



*"Taking Seniors to Heart"*

**RENFREW - COLLINGWOOD**

**SENIORS' SOCIETY**

**SEPTEMBER 2008 NEWSLETTER**



## **About the Renfrew-Collingwood Seniors' Society**

Celebrating its 32nd Anniversary this year, the Renfrew-Collingwood Seniors' Society is a non profit organization with charitable status. It is devoted to creating a welcoming environment for the seniors in our community. We have a volunteer Board of Directors that ensures the Society runs efficiently and a team of dedicated staff, many of whom have been part of the organization for a number of years. Volunteers also play a fundamental role in the care and support provided to the seniors by assisting us in the delivery of our programs.

The Centre aims to create a warm, caring environment for seniors to enjoy socializing, sharing hearty meals, and at the same time maintaining their independence.

The Society welcomes donations, bequests, and gifts as it receives minimal governmental assistance. Our official tax receipt number is 11911 5558 RR0001. If interested in making a donation, please send cheque or money order along with your return address to:

Renfrew-Collingwood Seniors' Society, 2970 E. 22nd Ave.,

Vancouver, BC V5M 2Y4

"Taking Seniors to Heart"



# RCSS

Visit our Seniors' Centre  
at  
2970 E. 22nd Ave.  
Vancouver, BC. V5M 2Y4

## HOURS

9:00 am to 4:00 pm Monday to Friday

The Renfrew-Collingwood Seniors' Society's Newsletter is produced by the staff with the help and support of all the seniors, and distributed to a wide number of people in the community.

## CONTRIBUTORS

Donna Clarke, Michelle Pan, Shirley Frank, Audrey Irving, Iris Platt, Annitta Unger, Mac Lal, Pam Gervacio, Tehya MacKenzie

## EDITORIAL TEAM

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*Welcome new  
members and  
volunteers:*

*Sharolyn, Alex,  
Alfred, Mayumi,  
Ivo, Rick and June!*

# RCSS Management

## Board of Directors



Jim Park  
Chair



Kim Van Wyk  
Vice Chair



Lorraine Abrams  
Treasurer



Tara Abraham  
Secretary



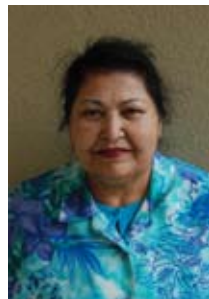
Alice Frith



Coral Heron



Marilyn Jennings



Kamaljeet Kler



Elaine Moody



Laura Park

## Staff



Donna Clarke



Shirley Frank



Audrey Irving



David Kenny



Mac Lal



Iris Platt



Annitta Unger



Michelle Pan  
Student



Tehya Mackenzie  
Student



# A Message from Donna....

Well September is upon us and the beginning of a new year for some things; specifically the Arts, Seniors and Health project. As I said before this is a marvelous gift and we are fortunate to be one of the recipients of this grant. The gifted artists that are working with us, Carmen and Yoko, have a lot of great projects planned. In particular they will be doing some short-term crafts for the Fall Fair which will be held on November 8th at Renfrew Park Community Centre. This is another way for us to do fundraising and the fact that the seniors will be putting their crafts up for sale makes it that much more fulfilling.

Speaking of fundraising, our new committee (Marilyn, Kamaljeet, Laura and Lois) have our fundraising events off to a great start with our first raffle for an Electric Bike, Hand Knit Sweater and Bed Linens up for grabs. The tickets are \$3.00 each or 2 for \$5.00. Our hope is to raise \$5,000 but that all depends on your participation. Ways you can participate are: a) buy tickets b) sell a book of tickets and c) staff a table at events where we are selling tickets. All the proceeds will go to enhancing the programs that are offered at the centre. Ask Laura or Kamaljeet, the Senior's Liaison how to get involved.

We have been blessed over the summer to have had Tehya and Michelle here to help out and we are very gratified to Canada Student Jobs for their contribution. Not only have we benefitted from their presence, we have had an abundance of Volunteers who contributed immensely to the running of RCSS. We have a spread to compliment and honour all these wonderful individuals further on in this newsletter.

Generally speaking we are making tremendous in-roads in our success story and every aspect of our wonderful centre is progressing at an amazing pace. The Board has accepted their Roles and is acting accordingly and we should be proud of their accomplishments. They are working very hard on everyone's behalf.

A Big Thank You to all the contributors to our Centre for making Renfrew-Collingwood Seniors' Society the amazing place that takes "Seniors to Heart".

Donna

RENFREW COLLINGWOOD SENIORS' SOCIETY'S  
 "Taking Seniors to Heart"  
  
**Annual Raffle!**

**PRIZES!**

1. Cougar XR7 (2007) Electric Bike
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3. Comforter Set (7 piece)



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# Centre Programs

## Sit Fit

Led by Mac, Sit Fit is a good way to get our bodies moving and have fun all at the same time!

Every day

## Bingo



Nerve-wracking maybe, but fun absolutely! Always a favourite here at RCSS, Bingo is a nice way to finish up the week. Every Friday Afternoon at 1:00

## Pool Noodle Hockey

This always exciting, sometimes hilarious game tends to bring out the competitive spirit!

Thursday Sept. 18th, 1:00



## Sarah's hand massages

Having a stressful day? Unwind with a nice massage from Sarah!

## Stuart's Lunch Concert

The lovely sounds of the piano serenade us as we eat lunch...

Tuesday, Sept. 2nd

Wednesday, Sept. 10th

Monday, Sept. 15th

Thursday, Sept. 25th

## Tai Chi with Sai

Fun, relaxing, and excellent exercise- Tai Chi has it all! We're lucky to have Sai come in every month.

Friday Sept. 5, 10:45



## Jeopardy

What is- a really fun game?

Tuesday Sept. 2, 1:00

## Entertainment

From Adriano Gentile on piano to Johnny Hsu on Saxophone, all our entertainers are highly skilled and committed to showing us a good time!

John Cronin- Monday Sept. 8, 1:00

Others TBA

## 3-Hole Golf

Test your golf skills, 3-hole style!

Wednesday Sept. 3rd, 1:00

Wednesday Sept. 24th, 1:00

## NAMiT'S

A new game for us to enjoy, it stimulates our brains for optimal mental health!

Thursday Sept. 11th, 10:00

## News & Views

Newspaper readers rejoice! Knowing what's going on in BC and around the world is always important, and this is a perfect opportunity to exercise your brain too!

Friday Sept. 12th, 10:00

Friday Sept. 19th, 10:00

Friday Sept. 26th, 10:00

## Shake Awake your Taste

A steady diet of fun and laughter is on the menu when this new game is played!

Thursday Sept. 25th, 10:00

### **Balance & Core**

Try out some new moves with Mac during physical fitness.

### **Target Practice**

A variety of games to test our agility and target skills!

Thursday Sept. 25, 1:00

### **Arts Alive**

Ever dreamt of making castanets? Then this is the place for you to be!

Thursday Sept. 18th, 10:00

### **“You Be The Judge”**

Pondering legal decisions has never been so fun!

Wednesday Sept. 10, 10:00

Tuesday Sept. 30th, 1:00

### **“Wheel of Fortune”**

With Michelle as our very own Vanna White.

Monday Sept. 15th, 1:00

### **Restaurant Trip**

Out on the town! Ask Mac for details.

Wednesday Sept. 17th

### **Artsway Concert at Lions Den**

Taking trips is always fun, but taking trips to the Lions Den always proves that point!

Thursday Sept. 11th, 1:00

### **Baking Class**

Is Betty Crocker your best friend? She doesn't have to be!

Wednesday Sept. 24th, 10:00

### **Pets Day Show & Tell**

Bring in pictures of yours (or your family's!) beloved pets.

Monday Sept. 15th, 10:00

### **Grandparents Day**

Do you have grandchildren? We want to ooh and ah at how cute they are, bring in a picture!

Monday Sept. 8th, 10:00

### **“1940's Remembering and Reminiscing”**

Street cars, soldiers returning home, and...?

Wednesday Sept. 3rd, 10:00



### **Mexican Theme Day**

Arriba, Arriba!

Monday Sept. 22nd

### **Arts, Health and Seniors**

We're lucky enough that we have not one, but 2 artists to help us get creative!

Tuesday Sept. 16, 10:00

Tuesday Sept. 23, 10:00

Tuesday Sept. 30, 10:00

### **Music in the Morning**

We listen and watch some of our favourites... what a lovely way to start the day!

Thursday Sept. 4, 10:00



### **Treasure Chest of Memories**

Reminisce and share stories of your life with you friends.

Monday Sept. 29, 1:00



## Message from Shirley

Well it's hard to believe that summer has come and gone. The wonderful days of July and August were filled with every kind of weather except for snow. And as I walk to work these days I see the Oak leaves coming down already! As we go into the Fall I'm reminded that it's the harvest season back on the old homestead. I come from good wheat farmer's stock. Rosetown, Saskatchewan to be exact. Did you know? That whole grains are linked with prevention from heart disease, diabetes, cancer, and obesity. Whole grains are low in fat and sodium, yet contribute dietary fibers, minerals, and vitamins to the diet. The nutritional value of whole grains can even be improved by sprouting them. Ancient whole grains, which contain high amounts of amino acids, include amaranth, quinoa, kamut, teff, and spelt. These grains have a long history of use by other cultures. Other grains such as millet, barley, and buckwheat are being recognized for their nutritional value and versatility. When you go to buy grains, it will be helpful to know a few commonly used terms. Steel-cut or cracked grains have been cut into smaller pieces so they cook faster. Grain flakes or rolled grains are steamed and then flattened between rollers. A grain meal has been ground to a gritty consistency. Grits have been steamed and soaked, have had both hulls and germs removed, and have been cut using rollers. While some grains do require long cooking, this can be reduced by soaking overnight or pressure cooking.

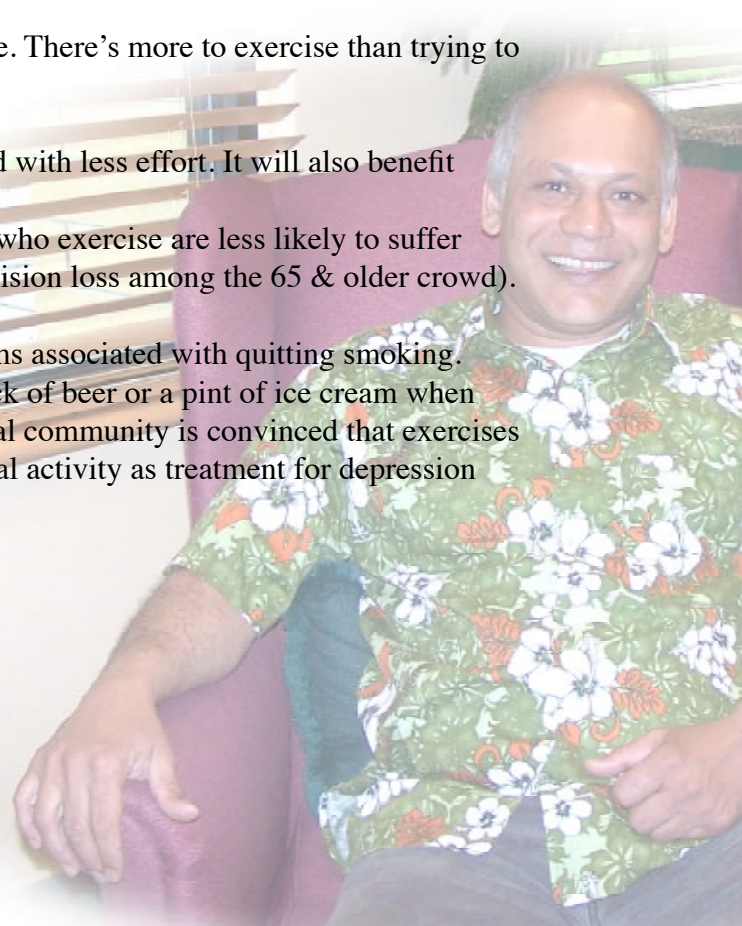
-Shirley

## *Reaping The Many Rewards of Exercise* by Mac

**S**taying in shape can give you much more than a good figure. There's more to exercise than trying to achieve that ever elusive six pack.

- It makes your ticker tick better. A fit heart pumps more blood with less effort. It will also benefit from a reduced risk of heart attack and stroke.
- It's good for your sight- It has been determined that people who exercise are less likely to suffer from age-related macular degeneration (the leading cause of vision loss among the 65 & older crowd).
- It shrinks fat cells.
- It helps kick the habit- exercise reduces withdrawal symptoms associated with quitting smoking.
- It beats the blues- Don't dig into a bottle of wine or a six pack of beer or a pint of ice cream when feeling down. Go to the gym/walk or hike instead. The medical community is convinced that exercises mental health benefits, they now routinely recommend physical activity as treatment for depression and anxiety.
- It reduces the risk of cancer.
- It strengthens your bones.
- It gives you more get up & go.
- It gets rid of your sore back.
- It boosts your immune system.
- It improves sleep.

So get off the couch or your rocker & keep moving!





# September

# Programs

\* All Activities are Subject to Change

Mon	Tue	Wed	Thu	Fri
<b>1</b> CENTRE CLOSED FOR LABOUR DAY	<b>2</b> 10:00 Think Tank 11:30 Sit Fit Stuart's Lunch Concert 1:00 Jeopardy Challenge	<b>3</b> 10:00 "1940's Remembering & Reminiscing" 11:30 Sit Fit 1:00 3 Hole Golf	<b>4</b> 10:00 Music in the Morning 11:30 Sit Fit 1:00 Carpet Bowling	<b>5</b> 11:15 Tai Chi  1:00 Bingo
<b>8</b> 10:00 Grandparents' Day  11:30 Sit Fit  1:00 John Cronin	<b>9</b> 10:30 Sit Fit  Trip to Capilano Hatchery	<b>10</b> 10:00 You Be The Judge 11:30 Sit Fit Stuart's Lunch Concert 1:00 Carpet Bowling	<b>11</b> 10:00 NAMiTS Game  11:30 Sit Fit  1:00 Artsway Concert at Lions Den	<b>12</b> 10:00 News & Views  11:30 Balance & Core  1:00 Bingo
<b>15</b> 10:00 Pets Day Show & Tell  11:30 Sit Fit  1:00 Fido Group	<b>16</b> 10:30 Arts, Health and Seniors  1:00 Indoor Croquet	<b>17</b> STEP OUT- The Bottle Tipper	<b>18</b> 10:00 Arts Alive  11:30 Sit Fit  1:00 Pool Noodle Hockey	<b>19</b> 10:00 News & Views 11:30 Balance & Core Stuart's Lunch Concert 1:00 Bingo
<b>22</b> 10:00 Mexican Theme Day 11:30 Sit Fit 1:00 Mexican Entertainment 	<b>23</b> 10:30 Arts, Health and Seniors  1:00 Tom Hawking on banjo	<b>24</b> 10:00 Baking Class  11:30 Sit Fit  1:00 3 Hole Golf	<b>25</b> 10:00 Shake Awake Your Taste  11:30 Sit Fit  1:00 Target Practice	<b>26</b> 10:00 News & Views  11:30 Balance & Core  1:00 Bingo
<b>29</b> 10:00 Treasure Chest Of Memories 11:30 Sit Fit Stuart's Lunch Concert 1:00 Pool Noodle Hockey 	<b>30</b> 10:30 Arts, Health and Seniors  1:00 You Be The Judge			

# September MENU

Mon	Tue	Wed	Thu	Fri
1 CENTRE CLOSED FOR LABOUR DAY	2 Sliced Turkey Sandwich Soup Fruit	3 Fish Potato Patties Veggies	4 Chicken Mashed Potatoes Veggies	5 Breakfast Sausage Hash Browns Veggies
8 Pizza Salad Jello	9 Grilled Sandwich Soup Fruit	10 Roast Beef Roast Potatoes Veggies	11 Beef Sausage Sauerkraut Potatoes Veggies	12 Chicken Pasta Veggies Roll
15 Baked Spaghetti Garlic Bread	16 Meatloaf Roasted Veggies Mashed Potatoes	17 BUS OUTING	18 Lasagna Salad Bun	19 Fatima's Selection
22 Fatima's Selection	23 Fatima's Selection	24 Hot Dog Salad Chips	25 Fatima's Selection	26 Fatima's Selection
29 Fatima's Selection	30 Fatima's Selection			





## Pondering From The Pantry

Ponder this: "If you do not hope, you will not find what is beyond your hopes."

September so soon? Yes, it really is. Schools are being readied, little ones are excited. I can remember how it felt- it seemed cooler after a hot summer and almost living at the beach (2nd and Kitsilano Beaches). The feel of a new dress, sweater, shoes and socks on the first day back. Freshly sharpened pencils and paper (my Dad was the best pencil sharpener with the small razor sharp blade on his pocket knife) as we trooped up Kingsway hill to Norquay School. Exciting!

The sun is starting its southward journey. I have gotten quite good at telling the time of year by the sun. I can see Mt. Baker from my living room, in the summer I cannot see the actual sun rise but as the weeks run into Autumn it rises closer and closer to Baker. Finally as winter nears it passes Baker and the sunrises are outstanding then in the Spring the whole process starts again. Beautiful!

I will be starting some time off (holidays- yea!!) at the end of September into October and a week in November. Fatima will be in to spoil you all rotten- again! She may make menu changes as I said it's not written in stone. I'm off to Mexico back to work 3 days then off to the snow at Silver Star. From the tropics to the snow in a week yahoo!

We have had the incredible donation of a motorbike for fund raising for the center. Buy loads of tickets for yourselves and take some for your family to sell. We have this great opportunity to raise mega bucks. Just remember - IT'S MINE!

I'm supposed to shorten my ramblings- so take care, drink lots of fluids and keep well!

..... 'till next time....

Buenos Noches  
Hasta Luego  
Adios!



Audrey



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# Michelle



When Michelle came for the job interview she was looking for something different. She had done programming with children before and felt that it would be too similar. As we chatted further she informed me that she was returning to school (after already receiving her science degree) to study Nursing. I played the ace card that I had up my sleeve; I offered her a day a week with our Nurse and suggested it could help her decide if she wanted to work with seniors. I saw her eyebrows rise, but she wanted to think about it over night. I also offered her the opportunity to come in for a few hours and see if she thought she could spend her summer working here. After she spent a few hours with us she said she would get back to me in the morning. All that night I sent her lots of positive vibes and couldn't wait until morning to hear from her. When the phone rang the next morning I heard this sweet little voice saying she had accepted.

I saw how she related to the seniors and I knew she would fit in well. It was one of those times as an Administrator that you knew it was a good match.

Over the past few months we have all grown to love her dearly. She is a loving, sensitive and caring person and has the makings of an extraordinary nurse. I would not hesitate to recommend her for any job.

We will miss you Michelle and we Thank you for your tender loving care you gave the seniors during your term here at Renfrew-Collingwood Seniors' Society.

# Tehya

I had met Tehya three times in her life; the first time was when she was 1 ½ years old, the second time when she was about 12 and most recently at 20 years of age. She had just gotten back from travelling the world with her Dad and I was most impressed with her level of wisdom and maturity. She informed me at the time that she was heading to Langara College to study photography. When we received funding for the Newsletter Assistant she instantly popped into my head as an ideal candidate.

I called Tehya to see if she was interested and discovered that she was in New York with her Mom. I left a message and she called me back and we did the interview over the phone. She accepted the position and we have had amazing results from her work. She has a sweet way about her that can convince anyone to pose for a picture. She has initiated the member profile section of the newsletter and again seniors had no problem sharing their stories with her as they trust her immensely.

Tehya is an excellent photographer and her pictures have captured some special moments here at the Centre. She has worked very hard putting a totally new look on our Newsletter and all the seniors anxiously await to see their pictures when the new release is published.

We will miss you Tehya and we Thank you for getting our newsletter to a point where businesses want to advertise in it. The seniors treasure their monthly keepsakes.



## Member Profile: Lily Schenk

*Lily* was born in the small farming community of Barnsley, Manitoba. Her home as a child must have been quite busy, as she had 5 sisters and a brother. She left the farm to join the Air Force as a cook after the war. It was around this time that she met her husband-to-be, Andrew. They married, and moved from Winnipeg to



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Surrey, BC shortly before their daughter, Gloria, was born. She very much enjoyed her adoptive province, and after a trip back to Manitoba in the summer of 1958, declared that BC was home; she had no desire to move back. Lily's commitment to family was evidenced by her willingness to take in a sibling when in need; She cared for her eldest sister, Violet, for 5 years, and has been a caring mother to Gloria. Lily started coming to the Centre in 2003, and she and her daughter called it the "secret society" (after Lily's unwillingness to divulge what she had done every day). Her playfulness and mischievousness are traits that set Lily apart and make her so fun to be around. Lily is one of those rare people that everybody likes, and for good reason. She is a pleasure to be around, and the Centre will miss her bright smile, as well as that of her daughter, Gloria.

# Appreciation for our Volunteers

Renfrew-Collingwood Seniors' Society has been blessed over the last few months with an abundance of people who give their time so freely. These individuals come regularly to help out with programs, assist in the kitchen, organize cupboards, drawers, the book and video library, and basically contribute to the overall running of the Centre. They deserve a lot more than this note of praise.....they deserve medals! Their involvement has enhanced what we do here and we are forever grateful for their kind acts and deeds. So let's sing the praises of these special people.

Francis, Sarah, Fanny, Claudia, Akiko, Tomoko, May, Machiko, Stuart, Zakhra, Yuki, JC, Shinnie, Zhihan and Denny all contribute to Rencoll succeeding every day.

Many, many heartfelt THANK-YOU's go out to them all!



Many Thanks to our Army, Navy and Armed Forces for their generous contribution to the Centre.

Lois, one of our wonderful members, is generous enough to have spent hours knit a gorgeous sweater for our Raffle. The sweater, a fisherman knit creation, is our second-prize in our annual raffle, and is definitely high on everyone's Holiday wish list!

To help us make the Centre even better, we're FUNdraising!

## Renfrew-Collingwood Seniors' Society Annual Raffle!

*Fantastic prizes, including an electric bike!*

*Buy your tickets now! Only \$3 each or 2 for \$5. Draw date is Dec. 5.*

Thank you to our Fundraising Committee for all their hard work, and to everyone who supports our efforts!

## Birthdays in September



Sept. 3rd	Fen Kinniston
Sept. 11th	Lois Ketcheson
Sept. 25th	Philip Smith
Sept. 29th	Mauro Gentile

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THE O'KEEFE – ARBUTUS WALK

# *Big Rencoll Thank You to Kate Moore!*

Thank you to Kate Moore for the wonderful donation of an electric bike, to be raffled off. Marilyn Jennings, our capable and wonderful Board Member and Chair of the Fundraising Committee, was instrumental in getting this fundraising effort off the ground. The support of the broader community is incredibly important in ensuring that our Centre is as good as it can be. Donations are always immensely appreciated.

*The bike, a 2007 Cougar XR7 Model, runs entirely off of electricity. Plug it in overnight, and in the morning you're ready to go adventuring! It's a compact vehicle made for errands and zooming around town in style!*



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