

**APRIL 2009
NEWSLETTER**



"Taking Seniors to Heart"

RENFREW - COLLINGWOOD

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 2Y



Good Friends



Good Times



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.

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Renfrew-Collingwood Seniors' Society

Newsletter

April 2009

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New Member
Ruth Irvine

New Volunteer
Devi

RCSS Management

Board of Directors



Jim Park
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Kim Van Wyk
Vice Chair



Tara Abraham
Secretary



Alice Frith



Coral Heron



Marilyn Jennings



Kamaljeet Kler



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Staff



Donna Clarke



Shirley Frank



Audrey Irving



Janice Callahan



David Kenny



Mac Lal



Annitta Unger



Stefanie Glocker

Thoughts from the Board



Hi Everybody,

I am one of the ten people you chose to represent you and I don't think you could have made a better choice. Our Board members are here for you and for you only. Marilyn, Alice, Laura and I are the senior's representatives and we will pass along any comments or suggestions you may have to the Board. The Board works hard to make sure that our seniors' voices are heard. Liaison Committee is new this year and we want you to feel free to come to us if you have any problems, suggestions, recommendations, or concerns. Our job is to let the Board know what you want and we ensure that everything is confidential. Confidentially is the key here and that is why at the board meetings no one else is there but us. Our Board is the kind of Board that you would always wish for and our Board is working hard to make things better for everyone. I hope you feel free to come to any one of us on the Board because we are here for you. From all of our Board members, have a very healthy and happy new year to come. We do love to see you all here with us. Lots of hugs and best wishes to you all!

Kamalejeet Kler



A Word from Janice

Hello Everyone,

I hope you are all getting ready for the spring weather to hit! I know I can't wait. I have my sandals dug out from the back of my closet and am ready to hit the beach! Well...okay maybe it's not beach weather yet, but I am sure beautiful weather is just around the corner. With beautiful weather comes beautiful springtime flowers and one place that is guaranteed to delight your senses is the gorgeous Minter Gardens. I can't think of a more lovely way to spend the day than by walking through fields of beautiful breathtaking flowers. I would love for you all to embrace the springtime bliss by joining us on a full day bus trip to Minter Gardens, to spend time with your friends in a peaceful and beautiful atmosphere. We will be enjoying the day at the Gardens on Tuesday, April 28th and will be served a delightful buffet as well. Make sure you mark the 28th in your RCSS planner and don't forget to bring your camera! Springtime is when things spring into action and that is what you all will be doing this month. Not only are we having a Step Out and a trip to Minter Gardens in April, we will also be taking a trip to Granville Island on Friday, April

17th. We have a morning full of fun planned at the Island and will be stopping off at a nice restaurant to have a bite to eat later in the day. So many fun and exciting things are happening this month, but one thing that is not so exciting that our German friend, Stefanie, is leaving and heading back to her country. We will be sad to see her go because she has been so helpful to us all here at the centre. Her expertise in occupational therapy has been a wonderful benefit to many of you. If you have not been fitted for your walker, cane, or wheelchair, kindly ask Stefanie to see if she can help you by making adjustments to your walking device. Stefanie will be providing some educational information in some of the programs this month, so make sure you take advantage of these days by checking the program calendar in the newsletter for dates. Enjoy the time with Stefanie while you can this month and be sure to get out and about by joining us in the outings.

Janice Callahan



A Message from Donna....

Well we are at our year-end on March 31st and that means our Annual General Meeting (AGM) is coming up. Last year we changed our bylaws so we do not have to have our annual meeting in May anymore. The reason for this is we would like to get to a point where we can have audited statements to bring to our AGM. It will take another year or two but we will achieve that I am sure.

We hope to get as many members as we did at last years meeting; we had a record 70 members and 10 guests present. So mark your calendars for Saturday, June 13th at 11:00 am. There will be a social tea after the meeting and it will be a great opportunity to meet the new Board members.

If you want to run for the Board all you have to do is contact our Nominating Chairperson, Kim van Wyk and she will guide you through the process. There is more information on the next page but please let me know if you need any help.

I have to say that our current Board has been one of the best that I have ever worked with in my 25 years in the nonprofit sector. They worked endlessly for you and I can only hope to get another group that is as committed to the organization as they have been. Our Treasurer resigned last month though so it is imperative that we get someone with a financial background or experience, preferably in the non-profit sector. If any of your children are working in the world of finance please ask them to consider running for our Board.

We have also secured our funding for next year and if we get all of you here on a regular basis we may even get an additional staff

person. Speaking of staff, we just heard that the Federal government approved a grant for two more students this year. We will be hiring them to work on Marketing our organization and Outreach so we can make sure that every senior in our neighbourhood knows that we exist.

We are in the process of getting our brochures translated into different languages. To start we will have Cantonese, Punjab and Italian and from there we will find ways to translate them into other languages. It is important to spread the word about our Centre as the funding we get is based on how many seniors we serve. That is why we ask you to tell a friend or bring someone along with you to the Centre.

If you come on Tuesdays you will notice that we have a new program started called Yarns of Fun with Lois. The group has a knitting circle and it is amazing to see the beautiful crafts come together. It is nice to see the empty chairs being used so please feel free to drop by and learn a new stitch.

One last thing before I sign off, you may pay you membership fee now and remember it is \$10.00 this year. For those of you who would like us to put it on your bill if it is more convenient, that is not a problem.

I'm looking forward to another balanced budget this year and to your never-ending support of our wonderful Centre.....
Life is good!

Donna Clarke



Renfrew-Collingwood Seniors' Society
Annual General Meeting

Saturday, June 13th, 2009 at 11:00 am
at the Centre

Social to Follow

Resolutions must be submitted to
Renfrew-Collingwood Seniors' Society
by May 26th, 2009.

If you would like to run for a Board Position, we will be publishing profiles in our June Newsletter. The deadline to have your picture and profile advertized is May 15th, 2009.

Any questions regarding the Nomination Procedure may be directed to our

Nominating Committee Chairperson
Kim van Wyk by calling (604) 430-1441 or
email kimvanwyk@shaw.ca

Membership Fees of \$10.00 must be paid before
the Annual General Meeting

APRIL 2009 CALENDAR

Mon	Tue	Wed	Thu	Fri
		<i>April Fools Day</i> 1	2	3
		10:30 Fact or Foolery 11:30 Sit Fit 1:00 Indoor Croquet	10:30 "Hats Off to You" 11:30 Sit Fit 1:00 "Growing an Easter Basket"	10:30 Shopping Trip with Lunch in the Food Court; No Lunch at the Centre 1:00 Bingo
6	7	8	9	10
10:30 "Spring Into Movement" 11:30 Sit Fit 1:00 Pete Campbell Entertainment	10:30 Arts, Health & Seniors (Tiles) 11:30 Tai Chi 1:00 Think Tank A. Card Games B. Yarns of Fun with Lois	10:30 Easter Customs 11:30 Sit Fit 1:00 Steve Warner Entertainment	10:30 Music in the Morning (Inspirational) 11:30 Sit Fit 1:00 "Eggs-splasion"	Good Friday CENTRE CLOSED
13	14	15	16	17
Easter Monday CENTRE CLOSED	10:30 Arts, Health & Seniors (Sing-a-long) 12:45 S.O.S. Presentation 1:00 Yarns of Fun with Lois	10:30 Garden Trivia 11:30 Sit Fit 1:00 Show and Tell	10:30 Joint Safety Presentation 11:30 Sit Fit 1:00 Pool Noodle Hockey	10:30-12:30 Bus Trip to Granville Island Lunch Outing No Lunch at the Centre 1:00 Bingo
20	21	22	23	24
10:30 3 R's of the Recycling 10:30 Podiatrist 11:30 Sit Fit 1:00 "Name that Jellybean" Taste Testing	10:30 Arts, Health & Seniors (Tiles) 11:30 Tai Chi 1:00 John Cronin B. Yarns of Fun with Lois	STEP OUT Little Billy's Hideaway	10:30 Hodgepodge Trivia 11:30 Tai Chi 1:00 Mah Jong & Dominoes	10:30 A-Z Challenge Game 11:30 Sit Fit 1:00 Bingo
27	28	29	30	
10:30 "Categorically Speaking" Puzzle 11:30 Sit Fit 1:00 3 Hole Golf	10:30-3:30 Bus Trip to Minter Gardens Lunch Outing No Lunch at the Centre	10:30 Annual Check-up for Canes and Walkers 11:30 Tai Chi 1:00 Carpet Bowling	10:30 Stefanie's Farewell Party 11:30 Sit Fit 1:00 John Cronin Entertainment	

Menu subject to change

APRIL 2009 MENU

Mon	Tue	Wed	Thu	Fri
		1	2	3
		Fin 'n' gills Ototop's Dalas Dessert	Chicken Thighs Baked Potato Veggies Dessert	Shopping Trip to the Mall (Lunch at Food Court) No Lunch at Centre
6	7	8	9	10
Pasta with Sauce Salad Roll Dessert	Ham Scallop Potatoes Veggies Dessert	Beef Burger Salad Dessert	Fresh Turkey Mashed Potatoes Stuffing Cranberries Veggies Dessert	Centre Closed Good Friday
13	14	15	16	17
Centre Closed Easter Monday	Soup & Sandwich Dessert	Meatloaf Mashed potatoes Veggies Dessert	Homemade Soup & Sandwich Dessert	Granville Island Bus Trip 10:30 to 12:30 (Lunch at Granville Island) No Lunch at Centre
20	21	22	23	24
Tortillas Salad Dessert	Chicken Legs Potatoes Salad Dessert	STEP OUT	Pineapple Pork Rice Veggies Dessert	Sweet & Sour Meat balls Noodles Dessert
27	28	29	30	
Leberknoedel suppe Salad Roll Dessert	Minter Gardens Bus Trip (Lunch Outing) No Lunch at Centre	Sliced Cold Meat Potato Salad Tomatoes Cucumber Roll Dessert	Spinach Quiche Salad Roll Dessert	

Centre Programs

3 Hole Golf

Take a swing at the ball and see if you can score a birdie.

3 R's of Recycling

Time to be environmentally friendly. Test your green skills and learn how to keep our earth happy.

A-Z Challenge Game

Test your facts about common household objects.

Annual Check up for Canes, and Walkers

Experiencing discomfort? Feeling Achy? It could be because your walker or cane is not adjusted properly. Stefanie will be assisting you by ensuring that your walking device is fitted right. She will also be providing educational information about joint safety.

Arts, Health and Seniors

We're lucky to have Carmen and Yoko come in to work with us on creative art projects!

Assorted Games

Games of all sorts- relaxing, puzzling, mind boggling and of course games that are all fun! Get together with a partner and challenge others.

Bingo

Nerve-wracking maybe, but fun absolutely! Always a favourite here at Renfrew-Collingwood Seniors' Society. Every Friday Afternoon at 1:00



Card Playing

Hmm...should I play this card? Engage is a fun game of cards with some friends in the afternoons.

Carpet Bowling

A guaranteed crowd pleaser! This game gets you up and moving! Throw the ball and knock 'em all down with a strike..

Categorically Speaking Puzzle

A puzzling game, but you will get some help ...don't worry.

Eggs-splasion

A fun game that will crack you up. An egg-citing game all about eggs.

Easter Customs

Learn about how Easter is celebrated around the world. Learn how Canada's Easter tradition is similar and different from the rest of the world.

Entertainment by Steve Warner

Fun, dancing and music for all!

Fact or Foolery

A fun trivia game for April Fools Day.

Garden Trivia

How does your garden grow? Test your knowledge on gardening.

Granville Island Bus Trip

We will be taking a bus trip to Granville Island on April 17th at 10:30-12:30 and will be having lunch at a restaurant on the Island (No lunch at the Centre).

Grow Your Own Easter Basket

For those of you not going to Lion's Den this afternoon, we are going to be planting quick growing grass seed in small pots. These can be used as table centers at Easter.

Hodgepodge Trivia

Test you knowledge and learn some interesting facts.

Indoor Croquet

A fun active game that you are sure to enjoy.

Joint Safety Presentation

Join Stefanie in an informative presentation that will prevent you from injuries and harm.

Name that Jellybean

Try new flavours of jellybeans and guess the name of the beans.

Minter Gardens Bus Trip

Join us on a trip to the beautiful Minter Gardens on April 28th. We will be spending a full day on the outing

and will be having a buffet lunch on the outing.

Mah Jong & Dominoes

Tired of Card Games will try a hand with these fun games. If you don't know how to play- now is the time to learn.

Music in the Morning

Listen to some beautiful relaxing music with some soft, sweet sounding melodies.

Pool Noodle Hockey

She shoots, she scores! A wildly fun game where you challenge your opponents...the Canucks will be taking pointers from you!

Presentation S.O.S

Come to this presentation because it may help save your life. This presentation will help you know what you need to do in case of an emergency and will tell you how to prepare yourself. April 14th at 12:45.

Sit Fit

Sit Fit is a good way to get our bodies moving while having fun at the same time! Everyday.

Shopping Trip to the Mall

On the first Friday of every month we will be taking a trip to the Mall to do some shopping and will be having lunch in the food court.

Show and Tell

Now is your chance to see what you know about some interesting objects.

Spring into Movement.

An opportunity to reminisce about springtime memories and translating these memories into movement. How would you "act out" the sound of rain, a spring day when the trees begin to develop leaves? Come join the fun.

Spring Fling with John Cronin

Guitarist and singer, John Cronin, will entertain us and keep us stomping and dancing.

Stefanie's Farewell Party

I know it is hard to believe that it is time for Stefanie to

head back to Germany already. We will all miss her so come to her farewell party.

Step Out

This month we will be going on a trip to Little Billy's Hideaway!

Tai Chi with Sai

Fun, relaxing and an excellent exercise- Tai Chi has it all! Sai gets us in the move and in the groove! (7th, 21st, 23rd, 29th)

Yarns of Fun with Lois

A new group led by Lois every Tuesday. Come join Lois and friends to have fun, chat and stitch a beautiful creation to enjoy as well.

***Stuart's Lunch Concerts**

Stuart's lunch

***Sarah's hand massages**

Having a stressful day? Unwind with a nice massage from Sarah! Every Monday, Tuesday and Thursday

Irene's Nail Salon

Irene will give your nails instant glamour that will be sure to impress.

*Not listed on the calendar





Pondering From The Pantry

The History of RCSS

As promised, here is a thumbnail history of the Renfrew-Collingwood Seniors' Society. In 1975 a small group of people met to discuss the lack of "seniors' only" activities in the area and decided they would run an ad in the local papers for a coordinator to keep everyone going in the same direction. Flyers were printed and hand delivered door to door. A very good response came from this and the information was presented to the Ministry of Human Resources. After negotiations a small working grant was approved. Next on the list was a meeting place. The area was scoured and we were fortunate to find that the nun's residence at St. Jude's Catholic Church was available since there were no longer nuns in residence. The lower hall was made available for a small fee and we were off and running. A name was chosen and we were granted non-profit status. We applied under the Societies Act, effective October 19, 1976. Our centre began with afternoon tea and cookies. Some of the ladies attending the church brought crafts they were working on and some brought knitting. We had four gentlemen attend and they played cards- so we were on our way. We grew to a fuller day with sandwiches and goodies at lunch and tea in the afternoon. Then the hammer fell; the nuns were coming back so the search was on again for a new location.

Many places in the area were checked out but there was one that was most welcoming, Beaconsfield United Church on Gothard Street. We began to grow again, and at its peak, 450 individuals attended per month. We were there for several years offering a full lunch, afternoon tea, crafts, fashion shows, information services, and a number of fund raising activities. We applied to the City of Vancouver for a working grant to help ease the stress of raising operating capital. The M.H.R. grant was still in place with a new stipulation that we were to raise 50% of the monies ourselves. With a lot of very hard work and long hours we were able to start putting money in the bank as a contingency fund, which was very satisfying. Although we were proving to be successful, we ran into a few issues- we were beginning to outgrow our surroundings and we were not wheelchair accessible. Floors had to be washed every night and staff had to clean other people's messes. It was a disappointment when M.H.R. started reducing funding and the Church was doing more evening rentals which led us to be on the search again for a new location.

We combed the area once again and found St. Matthews Anglican Church on 23rd Avenue. The Church was very old, was in need of renovations and repairs but we had raised more money so the renovations were started. We had full use of the lower Church Hall, the Scout Hall across the back of the property and a full lot sized side yard. We built bathrooms, joined the two buildings together, made everything wheelchair accessible and moved in. In time we applied for grants to build covered patio areas, standing and wheelchair planters buy furniture and other goodies like a Bar-B-Q etc. This became our home for many, many years. We applied and fought for Adult Day Care Status and finally were eventually granted it after a long hard fight. Many, many things were paid outright by our hard working seniors, the bank account started to climb again. Again the bad news came... the congregation had dwindled, Rev. Parker passed away; the decision was made to sell the property.

Three Links at that time were considering expansion so with the Ministry of Health, R.C.S.S. Board members and Staff, negotiations were started with Three Links. The Church was to be demolished. We asked for and became the custodians of one of the beautiful stained glass windows, the Baptismal font, plant stand and the umbrella stand all circa 1924.

It has been an interesting journey, joyful, sad and sometimes frightening but always satisfying! We can honestly say that any of us that were involved would do it over again.

'Till next time, take care.....

Love,

 *Audrey*

Member Profile

Sandra Mary Iormetti.

This nice young lady's name is Sandra Mary Iormetti. She was born an early Christmas child on December 11th. Sandra lived in London, England for the first couple of years of her life but her father's work as a soldier brought her to Canada. Sandra made the big move to Canada with her younger sister and parents in 1956. A few years later, Sandra's father left the Army because he had a dream to open his own store. Her father fulfilled his dream by opening a store on Kingsway. During the afternoons, Sandra always helped out in the store. She liked her job at the store and enjoyed dealing with people and money. Since she loved working with people and money so much Sandra thought, "Why not get a job working at a bank?" So with her new idea, Sandra went to the local bank, asked for a job, and was hired! She started her work at the bank in 1964 and worked there for 31 years. Sandra enjoyed her work there, but also made sure she had some leisure time to enjoy. Sandra still makes sure she has time to do the things that she



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enjoys each day. Sandra is always busy writing letters and sending postcards to friends. Sandra finds great joy in writing and has a way with words. She especially loves to write poetry for many years. Poetry won Sandra's heart because her mother used to write her lots of precious little poems. Sandra is convinced that poetry, good friends, and her faith in God gave her the strength to cope with every challenge she had to face during her life. Sandra feels blessed in her life and to give back for the support and companionship she experienced in her life Sandra volunteers. Sandra used to volunteer at a church where she taught and led different groups. Sandra also volunteers at the GF Strong Hospital. Sandra goes to the hospital and visits patients, sings and chats with them while always encouraging others to see life in a positive way. For her life Sandra chose a maxim that is important for all of us: "***Always think positive!***" That will definitely make life much easier!



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Upcoming Events

Happy Easter!



April 2009

Anton Rozario	11th
Rosa Calla	12th
Stuart Martin	12th
Albert Chinn	14th
Marilyn Jennings	15th
Sarah Davis	16th
Mariam Loussinnian	17th
Beverley Wade	19th
Donna Clarke	21st



Upcoming Presentations

1:00 Tuesday, April 7th Think Tank

12:45- Tuesday, April 14th S.O.S Presentation

April Outings

Friday, April 3rd -10:30 – 1:00
Shopping Trip to the Mall with Lunch in the Food Court

Friday, April 17th- 10:30-11:30
Bus Trip to Granville Island
Lunch Outing

Tuesday, April 28th 10:30-3:30
Bus Trip to Minter Gardens
Lunch Buffett at the Gardens

Wednesday, April 22nd
Step Out- Little Billy's Hideaway

Announcements

Annual Membership Fees:
Member fees are due this month- \$10.00

Lunches

We provide take home meals at a cost of \$3.50. If you would like to purchase a meal please pay Janice.



PODIATRIST

Dr. Almas will be coming Monday, April 20th at 10:30am

Fee is \$10.00. If your income is above \$25,000, the cost is \$25.00

A vibrant photograph of a garden featuring a central pond surrounded by large trees and various flowering plants. The scene is bright and colorful, with green foliage and purple, pink, and red flowers in the foreground and midground. The pond reflects the surrounding greenery and sky.

Beautiful Minter Gardens

Tuesday, April 28th 10:30-3:30

Bus Trip to Minter Gardens
Lunch Buffet at the Gardens
\$20.00 for members
\$25.00 for non-member

Renfrew- Collingwood Seniors Society
Please call 604-430-1441
for reservation.