

January

2008

The Ren-Coll
Rambler



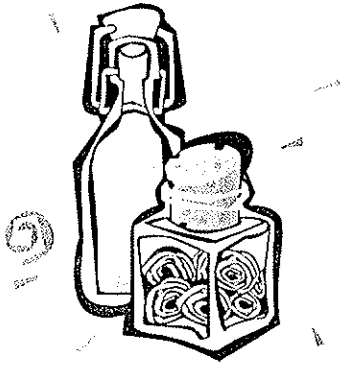
Renfrew-Collingwood Seniors' Society

'Taking Seniors to Heart'

2970 East 22nd Avenue, Vancouver, B.C., V5M 2Y4

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PONDERINGS FROM THE PANTRY... by Audrey

JANUARY 2008

PONDER THIS: "FRIENDSHIPS THE
SHADOW OF THE EVENING, WHICH INCREASES
WITH THE SETTING SUN OF LIFE."

JEAN de LA FONTAINE

HI:

ANOTHER YEAR HAS GONE BY (VERY QUICKLY, I MIGHT ADD) AND WE ARE NOW ON OUR WAY INTO 2008. I REMEMBER WHEN WE WELCOMED 2000 WHICH SEEMS SO LONG AGO. REMEMBER ALL THE WORRYING EVERYONE DID? NOTHING UNFORTOLD HAPPENED AND HERE WE ARE 8 YEARS LATER, OLDER AND, I HOPE, WISER PULLING UP OUR BOOTSTRAPS TO TAKE ON ANOTHER YEAR.

WE AT REN COLL FACED MANY CHANGES IN THE PAST YEAR. SOME, GOOD SOME NOT SO GOOD. SHELL LEE LEFT US FOR HER SEA CAPTAIN IN PICTON ONTARIO AND I AM SURE IS WONDERING IF KNEE HIGH SNOW IS REALLY HER CUP OF TEA. SHE TOOK SHADOW WITH HER AND SHADOW IS HAVING A BLAST. NEVER SEEN SNOW, NEVER WALKED ON GRASS ALL KINDS OF NEW EXPERIENCES AND ENJOYING EVERYONE OF THEM! SHE IS THE SENIOR OF THE PET HABITAT SHELL LEE HAS GOING. BIRDS, WILD KITTIES, RABBITS a couple of FOXES AND WHO KNOWS WHAT ELSE. KEEPS BOTH OF THEM BUSY WHEN BROWNIE IS AWAY.

NEW YEAR IS ALSO A TIME WHEN PEOPLE MAKE RESOLUTIONS. THAT IS SOMETHING I HAVE NEVER DONE. RESOLUTIONS SEEM TO SET YOU UP FOR FAILURE. I HAVE ALWAYS SET UP GOALS INSTEAD. THERE IS NO SHAME IN NOT QUITE MEETING GOALS, IT SEEMS EASIER TO WORK TOWARD THAN A RESOLUTION. ESPECIALLY IF YOU LOOK UP RESOLUTION IN THE DICTIONARY. TO ME NEW YEAR IS A TIME OF REFLECTION. THINKING OF CLOSE FRIENDS NOW GONE; GOOD TIMES AS A FAMILY GROWING UP. GOOD TIMES WITH MY OWN FAMILY, WATCHING THEM GROW INTO MY BEST FRIENDS AND WATCHING THEM WITH THEIR FAMILIES. ENJOYING MY NEW FRIENDS. LIFE IS GREAT! SO AS THE CLOCK STRIKES 12 ON THE 31st AND YOU OPEN A NEW CHAPTER IN YOUR LIFE. BOOK REVEL IN THE PAST DON'T WALLOW. TAKE A MOMENT TO LOOK TO THE FUTURE WITH NEW EYES AND ENJOY!!

END OF THE SERMON FROM THE PANTRY! FROM NY HOUSE TO YOURS -- LOVE,
HEALTH AND HAPPINESS TO YOU ALL.

.....'TILL NEXT TIME

GREAT TRUTHS THAT ADULTS HAVE LEARNED:

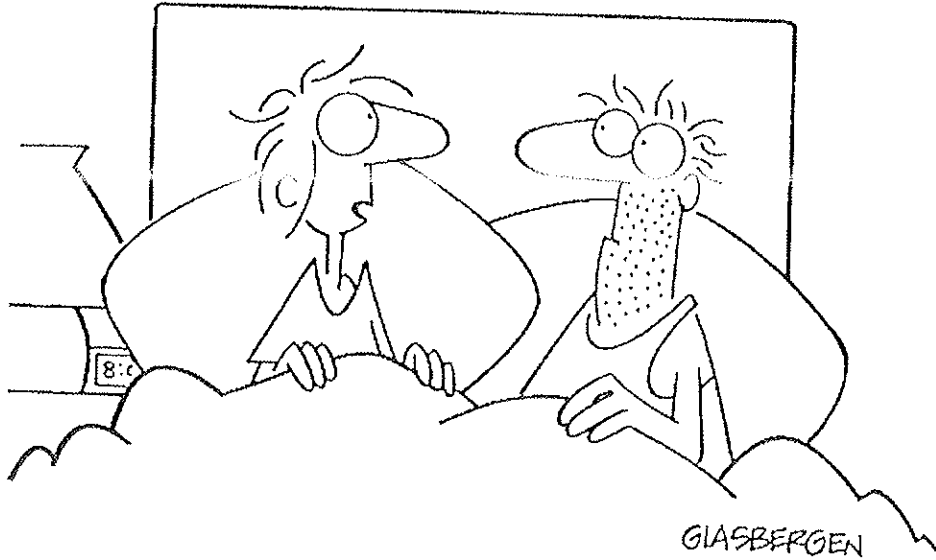
- 1) Raising teenagers is like nailing jelly to a tree.
- 2) Wrinkles don't hurt.
- 3) Families are like fudge...mostly sweet, with a few nuts.
- 4) Today's mighty oak is just yesterday's nut that held its ground.
- 5) Laughing is good exercise. It's like jogging on the inside.

- 6) Middle age is when you choose your cereal for the fibre, not the toy.

GREAT TRUTHS ABOUT GROWING OLD

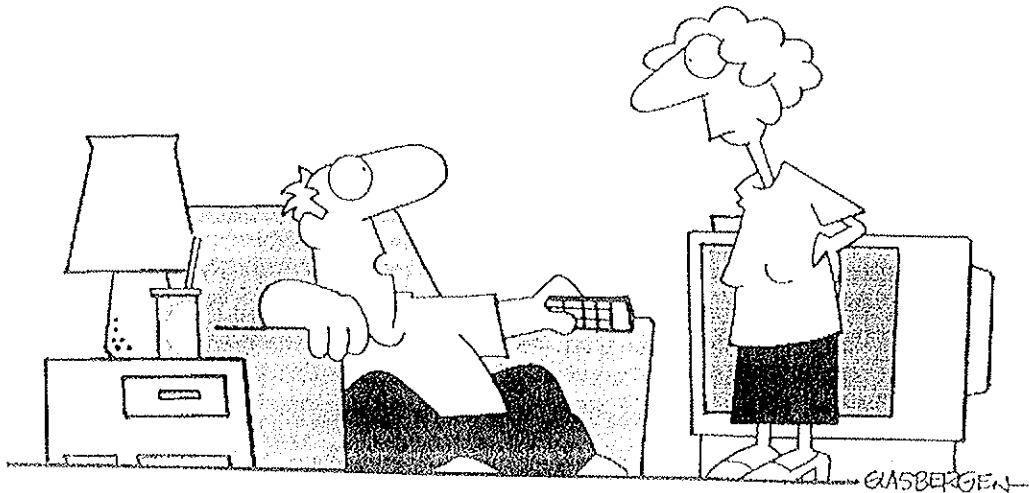
- 1) Growing old is mandatory; growing up is optional.
- 2) Forget the health food. I need all the preservatives I can get.
- 3) When you fall down, you wonder what else you can do while you're down there.
- 4) You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
- 5) It's frustrating when you know all the answers but nobody bothers to ask you the questions.
- 6) Time may be a great healer, but it's a lousy beautician.
- 7) Wisdom comes with age, but sometimes age comes alone.

QUESTIONS.



**"I was going to wake up early to go jogging,
but my toes voted against me 10 to 1."**

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www.glasbergen.com



**"My doctor told me to start my exercise program
very gradually. Today I drove past a store
that sells sweat pants."**

HAPPY NEW YEAR everyone!

The best way to start the year ...is through "New Beginnings".
Come join us for a fun morning Wednesday, January 2.

Ukrainian Christmas

Thursday, January 3

Learn about the traditions of a Ukrainian Christmas, and enjoy an authentic Ukrainian lunch. Ummm...good



Think Tank

Tuesday, January 8

Be part of the planning process. We've had some good ideas from those of you who participated in November. Keep those ideas coming! We'll begin looking at planning for February, March and April.

"Life's Like That"

Wednesday, January 9

Time to tell your humorous stories about life's experiences.

You all have them...so start

thinking about personal incidents that really made you laugh.



Pete Campbell

Wednesday, January 9

1-2 pm

Everyone welcome to come hear and sing along with Pete.

Spice of Life

Organized and informal activities to:

- stimulate the senses
- encourage you to learn new things
- interact with others in new ways

Peppermint & Pickle Bingo

Monday, January 14

So guess...what do you think the prize choices will be?

McMillan Observatory (weather permitting)

Tuesday, January 15

One of the ever popular "Mac" trips. Book your seat on the van early.

Show & Tell

Wednesday, January 16

Bring an item to show that will drive away the January Blues.

Nurse Next Door

Thursday, January 16

12:45-1:45 pm.

Last time the nurses put on a great animated presentation on "**Fall PREVENTION**"
MARK THE DATE on your calendar. Everyone is invited; regardless of what day you normally come.

RED HAT PARTY

Tuesday, January 22

(see poem, **Warning – When I am an Old Woman I Shall Wear Purple**)

So wear a red hat, and maybe a purple dress (or boa), and bring some "Bling" (jewelry) or accessories. We'll have a display with Audrey and Shirley's Red Hat items...and hopefully some of your jewelry to admire.
We'll just be very pretentious and enjoy "high tea" in the afternoon.



Bus Outing

Wednesday, January 23

Bus outing this month is to **Trocadero's**.

Details will be posted at RenCol.

Caption Caper

Tuesday, January 29

We've been taking pictures with the new digital camera...now we need some captions...and some decisions about the best way to display our pictures. Bring your ideas!!!

Preparing for Chinese New Year

Wednesday, January 30 and Thursday, January 31

Everyone welcome to come make our own version of Chinese Lanterns.

We'll be hanging them around the Centre during Chinese New Year in February.





Shirley's HAPPY FEET CLINIC

Tuesday, January 29

10 am to 2 pm

John Cronin

Thursday, January 17

One of your favorite entertainers! Everyone invited!

Thanks to all of you who made the Christmas tree decorations and decorated the trees. We had a lot of compliments.

Friday Art Workshops

January 11 and January 25

With Carmen and Yoko

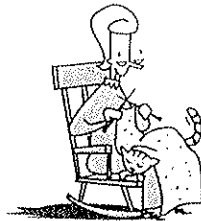
Stewart's Lunch Concerts

Dates to be announced.

I must be getting older.....

All the names in my phone book end with M.D.

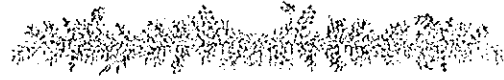
I'm not old



I'm Chronologically Gifted

Warning - When I Am an Old Woman I Shall Wear Purple

By Jenny Joseph



When I am an old woman, I shall wear purple
with a red hat that doesn't go, and doesn't suit me.
And I shall spend my pension on brandy and summer gloves
and satin candles, and say we've no money for butter.
I shall sit down on the pavement when I am tired
and gobble up samples in shops and press alarm bells
and run my stick along the public railings
and make up for the sobriety of my youth.
I shall go out in my slippers in the rain
and pick the flowers in other people's gardens
and learn to spit.

You can wear terrible shirts and grow more fat
and eat three pounds of sausages at a go
or only bread and pickles for a week
and hoard pens and pencils and beer nuts and things in boxes.

But now we must have clothes that keep us dry
and pay our rent and not swear in the street
and set a good example for the children.
We must have friends to dinner and read the papers.
But maybe I ought to practice a little now?
So people who know me are not too shocked and surprised
When suddenly I am old, and start to wear purple.

Why did the surgeon wear a tuxedo in the operating room? All low
 Because he always dressed formally for an opening!
 Let us all laugh our way into 2008 and throughout it. Best in 2008
 Shirley

The Serious Side of Laughter

So what's so great about laughter clubs? After all, you're essentially laughing at nothing in a room full of strangers. The forced giggling during one-hour laughter workouts "does make you feel a little awkward at first," admits Beth Moreno, a certified laughter leader on a military base in Wichita, Kansas. Ms. Moreno coordinates monthly sessions through Wichita's Family Assistance Center, and says that when reservists and their wives recall a therapeutic laughter session "it brings a smile to their face." She notes that everyone could "benefit, not only from laughter clubs, but also from how laughter physically affects our body and mind."

Indeed, some experts contend laughter is closely associated with play, which is crucial for healthy emotional and physical development, according to William Streat, an associate professor of sports and exercise psychology at the University of Alberta's Faculty of Physical Education and Recreation. But research has shown that as people age, they play -- and laugh -- much less than when they were kids. Dr. Streat has been working to curb this trend over the past year by leading a laughter club out of the University of Alberta's Van Vleet Centre every Tuesday night. Next year, he's planning to stage a citywide event, and get mayoral proclamation for World Laughter Day.

But is laughter really a panacea for our everyday stresses and pains? Norman Cousins thought so. He long battled with a crippling arthritic disease known as ankylosing spondylitis. Faced with a poor prognosis, Mr. Cousins ditched his pain relievers, and watched 10 minutes of Marx Brothers films and *Candid Camera* episodes every night. The movies "had an anesthetic effect and would give me at least two hours of pain-free sleep," he wrote in his still famous 1979 memoir, *Anatomy of an Illness*. Mr. Cousins further shocked his doctors when he was able to walk again -- free of pain.

While avid readers like Mr. Sud have used the book as inspiration to start up laughter clubs of their own, researchers around the world are still trying to unravel the Norman Cousins enigma. There is a consensus that laughter can be beneficial, but it works in mysterious ways. A 2003 study published in the journal, *Diabetes Care*, showed that the blood-sugar levels of Type 2 diabetics spiked less after meals if they watched a comedic television show compared to if they listened to a monotonous lecture. Previously, a team of Japanese doctors at the Unitika Central Hospital in Kyoto discovered that viewing Charlie Chaplin's *Modern Times* temporarily shrank the welts in patients who were allergic to dust mites and other common irritants.

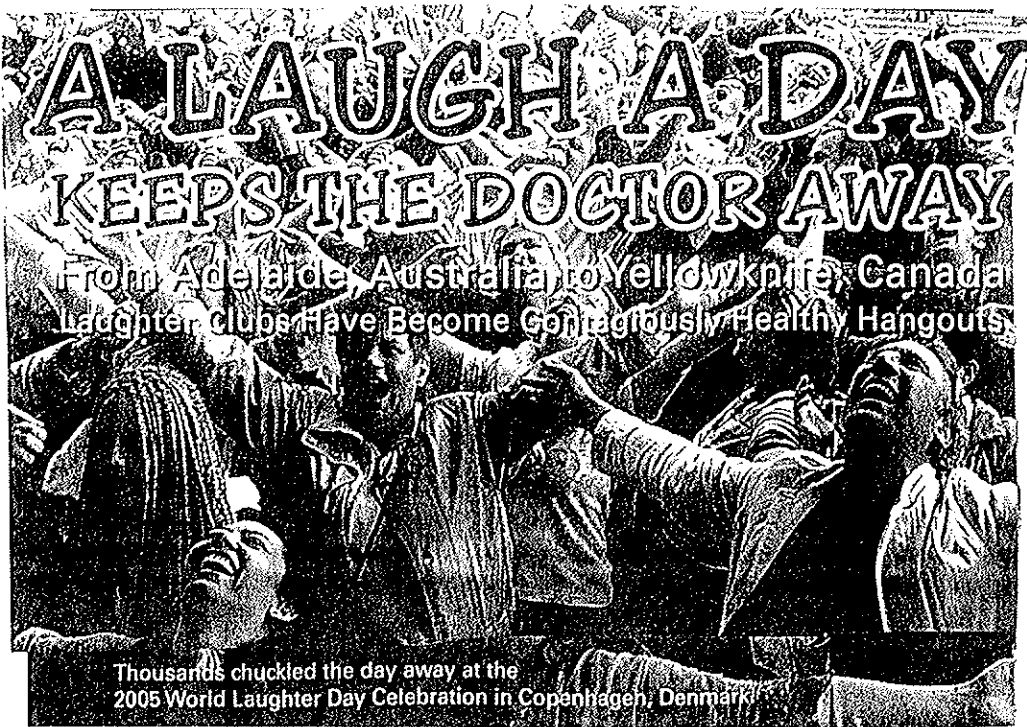
Recent Breakthroughs

Lee Berk, an assistant research professor of pathology and laboratory medicine at Loma Linda University in California, thinks he understands how laughter augments our immune system. "The anticipatory response," says Dr. Berk "is like when everyone looked forward to watching *Friends* on Thursday nights." We became so conditioned -- addicted to our weekly *Friends* fix that our body's internal physiology prepared us for the giggles before we even opened our mouth to laugh. Dr. Berk's research has shown that simply looking forward to watching something funny decreases detrimental stress hormones, and jacks up levels of both growth hormone and feel-good endorphins.

Laugh skeptics note that many of these findings are based on small research studies. "If laughter was a drug going in front of the FDA (Food and Drug Administration), it would be rejected because of its lack of evidence," says Robert Provine, a professor of psychology and neuroscience at the University of Maryland. While doing research for his book, *Laughter: A Scientific Investigation*, Dr. Provine studied over 1,200 incidents where laughter occurred spontaneously in everyday life. He found that 80% of laughter occurs not through laughing at something humorous or at a joke, but when we're nervous, excited, tense, happy, or because someone else is laughing.

Laughter is, therefore, a social phenomenon, closely tied to the reaction of others, says Dr. Provine. That's why he agrees the downside to laughter clubs is minimal: "As long as we don't hold out false hopes, it's something definitely worth pursuing -- even if we find its ultimate benefit is distraction and entertainment." So whether or not everyone finds these clubs a laughing matter, they will likely be here to stay. That's true, especially here in Canada, where laughter instructor training workshops and group meetings are regularly held in cities across the country.

To keep up to date with the goings-on of the laughter clubs nearest to you, please visit the Canadian Laughter Club website at www.laughteryoga.ca



IF

(Part Two Of Four)

IF you can Dream and not make DREAM you
Master

IF you can think and not make thoughts your
aim

IF you can meet Triumph and Disaster and treat
those two Imposters the same,

IF you can bear to hear the truth you've spoken,
Twisted by Knaves to make a trap for fools
or watch the things you gave your life to broken
and stoop and build'em up with worn out
tools...

Rudyard Kipling

Problems Problems

Don't tell your problems to people 80% don't
care and the other 20 percent are glad you have
them

ACROSS

- 1. Tattered cloth
- 4. Embarrass
- 9. Pair's number
- 12. In the style of: 2 wds.
- 13. Striped cat
- 14. Exclamation of surprise
- 15. Error
- 17. Labor organization
- 19. Exist
- 20. Gave a twirl
- 21. Form
- 24. Is important
- 27. Apple center
- 28. Fido's "treasures"
- 29. — once, instantly
- 30. Molasses product
- 31. Sank down
- 32. Filled pastry
- 33. You and me
- 34. Solitary one; hermit
- 35. Stinging insect
- 36. Fits in suitably
- 38. Ocean currents
- 39. Travelers' stops
- 40. Hamburger roll
- 41. Mountain series
- 43. Perils
- 47. Drink-cooler

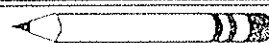
- 48. Pursue
- 50. Knock sharply
- 51. Sleepyhead's place
- 52. Clocks (a runner)
- 53. Without limit

DOWN

- 1. Aries symbol
- 2. Boxer Muhammad
- 3. Car-tank filler
- 4. Fixed look
- 5. Nature walk
- 6. Grow older
- 7. "Are you kidding —?"
- 8. Exploded, as a volcano
- 9. Strong cord
- 10. Romance (someone)

- 11. Possess
- 16. Use a recorder
- 18. Pecans and cashews
- 20. More rational
- 21. Clean really well
- 22. Residential dwelling
- 23. Upper limb
- 24. Changes abodes
- 25. Elevate
- 26. Dance sequences
- 28. Slams, as a door
- 31. Join
- 32. Cushion
- 34. Not brief
- 35. Bird's "arm"
- 37. — up, formed a row
- 38. Melodies
- 40. Home plate, for one
- 41. Chest bone
- 42. Low or high card
- 43. Water barrier
- 44. Notable age
- 45. Sprinted
- 46. Secret agent
- 49. Short greeting

CROSSWORD 66



Solution is on page 141

1	2	3		4	5	6	7	8		9	10	11
12				13						14		
15			16					17	18			
			19				20					
21	22	23				24					25	26
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36		37						38				
		39					40					
41	42					43				44	45	46
47				48	49					50		
51				52						53		

puzzle 43

Ski Season

E G Y P A T C M G E H L T E K C A J A B P F K R N R
H P Y U C E E L L P T E I Y N M O P S G A O Y U V V
A L E G R C B B O O A I Y P M I T T E N S S W O E P
N Q N H O H L W V L C S O S I V O J S P Z S K D G A
D Z M A B N H C E S I U T L E S V G O O S V X E E Y
L N X Q A I H A S T M R H Z S L T K C L L N U E T R
E G F K T Q J X R S A E E T K O O E K Y H P I S S D
O O R Z I U Q O F E N K R J G C O P S U H V W L G W
S A L P C E P W R K Y R M S P O O S K R S E L L N Z
P F Z L S S D Y E A D A A A P Y K K I E A L G J I M
B G F P M D K M E R O M L T L Q A I S T E F K H D O
E O L U D R D W R B R E S J C M V D E H B X Z N N L
I G Y V M N Z N I Y E L T Z G O B R B A D O V W I H
D G T B E A A E D Q A E N H R Y P T R N R Y Z O B P
H L L S L S R B E C M T A A L O D G E E Z L Q D S I
S E N P B D T Z D S C I P M Y L O M M O L A L S H Z
N S I N N A D F R A C S C A B K C Y X U M U S B A A
X N X O J G O L E S E R K Z I R D N I T E H L I F R
E M S T M K C J G I T H P J N J I M O G U L S J T P

puzzle 43
Ski Season

ACROBATICS
AERODYNAMIC
ALPINE
BASKET
BINDINGS
BRAKES
DOWNHILL
FREERIDE
GLOVES
GOGGLES
HANDLE
HEADBAND
JACKET
LEISURE
LODGE
MITTENS
MOGULS
MUFFS
OLYMPICS
OSLO

PANTS
PARKA
PISTES
POLES
POLYURETHANE
POWDER
SCARF
SHAFT
SKID
SKIS
SLALOM
SLOPE
SOCKS
SONDRE
SPORT
SWEATER
TECHNIQUE
TELEMARK
THERMALS
VEST

CAPRICORN (DEC 22- JAN 19)

My Mantra: As I change the way I look at things, the things I look at changed. Relations and opportunities fill the weeks ahead.

You might want to play 6/49 or go to the Casino.
You feel extra Lucky.

You might fall in Love or strike up a creative, lucky business association.

You are humorous, gentle, kind, adventurous and idealistic.

Big chores confront you also, perhaps in legal, travel and education.

The present week is rather bumpy so proceed with caution.

Families will pay close attention to you and your needs.

The future looks bright with lots of challenges.

DID YOU KNOW?



Almonds are a member of the peach family.



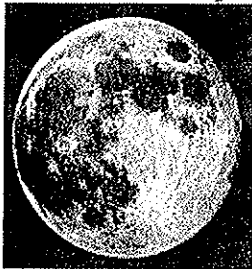
An ostrich's eye is bigger than its brain.

(I know some people like that also)



Babies are born without kneecaps. They don't appear until the child reaches 2 to 6 years of age.

February 1865 is the only month in recorded history not to have a






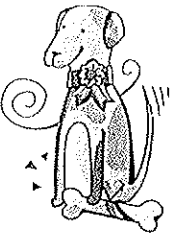
full moon.

CROSSWORD 66

R	A	G	S	H	A	M	E	T	W	O	
A	L	A	T	I	G	E	R	W	O	W	
M	I	S	T	A	K	E	U	N	I	O	N
			A	R	E	S	P	U	N		
S	H	A	P	E	M	A	T	T	E	R	S
C	O	R	E	B	O	N	E	S	A	T	
R	U	M	C	A	V	E	D	P	I	E	
U	S	L	O	N	E	R	W	A	S	P	
B	E	L	O	N	G	S	T	I	D	E	S
			I	N	N	S	B	U	N		
R	A	N	G	E	D	A	N	G	E	R	S
I	C	E	C	H	A	S	E	R	A	P	
B	E	D	T	I	M	E	S	A	N	Y	

January

Renfrew-Collingwood Seniors' Society
604-430-1441

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 NEW YEARS DAY CLOSED	2 Fitness "NEW BEGINNINGS" Arm chair Travel--Hawaii	3 Fitness UKRANIAN CHRISTMAS	4 Sexercise Bingo	5 
6	7 Fitness Artsway Concert Lion's Den	8 Tai Chi Think Tank	9 Fitness Life's Like That Pete Campbell	10 Fitness Spice of Life Show and Tell	11 Sexercise Art Therapy Bingo	12
13	14 Fitness Spice of Life Peppermint and Pickle Bingo	15 Fitness McMillan Bloedel Observatory (weather permitting)	16 Fitness Sound Effects Nurse Next Door--Fall Prevention	17 Fitness John Cronin Entertainer & Guitar	18 Sexercise Bingo	19 
20	21 Fitness Spice of Life Fido Group 604 278 0763	22 Fitness Red Hat Party with High Tea	23 Bus Trip Trocadero's	24 Fitness Robbie Burns Day	25 Sexercise Art Therapy Bingo	26
27 	28 Fitness Spice of Life Pool Noodle Hockey	29 Caption Caper Happy Feet Clinic 10:00 - 2:00 Carpet Bowling	30 Fitness Spice of Life Lantern Making	31 Fitness Spice of Life Lifeline		
FUN FITNESS MONDAY TO THURSDAY!!						