita, Chuck and Wing, are ready for the next round! Teresita, Chuck 和 Wing 準備好迎接下一輪了!



Ella and Ju Li having a laugh! Ella和Ju Li開懷大笑!



Fast friends, Robin, Chris and Manny! 好朋友, Robin, Chris和Manny!



May and Roberta, friendship shake! May和Roberta友誼握手!



Bi Yu, Lian Ru, Jane and Poi Ying in Karaoke! Bi Yu, Lian Ru, Jane和Poi Ying在卡啦OK!



Welcome, 歡迎, Americo!



Fun and games with Jenifer and Koon! Jenifer和Koon一起玩遊戲!



Diane and King are ready to start the game! Diane和King準備開始遊戲!



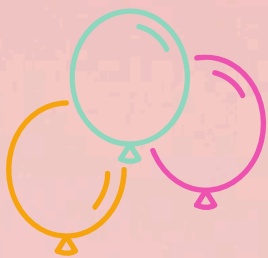
Lily, Michelle, and Kay, ready with their lawn darts! Lily, Michelle和Kay準備好草坪飛鏢!



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



Addie and Rey, escaping the Maze Daze! Addie和Rey逃出迷宮!



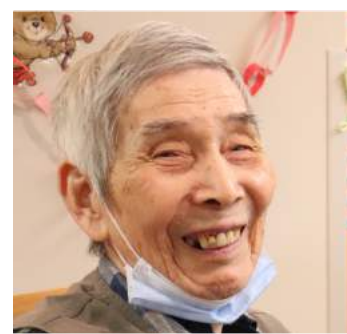
Happy Birthday



Sidney, May 2



Chun, May 8



Kwan, May 22



Narendra, May 15



Pak Tong, May 28

Did you know? 母親節知多少?



Mother's day is on a different day each year! It's always on the second Sunday in May. This year Mother's day is on May 12th, 2024.

每年的母親節的日子都不一樣! 母親節會在每年五月的第二個星期日。今年的母親節是2024年5月12日。





Laser focused, Amy!
雷射聚焦, Amy!



Fei, Manny, Alexandra, Tong and Susan playing crazy eights!

Fei, Manny, Alexandra, Tong和Susan玩啤牌遊戲!



Teamwork with Nancy and Yim Lan!
Nancy和Yim Lan的團隊合作!



Horse Race with Margherita, Sarah and Maria D!

Margherita, Sarah和Maria D 在賽馬比賽!



Great shot, Celia!
好球, Celia!



Lina choosing the next move!
Lina在選擇下一步行動!



Andy and Poi Ying in roller race!
Andy和Poi Ying進行輪滑比賽!



Nice shot, Karen!
好球, Karen!



Edward, Gim and Tran, Game on!
Edward, Gim和Tran, 遊戲開始!



Elna and Georgia hard at work!
Elna和Georgia在努力工作!



Antonio and Lan Fang Stuck in the Maze!
Antonio和Lan Fang被困在迷宮裡!



Looking good, Lie!
看起來不錯, Lie!



Henry, Claire and Viola in topple tower!
Henry, Claire和Viola在推倒塔!



Maria N and Mary working together!
Maria N 和 Mary 一起合作!



Pak Tong, Anton, Alexandra, Kwok Wai
Maudy and Joe in King's Corner!
Pak Tong, Anton, Alexandra, Kwok Wai
Maudy和Joe在玩國王角!



Nice teamwork,
Chun and Bi Yu!
良好的團體合作, Chun和Bi Yu!



Pacita looking for the right cards!
Pacita尋找合適的卡片!



Robert deciding his next turn!
Robert決定他的下一個回合!



Zi Jun, Hugo, Fei-Fei, Lian, Lin Fong
and Wu in 13 cards!
Zi Jun, Hugo, Fei-Fei, Lian, Lin Fong和Wu
在十三張!



Maria P picking the perfect card!
Maria P 挑選了完美的卡牌!



Nice shot, Choi!
掉得好, Choi!



Nice multitasking, Stella!!
不錯的多工處理, Stella!!



Off to the races with Joan and Shirley!
Joan和Shirley一起進行比賽!



Welcome, Lorene!
歡迎, Lorene!



Good game, Chun and You Mei!
幹得好, Chun和You Mei!



Some encouragements from Beatriz!
來自Beatriz的鼓勵!



Remedios enjoying her craft!
Remedios享受她的手作!



Happy birthday, Chris!
生日快樂, Chris!



Welcome, Tak Hau!
歡迎, Tak Hau!



Bun Ja and Alexandra feeling festive!
Bun Ja和Alexandra心情愉悅!



Aida, Roberta, Joan and Arsenia tuned into the music!

Aida, Roberta, Joan 和 Arsenia 跟音樂融入在一起!



Teresita welcoming Yolanda and Caterina to our center!

Teresita歡迎Yolanda和Caterina來我們中心!



Alice, York and Charlotte off to the races!
Alice, York 和 Charlotte在賽馬比賽!



Celebrating the win with Cynthia, Shirley, Zi Jun and Koon!
Cynthia, Shirley, Zi Jun和Koon一起慶祝勝利!



Welcome, Helen!
歡迎, Helen!



Welcome, David B!
歡迎, David B!



Happy Birthday, Kim!
生日快樂, Kim!



Welcome, Kwai-Ching!
歡迎, Kwai-Ching!