

March

2008

The Ren-Coll
Rambler



Happy St. Patrick's Day

Renfrew-Collingwood Seniors' Society

'Taking Seniors to Heart'

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

Phone/Facsimile: (604) 430-1441

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Message from Donna.....

First of all I just want to say how delighted I am to be here at Renfrew-Collingwood Seniors' Society. I have met all of the participants in our programs and it is a pleasure to work with such a diverse group. I am amazed at the multicultural mix and I would venture to say that there are easily twenty countries of origin represented. You the seniors are the heart of our centre and it is an honour for me to be here and support you through this stage in your life. My philosophy is to empower seniors and ensure that you have a voice in matters that affect your life. In an attempt to ensure that we are gearing the programs to suit your needs, Annitta and I will be having a couple of discussion groups with you in March where you can express your views and make suggestions that will hopefully enhance your time here at the Centre.

On a personal note, you may have detected my accent as being a "townie" from Newfoundland (that means I am from the big city of St. John's). In actual fact I grew up in a very small community named Shea Heights just outside the city. For those of you that visited St John's and went to Cape Spear (the most easterly point in North America) you would have driven through my community. My parents and two sisters and their families still live there and I have a brother that lives in Nova Scotia.

I moved to Vancouver in 1985 to help a friend start a business. It was then that I was introduced to many nonprofit societies. Part of my exposure was to groups that focused on seniors' issues and it was there that I found my niche. I worked as a community developer for the past 22 years and every opportunity to work with older members of our society, I jumped at it. I love hearing your stories and sharing your experiences. So please drop in my office and let me get to know as well. I would also like to meet your family members so if they are able to come in please let them know that my door is always opened.

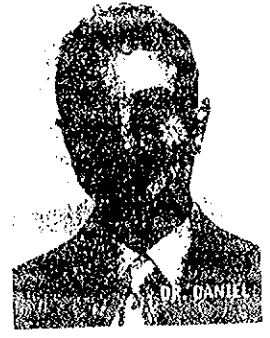
One year after I moved here I met the man of my dreams, fell in love, married and had two wonderful sons. The eldest, nineteen is studying at Langara College and my baby, sixteen is in grade eleven. I have my little girl in the form of a golden retriever. Haley is her name and she is spoiled rotten. To complete our family we have two cats Rosie and Joey.

I have been educated from the ground up but to compliment my experience, I completed the Community Leadership Program at Memorial University of Newfoundland, I am a trained facilitator in adult education, and have taken numerous courses at University of BC, BC Institute of Technology, Langara College, and Vancouver Community College. I have managed other seniors' centres, retirement residences, held positions in government relations and project coordination. I have been a volunteer all my life and have served on several committees including the Board of Directors.

In closing, thank you for the opportunity of working with you. I am most impressed with the level of commitment from the participants, staff, volunteers and board of our society and together we can create a model organization for the rest of the community.

Hi Everyone!
Winter is still
with us and we're
still prevalent to all
kinds of infections. Take care!
Here's something to think
about!

Ear infections: Are oral antibiotics Shaky the answer?



INTERVIEW WITH DR. SAM DANIEL, OTOLOGY/OTOLOGIST AT THE MONTREAL CHILDREN'S HOSPITAL AND DIRECTOR OF THE MOSHE AUDITORY SCIENCES LABORATORY

Oral antibiotics are very effective in fighting bacterial ear infections and are often prescribed to both kids and adults. However, "not all ear infections require oral antibiotics," said Dr. Daniel. Oral antibiotics can cause side effects, some transient like an upset stomach, but other side effects can be more serious. Excessive use of oral antibiotics can also lead to resistance: bacteria not killed by an antibiotic can become stronger and unresponsive to further treatment by this antibiotic, limiting the options for treatment if the infection spreads.

There are two types of ear infections: otitis externa and otitis media (middle ear infection). "When the ear infection is limited to the external ear canal, also known as otitis externa or swimmer's ear, the infection site is accessible from the outside through the ear canal. So, we can use various drops to treat the infection," said Dr. Daniel. "In otitis media, the infection starts in a cavity behind the eardrum and is usually treated with oral antibiotics. However, in cases where the build up of pus ruptures the eardrum (the draining ear), the resulting opening in the eardrum makes it possible to use ear drops instead of oral antibiotics. Ear drops are safer and more effective than oral antibiotics in most cases of both the draining ear and swimmer's ear. They should be the treatment of choice for most patients".

Dr. Daniel, we would like to explore the draining ear in more detail. What causes the draining ear?

The draining ear is often caused by otitis media. The infection leads to a build up of pressure behind the eardrum, which may rupture the eardrum, allowing the pus from the middle ear space to drain into the ear canal. If there is enough of pus, the drainage may be quite obvious. The rupture may relieve some of the pain associated with otitis media.

What are the symptoms of the draining ear?

Discharge of fluid, pus or blood from the ear. Other symptoms include pain, redness, hearing loss and blockage of the ear canal.

Why do you recommend ear drops?

Most patients do not need oral antibiotics. Ear drops are safer than oral antibiotics because the medication is given directly in the ear and does not circulate through the whole body as much as medications taken orally. Also, ear drops do not produce resistance, which is an important concern with oral antibiotics. Finally, ear drops are more effective than oral drugs in treating ear infections because medications can be given at higher concentrations directly at the infection site. The timeframe for

improvement is usually three days. Proper cleaning of the ears should be done when using ear drops.

What ear drops are available to treat the draining ear?

We have various types on the market. Active ingredients include antibiotics, anti-inflammatory and/or disinfectant medications. I personally use combination drops with a fluoroquinolone antibiotic and a steroid (Ciprodex). Fluoroquinolone antibiotics are safe and effective in fighting ear infections. Steroids help to quickly reduce inflammation and swelling which decreases associated pain and also makes it easier for the antibiotic to penetrate to the infection site.

Do ear drops have any side effects?

Not all ear drops are equally safe. If there is a perforation in the eardrum, this would allow the medication to enter the middle ear and be absorbed through the membrane into the inner ear. Therefore, you would need a medication that would not cause any harm to the inner ear structures. Drops containing older aminoglycoside antibiotics (e.g. gentamicin) can cause ototoxicity (cell death in the inner ear) leading to permanent hearing loss and/or dizziness. Other medications, such as acetic acid or alcohol-based disinfectants, have also been proven unsafe for the inner ear. It is important not to use these medications if there is any chance that the eardrum is perforated (sometimes doctors are unable to see the eardrum because there is a swelling in the ear canal). Fluoroquinolone-based ear drops have been shown to be very safe in the ear.

Are there any instances when oral antibiotics should be used to treat the draining ear?

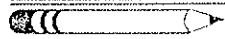
Yes. If the infection is not limited to the ear, accompanied by fever, if the patient is younger than two years old or has another illness that may reduce his/her ability to fight the infection, oral antibiotics should be used. For most other patients, ear drops will be effective.

What is your message to the readers?

In most cases, the draining ear caused by otitis media with perforation of the eardrum can be effectively treated with ear drops, usually within three days. Make sure to ask for the safest ear drops. If the symptoms don't improve after three days, go back to your doctor. You may need different drops, oral antibiotics, or further investigation of what's causing the draining ear. □



69 CROSSWORD



ACROSS

- 1. Pot cover
- 4. School group
- 9. Plus
- 12. Lyric poem
- 13. Music player
- 15. Goal of many beachgoers
- 16. Freeze (up)
- 17. Combat area
- 19. Domesticate
- 21. Mail units
- 22. Add zest
- 24. Immaculate
- 25. Garden sprayer
- 26. Cattle marking
- 27. Derek or Jackson
- 29. Not in
- 30. Legumes
- 31. Body of water
- 33. Factory
- 34. Hue
- 35. Emergency light
- 36. Fender mishaps
- 37. Maroon; desert
- 39. Be boastful
- 40. Show gratitude

- 41. Suit neckwear
- 42. Ram's mate
- 45. Enjoy popcorn
- 46. Corrects copy
- 48. Gun (the engine)
- 49. The Alps and Rockies: abbr.
- 50. Musical sounds
- 51. Visualize

- 8. Makes pliable
- 9. Oak seed
- 10. Zilch
- 11. Specks
- 18. Byway
- 20. Highest card
- 21. Put at a tilt
- 22. "Go away!"
- 23. Rain hard
- 24. Weather

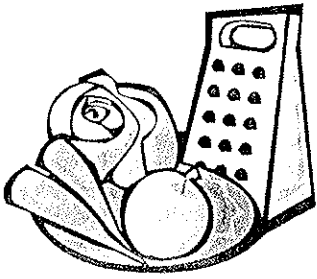
DOWN

- 1. Parking area
- 2. Actress Lupino
- 3. Tooth doctor
- 4. Detective's field
- 5. Fancy trim
- 6. Citrus drink
- 7. Yes: Spanish

- 26. Facial whiskers
- 27. Crooked
- 28. Horse feed
- 30. Bed covering
- 31. Choir members
- 33. Scheme
- 34. Steeped beverage
- 35. College clubs, for short
- 36. Woman's frock
- 37. Blossom support
- 38. "— Darn Cat!"
- 39. Nip
- 41. Can material
- 43. Like Willie Winkie
- 44. Adam's mate
- 47. Wedding-vow word

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Solution is on page 141



PONDERINGS FROM THE PANTRY... by Audrey

MARCH 2008

PONDER THIS: THE ONLY TIME SUCCESS
COMES BEFORE WORK IS IN THE
DICTIONARY. THINK ON IT!

HI:

MARCH - WILL IT COME IN AS A LION OR A LAMB? IT'S MY BIRTHDAY MONTH SO I THINK I'LL COME IN AS A LION. I'VE BEEN A LAMB FOR MANY MONTHS. IT WON'T BE A ROARING, GROWLING LION AS THIS OLD GIRL ISN'T BOUNDING BACK AS FAST AS SHE WOULD LIKE BUT BOUNDING NONE THE LESS. LITTLE DID I KNOW THAT JUST AS I WAS BEGINNING TO FEEL BETTER (WEEK THREE) WAITING AROUND THE CORNER WAS A MAJOR ATTACK OF VERTIGO. IT SEEMS TO BE ON THE WANE SO I HOPE I DON'T HAVE TO GO FOR A MIDDLE EAR 'ADJUSTMENT' AGAIN AS LAST TIME.

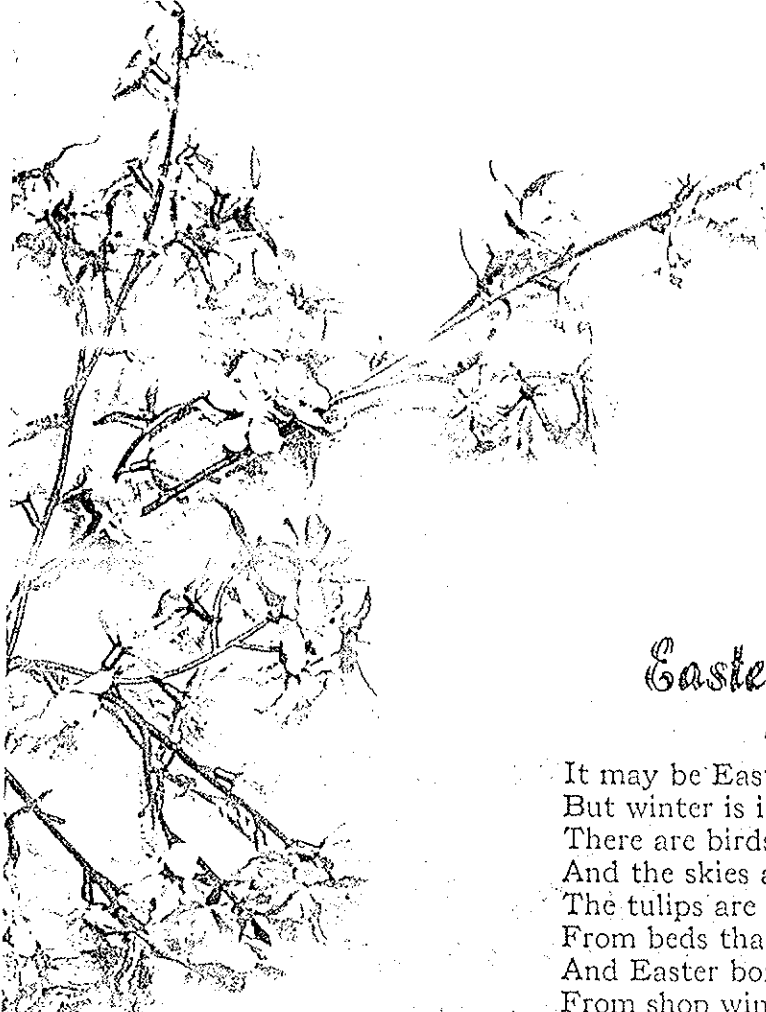
I LOOK AT LIFE AS MY BOOK IN PROGRESS WITH MANY CHAPTERS ALREADY WRITTEN SOME SAD, SOME HAPPY BUT ALL THERE FOR ME TO OPEN AND READ TO MY HEARTS CONTENT AT ANY TIME. THIS CHAPTER HAS BEEN AN ADVENTURE THAT I CAN LOOK BACK AT SOME TIME DOWN THE ROAD AND SAY WOW I'M A SURVIVOR! THANKS TO THOSE WHO SAID A WORD TO THE BOSS UPSTAIRS, SENT POSITIVE THOUGHTS, NOTES, FLOWERS AND GOOD WISHES. MY FAMILY WHO HAVE ALL BEEN SO SUPPORTIVE AND CARING, MY FAMILY DOCTOR AND ALL THE OTHERS ALONG THE WAY. IT'S A SMALL WORD ONLY SIX LETTERS LONG AND IT IS SIMPLY 'THANKS'.

NUFF SAID!!!

NOW, HOW WOULD YOU LIKE TO BE GROSSED OUT? I HAVE NEVER BEEN A FAN OF WHITE CHOCOLATE - AFTER ALL HOW DO THEY GET WHITE CHOCOLATE OUT OF BROWN??? LET ME TELL YOU. WHITE CHOCOLATE ISN'T EVEN CHOCOLATE! IT IS JUST THE FATTY PART OF WHOLE BROWN CHOCOLATE. CACAO "BEANS" ARE THE SEEDS OF THE TROPICAL CACAO TREE. WORKERS SPLIT THE SEED PODS OPEN, DRY THE SEEDS IN THE SUN AND SHIP THEM OFF TO THE CHOCOLATE FACTORY, WHERE THEY ARE ROASTED, CRACKED OPEN AND GROUND UP. FRICTION FROM THE GRINDING PROCESS MELTS THE SEEDS-THEY'RE ABOUT 55% FAT- INTO A THICK SHINY LIQUID CALLED "CHOCOLATE LIQUOR" (NOTHING TO DO WITH ALCOHOL). THATS THE REAL STUFF. ADD SUGAR FLAVORINGS, NUTS, RAISINS OR WHAT HAVE YOU VIOLA CHOCOLATE MUNCHIES! INSTEAD OF MAKING CHOCOLATE BARS ETC OUT OF ALL OF THE CHOCOLATE, THE FACTORY SQUEEZES THE FAT OUT OF SOME OF IT-LEAVING THE BROWN SOLIDS WHICH WE CALL COCOA. AND WHAT DO THEY DO WITH ALL THAT FAT? THEY GIVE IT THE FANCY NAME OF COCOA BUTTER, MIX IT WITH SUGAR AND POWDERED MILK AND CALL IT "WHITE CHOCOLATE".....SO IF YOU ARE A WHITE CHOCOLATE NUT AND YOU MUST HAVE SOME FOR GOODNESS SAKE BUY IT WITH NUTS (ALMONDS ETC) OR RAISINS SO AT LEAST SOMETHING IN IT IS GOOD FOR YOU!! MAYBE I SHOULD STOP READING ALL THIS STUFF!

ANYHOW.....


.....'TILL NEXT TIME
MUCH LOVE TO ALL....



Easter Bonnets

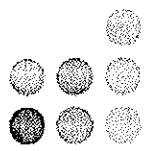
Ree Rohren

It may be Easter on the calendar
But winter is in the air.
There are birds back from the southland
And the skies are blue and fair.
The tulips are raising their heads
From beds that are sear and brown,
And Easter bonnets are beaming
From shop windows all through town.
But the air is chill and very sharp,
And the wind has a biting sting.
You can feel winter in the air
Though the calendar says it's spring.



©





you get it in a
ESSORTMENT

— Information and advice you want to know

Household uses for oranges

Oranges are not only delicious but they can be used for many things around the house.

The orange has long been one of nature's perfect foods. The tough peel keeps the orange fresh for long periods of time and oranges are loaded with vitamin C. Oranges aren't just for eating anymore. Recently the cleaning product industry has provided an explosion of orange products including furniture polish, degreasers, and orange scented glass cleaners. The versatile orange can also be used for many different things around the house.

We usually throw away the peels from our oranges but they can be put to better use. Orange peels can be boiled in a saucepan on the stove with a few cloves and will fill your home with a delightful scent. If you place a piece of orange peel in your bag of brown sugar the sugar will stay soft. Dried orange peels can be used in potpourri, homemade bath oils in decorative bottles, and decorations in dried flower arrangements.

You can make delicious homemade oil for use on salads that can be given as gifts or kept for your own kitchen. Just place bits of orange peel and dried cranberries into a decorative bottle and fill the remainder with extra virgin olive oil. Close the bottle with a cork and tie bows of raffia at the top of the bottle. After several weeks the orange peels and cranberries will impart a wonderful flavor to the oil.

Orange peels can be used to keep cats from eating your houseplants. Take an orange peel and rub down the leaves of your houseplants at least once a month. Put orange peels on the surface of the soil in your potted plants as well. Cats dislike the smell of citrus and they will leave your plants alone.

Oranges can be used to safely clean marble surfaces. Cut an orange in half and dip it lightly into a dish of salt. Scrub the surface of the marble with the salted orange. Rinse the marble thoroughly with water and dry.

A few oranges will clean and freshen your garbage disposal. Just cut a few oranges into quarters and run them through the disposal and it will smell great.

An orange can make a great sachet that will keep moths away from your clothes. These orange balls or pomanders have been used since colonial days to freshen and deodorize rooms and closets. Take a whole orange and poke whole clove pieces evenly onto the surface. Place your orange ball in a netted bag such as the bags that oranges come in and hang it from a hook in your closet. Hanging orange balls in your cellar will help keep the musty smell away.

You can make your own hairspray with just one orange. Chop a peeled or unpeeled orange

into two inch pieces and place them into a saucepan. Cover the orange pieces with two cups of water and boil until the mixture is reduced in half. Strain the orange pieces from the mixture and allow it to cool. Pour your hair spray into a plastic spray bottle and store it in the refrigerator to keep it fresh.

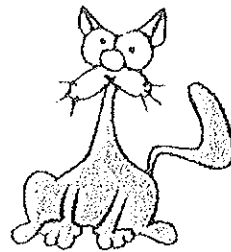
An orange can keep flies away from your garbage or picnic. Just rub the surface of the skin from an orange with a cheese grater and place the orange in the area you want to keep flies away from. The scent of the orange will repel the flies.

It's the little things that count....

A couple was having some trouble, so they did the right thing and went to a marriage counselor. After a few visits, and a lot of questioning and listening, the counselor said that he had discovered the main problem.


He stood up, went over to the woman, asked her to stand, and gave her a hug. He looked at the man and said, "This is what your wife needs, at least once a day!"

The man frowned, thought for a moment, then said, "OK, what time do you want me to bring her back tomorrow?"



A cat has 32 muscles in each ear.

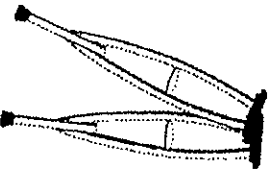
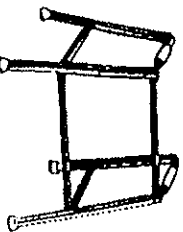


A goldfish  has a memory span of three seconds. (Some days that's about what my memory span is.)

WHERE WE ARE:

The Equipment Registry
6470 Victoria Drive
Vancouver, B.C. V5P 3X7
604-324-3670

The Registry is operated by
Volunteers of the South
Vancouver Seniors' Network.



The Registry is funded by:

- ✓ Your donations;
- ✓ The South Vancouver Seniors' Network; and
- ✓ The City of Vancouver

PLEASE NOTE:



We try to keep our information up to date. Please let us know if:

✓ you have obtained the equipment you were looking for; or

✓ you have sold the equipment you have listed with us.

We continually get additional requests for equipment and new listings. Do not hesitate to call us for additional referrals.

YOUR OPPORTUNITY

Although there is no charge for The Registry's services, you can understand that there are certain costs involved. If you find the service useful, please consider making a donation to help keep The Registry in operation.

Please send donations to:

South Vancouver Seniors
Network
6470 Victoria Drive
Vancouver, B.C. V5P 3X7

THE EQUIPMENT REGISTRY



Operated by:

**THE SOUTH
VANCOUVER
SENIORS'
NETWORK**

PHONE: 604-324-3670
FAX: 604-324-8277
EMAIL: svsn@vcn.bc.ca
Website: www.vcn.bc.ca/svsn

WHAT WE DO:

The Equipment Registry is a referral service aimed at linking people who have used medical equipment they wish to buy or sell.

The Registry lists a wide variety of equipment, including:


- Bath Aides
- Bed Side Rails
- Bed Tables
- Crutches
- Commodes
- Companion Chairs
- Elevators
- Geriatric Chairs
- Grab Bars and Poles
- Hospital Beds
- Patient Lifts
- Stair Glides
- Trapeze Bars
- Toilet Aides
- Walkers
- Wheelchairs
- Wheelchair Lifts
- Wheelchair Ramps

Items listed on The Registry will remain on file for **Six (6) months** unless otherwise requested.

REQUESTS FOR EQUIPMENT

Before placing a request for equipment, we recommend that you check with your doctor, nurse, occupational or physical therapist, or health care provider to ensure you are requesting suitable equipment.

LISTING EQUIPMENT

When calling us to  list equipment, please provide as many details as possible. For example, things to consider for a wheelchair would include:

- Height (floor to seat)
- Width and depth of seat
- Weight
- Special Features, etc.

COMPLETION OF TRANSACTIONS

The Registry can assist in the completion of transactions, but the details will be left up to the parties involved.

WHO CAN USE IT?

Anyone who is in need of the services offered by The Registry may use it.



WHAT TO DO?



Contact The Equipment Registry by calling **604-324-3670** between 10:00 a.m. and 3:00 p.m. on Tuesdays through Fridays.

There is also an answering service which receives calls 24 hours a day, seven days a week. Messages may be left at any time.

COST?

It does not cost anything to register with The Registry. However, monetary donations are gladly accepted to help cover the costs of operating The Registry. Income Tax Receipts are available.

They are all "favorites"!

- GRANDCHILDREN

She was in the bathroom, putting on her makeup, under the watchful eyes of her young granddaughter as she'd done many times before. After she applied her lipstick and started to leave, the little one said, "But Grandma, you forgot to kiss the toilet paper good-bye!"

My young grandson called the other day to wish me Happy Birthday. He asked me how old I was, and I told him, "62." He was quiet for a moment, and then he asked, "Did you start at 1?"

After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more rambunctious, her patience grew thin. Finally, she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard the three-year-old say with a trembling voice, "Who was THAT?"

A grandmother was telling her little granddaughter what her own childhood was like: "We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods." The little girl was wide-eyed, taking this all in. At last she said, "I sure wish I'd gotten to know you sooner!"

My grandson was visiting one day when he asked, "Grandma, do you know how you and God are alike?" I mentally polished my halo while I asked, "No, how are we alike?" "You're both old," he replied.

A little girl was diligently pounding away on her grandfather's word processor. She told him she was writing a story. "What's it about?" he asked. "I don't know," she replied. "I can't read."

I didn't know if my granddaughter had learned her colors yet, so I decided to test her. I would point out something and ask what color it was. She would tell me and was always correct. It was fun for me, so I continued. At last she headed for the door, saying sagely, "Grandma, I think you should try to figure out some of these yourself!"

When my grandson Billy and I entered our vacation cabin, we kept the lights off until we were inside to keep from attracting pesky insects. Still, a few fireflies followed us in. Noticing them before I did, Billy whispered, "It's no use, Grandpa. The mosquitoes are coming after us with flashlights."

When my grandson asked me how old I was, I teasingly replied, "I'm not sure." "Look in your underwear, Grandpa," he advised. "mine says I'm four to six."

A second grader came home from school and said to her grandmother, "Grandma, guess what? We learned how to make babies today." The grandmother, more than a little surprised, tried to keep her cool. "That's interesting," she said, "how do you make babies?" "It's simple," replied the girl. "You just change 'y' to 'i' and add 'es'."

Children's Logic: "Give me a sentence about a public servant," said a teacher. The small boy wrote: "The fireman came down the ladder pregnant." The teacher took the lad aside to correct him. "Don't you know what pregnant means?" she asked. "Sure," said the young boy confidently. "It means carrying a child."

A nursery school teacher was delivering a station wagon full of kids home one day when a fire truck zoomed past. Sitting in the front seat of the truck was a Dalmatian dog. The children started discussing the dog's duties. "They use him to keep crowds back," said one child. "No," said another, "he's just for good luck." A third child brought the argument to a close. "They use the dogs," she said firmly, "to find the fire hydrants..."

No virus found in this incoming message.

Checked by AVG Free Edition.

Version: 7.5.503 / Virus Database: 269.16.4/1147 - Release Date: 11/23/2007 9:19 AM

WORD SEARCH #143

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WORD SEARCH #143

Acidity
Antibody
Antique
Anyway
Apace
Apartheid
Arch
Archetype
Architecture
Argument
Arisen
Bailliffs
Bobsled
Boggle
Caption
Coin
Combs
Conifer
Conservative
Corrupt
Cosmetics
Customer
Denims
Development
Docile

Dodge
Dodo
Drier
Drivers
Emotion
Evade
Evening
Expose
Faceless
Fees
Firms
Floodgate
Flourish
Flunk
Gamecock
Hinder
Hinge
Hippopotamus
Hive
Impart
Impel
Inept
Instance
Instep
Jackpot

Jades
Kindly
Kinky
Kinswoman
Lapidary
Lifeboat
Marry
Marsh
Marshmallows
Motion
Move
Nibbled
Nooks
Nosebleed
Notification
Oaken
Oval
Partook
Perched
Primary
Primate
Privilege
Puerile
Queue
Quick

Rampage
Rampart
Rapscaillon
Raspberries
Ratio
Rigidity
Rosary
Sauce
Semiannual
Semiprecious
Sermon
Sign
Size
Slips
Snobs
Tacos
Taxi
Tote
Veto
Vices
Wharf
Wheel
Yardstick
Yellows
Yore

March Program Notes

Please refer to the calendar for activities throughout the month. Below are some of the highlights.

Health and Wellness

Happy Feet Clinic

with Shirley

Tuesday, April 18

10 am – 2 pm

By donation

Irene's Nail Salon

A little hand and nail care pampering for clients who attend the centre regularly on the days indicated.

Monday, March 3

Friday, March 14

Thursday, March 20

Wednesday, March 26

Entertainment

Lorraine Smith,

pianist and vocalist

Monday, March 3

Stuart's Lunch Concerts

Tuesday, March 4

Thursday, March 13

Wednesday, March 19

Friday, March 28

John Cronin

Wednesday, March 12

Speakers and Presentations

HandiDart Services Presentation

Tuesday, March 4

12:45-1:45 pm

For anyone currently using HandiDart or thinking of applying to use HandiDart, this will be an excellent opportunity to learn about the services and ask your questions.

Program Planning

Think Tank / Program Survey

Tuesday, March 18
with Donna & Annitta

We would like to explore what activities you find enjoyable, which are not really beneficial to you, and receive your input for ways to improve the Tuesday and Friday programs. Some of you have offered to assist in activities ranging from pouring juice at lunch to volunteering in various capacities. This is great!! Keep it coming! We would like you to feel "ownership" of the program. How can this happen?

Outings

ArtsWay Concert at Lion's Den

Thursday, March 6

Mystery Trip with Mac

Tuesday, March 11



Events

Spring Fling

Tuesday, March 11 (set up displays)

Wednesday, March 12

Thursday, March 13

Monday, March 17

Tuesday, March 18

As St. Patrick's Day and Easter are very close together this year, we thought this would be a good opportunity to have a "Spring Fling". During the dates above we'll be selling craft items made over the years, and sell 50/50 and raffle tickets. We'll draw for the 50/50 at the end of each of the above days, and draw for the raffle on Tuesday, March 18 in the afternoon.



Song List

We have an opportunity to get songs and music that you like recorded onto CDs, but we need to know what you want to hear.

We've put up a large sheet against the wall outside the program office with space for you to fill in the names of the songs and artists (if you know the artists) of music you would like to hear. Please write down your choices by Tuesday, March 11 so we can submit the list to the volunteer who has offered to do this for us. This is a great opportunity for us. We could use some of these songs for sing-alongs if you want.

CROSSWORD 69

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

Correction to last Month from:





Marty Testa's Info:

Chico Mendez

Chico Mendez was a rubber tapper who was murdered for trying to save the Rainforest. He organized hundreds of rubber tappers and Indians into a union; for which he was murdered by ranchers who were opposed to the rubber tappers.

March

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>
	Keep Fit	Every Day	Mon, Wed, Thurs Tues & Fri	11:30-12:00 11:15-11:45		1
2	3 SPICE OF LIFE Irene's Nail Salon Lorraine Smith at Piano	4 Tai Chi Stuart's Lunch Concert Handi Dart presentation	5 SPICE OF LIFE Pool Noddle Hockey	6 SPICE OF LIFE Art's Way Concert at Lion's Den	7 Arts & Health Workshop Bingo	8
9 	10 SPICE OF LIFE Carpet Bowling	11 Spring Fling Display Mystery Trip With Mac	12 Spring Fling Table Games John Cronin	13 Spring Fling Stuart's Lunch Concert Crafts; Soccer Mania	14 Spring Fling Irene's Nail Salon Bingo	15 
16	17 Irish Connection Spring Fling Armchair Travel to Ireland	18 Think Tank/ Program Survey with Donna & Annitta Happy Feet Clinic with Shirley	19 SPICE OF LIFE Stuart's Lunch Concert 3 Hole Golf	20 Lego Challenge Floral Arranging Irene's Nail Salon Show and Tell	21 CLOSED	22 
23 	24 CLOSED	25 SPICE OF LIFE Pool Noodle Hockey	26 SPICE OF LIFE Irene's Nail Salon Carpet Bowling	27 Table Games 3 Hole golf	28 Art's & Health Workshop Stuart's Lunch Concert Bingo	29
30	31 SPICE OF LIFE Pool Noodle Hockey					

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