

April

2008

The Ren-Coll Rambler



Happy Springtime

Renfrew-Collingwood Seniors' Society

'Taking Seniors to Heart'

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

Phone/Facsimile: (604) 430-1441

Website: www.rencollseniors.ca Email: rencollsr@aol.com



PONDERINGS FROM THE PANTRY... by Audrey

APRIL: 2008

PONDER THIS: WOULD YOU RATHER
HAVE LAUGH WRINKLES OR WORRY WARTS?

HI:

"THOUGH APRIL SHOWERS MAY COME YOUR WAY, THEY BRING THE FLOWERS THAT BLOOM IN MAY. SO IF IT'S RAINING, HAVE NO REGRETS BECAUSE IT ISN'T RAINING RAIN YOU KNOW - IT'S RAINING VIOLETS." SO SAYS THE OLD SONG BUT WE KNOW THE TRUTH. VIOLET RAIN WOULD BE JUST WONDERFUL BUT UNFORTUNATELY PARTICULARLY HERE IN B.C. IT RAINS RAIN. THERE IS AN ACCESSORY THAT WE ALL HAVE TO GET US THROUGH THOSE RAINY DAYS; AN UMBRELLA! DID YOU KNOW THAT AN UMBRELLA CAN COST ANYWHERE FROM \$5.00 TO SEVERAL HUNDRED DOLLARS. ME, I GO FOR THE \$5.00 SPECIAL. HERE IS A SHORT HISTORY OF THIS IMPORTANT ITEM. THE NAME IS DERIVED FROM THE LATIN WORD FOR "SHADE", AND THE FIRST UMBRELLAS WERE IN FACT PARASOLS. IN ANCIENT EGYPT ONLY KINGS AND NOBLES WERE ALLOWED TO USE THEM; A HIEROGLYPH SHAPED LIKE AN UMBRELLA MEANT "SOVEREIGNTY" AS WELL AS "SHADOW". IN GREECE, (ANCIENT GREECE THAT IS) UMBRELLAS WERE CARRIED IN FERTILITY RITES AND AS FASHION ITEMS, AND IN ROME, WOMEN SPORTED THEM IN THE COLORS OF THEIR FAVOURITE CHARIOT TEAMS.

IN INDIA, HONORING BUDDHA WITH A WHITE PARASOL HELD OVER AN APPARENTLY EMPTY SPACE SIGNIFIES THAT BUDDHA IS PRESENT THOUGH INVISIBLE. THIS WAS SO CONVENTIONAL THAT IT WAS DEPICTED IN MANY SCULPTURES. AS BUDDHISM SPREAD EASTWARD, SO DID THE UMBRELLA. ONE BURMESE KING CHOSE HIS SUCCESSOR BY SETTING HIS UMBRELLA ON END AMONG HIS FIVE SONS AND SEEING WHICH ONE IT FELL TOWARD. IN THE 13th CENTURY, THE CHINESE EMPEROR KUBLI KHAN GAVE HIS BARONS UMBRELLAS AS A REAL TOKEN OF PRIVILEGE. AN ANGEL HOLDS A PARASOL OVER DAVID IN AN ILLUSTRATION IN THE NINTH-CENTURY UTRECHT PSALTER, AND BY THE 15th CENTURY, AN UMBRELLA BECAME PART OF THE POPES COAT OF ARMS.

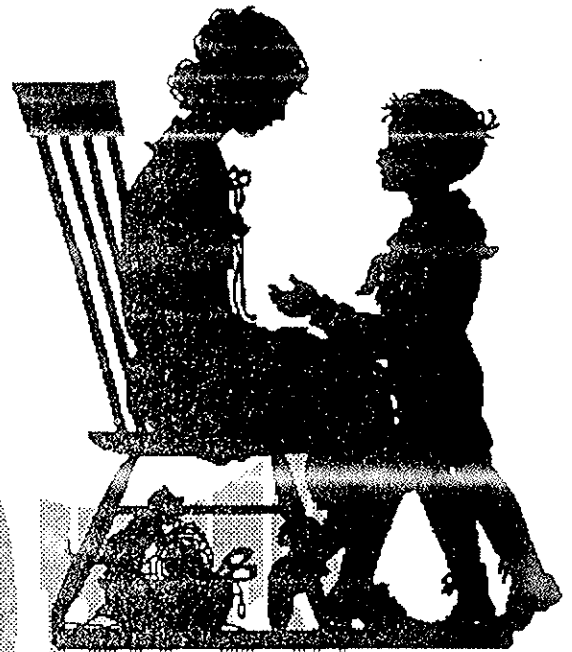
PORTUGUESE LADIES IN THE 1600'S BROUGHT THE PARASOL HOME FROM COLONIES IN INDIA; THE FRENCH FIGURED OUT HOW TO FOLD THE RIBS AND JOINT THE STICKS; AN ITALIAN FAMILY DEvised WATERPROOFING. IN 1700 THE FOUL WEATHER UMBRELLA CAME INTO VOGUE IN ENGLAND BUT ONLY BY WOMEN. IT WAS ANOTHER HALF CENTURY BEFORE THE PHILANTHROPIST JONAS HANWAY BECAME THE FIRST MAN TO WALK LONDON STREETS WITH ONE TO PROTECT HIS WIG AND COMPLEXION. AS LATE AS 1778 MALES WHO CARRIED THEM WERE TAUNTED FOR LOOKING FRENCH AND TOO POOR TO AFFORD A COACH. CLERGYMEN WERE EARLY ADOPTERS, HOWEVER, AND BY THE MID 19th CENTURY, THE UMBRELLA HAD BECOME A SIGN OF "FRUGALITY, JUDICIOUS REGARD FOR BODILY WELFARE, AND SCORN FOR MERE OUTWARD ADORNMENT."

THERE YOU HAVE IT. NEXT TIME YOU PRESS THE MAGIC BUTTON AND YOUR UMBRELLA POPS OPEN, THINK OF IT'S EARLY BEGINNINGS AND KEEP NICE AND DRY.

'TILL NEXT TIME.....

(THERE, CAN'T YOU TELL IT'S TIME FOR ME TO GET BACK TO WORK?
UMBRELLAS FOR HEAVEN SAKE!)

How to know you are growing old.



Everything hurts and what doesn't hurt, doesn't work.

The gleam in your eye is from the sun hitting your bifocals.

You feel like the night before and you haven't been anywhere.

Your little black book contains only names ending in M.D.

You get winded playing cards.

Your children begin to look middle aged.

You join a health club and don't go.

A dripping fancet causes an uncontrollable bladder urge.

You know all the answers, but nobody asks you the question.

You look forward to a dull evening.

You need glasses to find your glasses.

You turn out the lights for economic reasons rather than romantic reasons.

You sit in a rocking chair and can't get it going.

Your knees buckle but your belt won't.

Your back goes out more than you do.

You have too much room in the house and not enough in the medicine chest.

You sink your teeth in a steak and they stay there.

You are wondering why more people aren't using this size print.

Message from Donna....

Last month I told you a little bit about myself and now I would like to hear from you. You make Renfrew-Collingwood Seniors' Society the fun, vibrant place it is and in an attempt to have the Centre reflect the lives of the seniors that come here every week, we want to broadcast our achievements and assets. Share your stories about your funny aunt, the cat that wouldn't go away, life growing up on the Prairies or just tell us about you and why you come here. Our newsletter is a great place to include these stories and the hope is that other seniors in the community will read the articles and think it would be a good spot for them to go as well. Our aim is to reduce the number of isolated seniors in our community and enhance the quality of their lives. Please let me know if you would like to be published in our May issue. We will interview you and write the article or you can submit one. You can have the article edited or leave it as you wrote it. Nothing will be published without your consent. So what do you say? Are you going to be part of our mission?

On another note...

It's that time again; membership fees are due for this year. The cost remains the same at \$5.00. Friends, family and neighbours over the age of 19 are welcome and encouraged to join. This entitles you to a vote on issues that affect your lives. Our annual general meeting is coming up on Saturday, June 14th, 2008 at 11:00 a.m. This is your opportunity to be part of the decision making body that oversees the operation of the Centre. If you are not feeling up to the task then please consider asking your family members or friends to sit on the Board of Directors. Their input is extremely valuable because they know how important it is for you to have a place to go to socialize, participate in activities and at the same time have a delicious home-cooked meal. Please let me know if you or anyone you know is interested in running as a member of the board.

Last but not least....

Audrey will be back next week on Tuesday, April 1st. No this isn't an April Fools joke. She is doing well and is looking forward to coming back. The staff and members have certainly missed her and we are delighted to have her back in good health.

I would like to take this opportunity to give a big THANK YOU to Fatima Kheraj for her outstanding contribution to our Centre during Audrey's absence. The appreciation is not only for her cooking, baking and support over the past two months, but for her presence. She was a joy to have around and went beyond the call of duty on many occasions. She even left wonderful meals for us to serve during the week that we did not have a cook. All the best Fatima and thanks again.

Happy Spring to me everyone.
When I was young my mom would say that fish was
brain food and sure enough, here's an article about
it. Enjoy Shirley.

Improve your memory



To keep our muscles in shape, we need to exercise them—this also applies to the brain muscle. Yaakov Stern, PhD, professor of clinical neuropsychology in New York, says that people with no social life or boring jobs are more likely to develop some form of dementia as they age.

Mental, physical, and social exercises are imperative for maintaining cognitive function. By challenging our brains daily, more blood flows into different regions of the brain,

forming new connections. Think of it as mental jumping jacks. Try something new & learn another language, solve a word puzzle, tackle some Sudoku, join a book club or other social group, or engage in a different exercise activity, such as tai chi.

For those worried about memory loss or already experiencing it, there is a program called Cognitive Retention Therapy™ (CRT), which stimulates and reinforces existing memories. CRT helps stroke and

dementia patients and those with early to midstage Alzheimer's. The program technique is noninvasive and can be used with or without medication.

The new strategies taught to help recall important information are also beneficial to individuals who are merely interested in maintaining a healthy brain to lead a connected and fulfilling life. For more information, visit gencaresolutions.com.

—Rita Bayer

More than just brain food

Most of us are well aware of the importance of providing our bodies with fish oils, also referred to as brain food, which supply us with the essential fatty acids (EFAs) omega-3 and omega-6 that our bodies cannot produce.

In addition to its dietary benefit, omega-3 is used as supplemental therapy for treating heart disease, allergies, rheumatoid arthritis, ADHD, certain skin conditions, and diabetes. But did you know it can also help relieve chronic neck and low back pain?

A study published in *Surgical Neurology* (April 2006) showed that

participants suffering from nonsurgical neck or back pain experienced improvement from supplementing with 1,200 to 2,400 mg of omega-3 per day. After an average of 75 days of supplementation, 59 percent of the respondents discontinued taking their prescription nonsteroidal anti-inflammatory (NSAIDs) pain medications; 60 percent experienced less joint pain; 80 percent expressed satisfaction with their improvement; and 88 percent stated they would continue taking fish oil.

If you suffer from chronic neck or back pain, be proactive and talk to your health care practitioner about the safer alternative of supplementing with fish oil. What have you got to lose?—R.B.

More holistic healing information on page 64

WORD SEARCH #28

S	E	O	E	C	N	A	L	G	E	H	O	S	T	I	A	U	G	M	E	N	T	T	I
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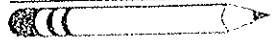
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Auspices
Barn
Bedbug
Booth
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Catch
Cautious
Chipmunk
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Daughter
Dawn
Deacon
Decree
Denims
Derogate
Desire
Desolate
Disappointed
Donee

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Duplex
Effigy
Elevate
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Jacks

Jaded
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Keeper
Kegs
Kennel
Leech
Legal
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Lumber
Mantels
Meats
Merry
Mesa
Messy
Miter
Mixer
Muddy
Neighborhood
Neon
Nickname
Nook
Ogre
Oiler
Olden
Oleo

Pauper
Polio
Pram
Prone
Proof
Quash
Rabbi
Raven
Raze
Roasts
Silver
Substantial
Subterranean
Tends
Thingamajig
Third
Turned
Upset
Vestiges
Vexed
Waxen
Width
Wife
Womb
Zesty

61 CROSSWORD



ACROSS

- 1. Breaks down, naturally
- 5. Grasped in the hands
- 9. Automobile
- 12. Wicked
- 13. Catch up with and go beyond
- 15. Say it's not so
- 16. Encountered
- 17. Largest continent
- 18. — else
- 19. Female chicken
- 20. Use money
- 21. Puts into Morse symbols
- 24. Payable
- 25. Might; strength
- 26. Falsehood
- 27. Cursy
- 30. So be it!
- 31. Dusting cloth
- 32. Volcanic overflow
- 33. Marry
- 34. It "runneth over"
- 35. Sat for a portrait
- 36. Frying vessel
- 37. Lake liquid

- 38. Use a colander
- 41. Baseball club
- 42. The man
- 44. Undercooked
- 45. Label
- 46. On the Mediterranean
- 48. Cooked too long
- 50. Sailing craft
- 51. Root vegetable
- 52. Single bills
- 53. Final points

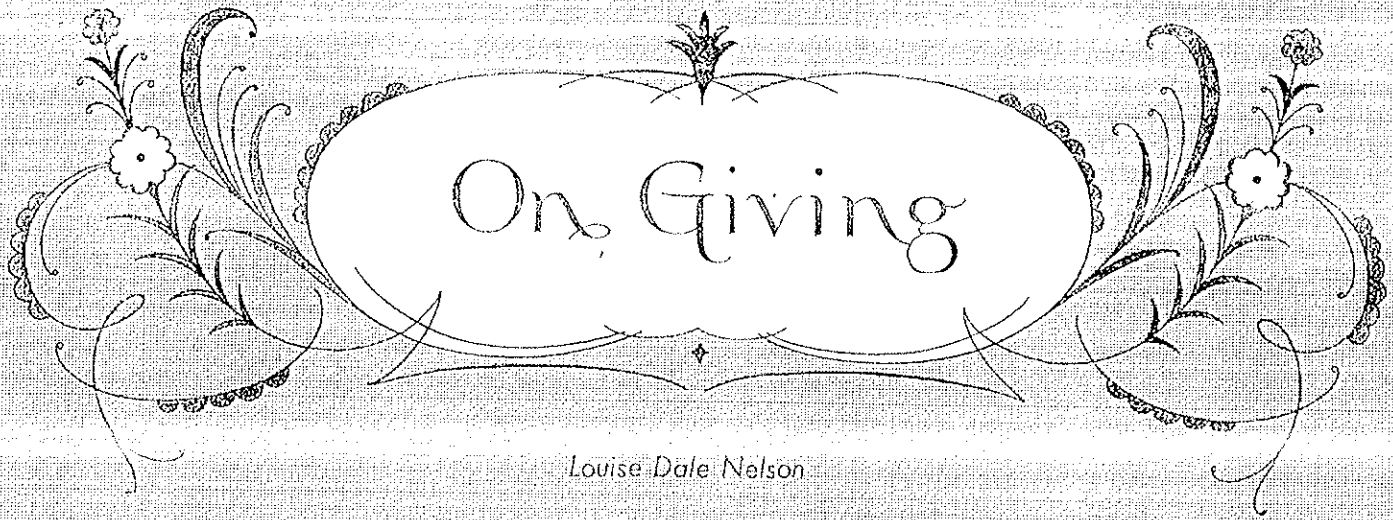
- 5. Dwellings
- 6. Not odd
- 7. Allow
- 8. Surgeon's title: abbr.
- 9. Protective cover
- 10. Related (to)
- 11. Peruse
- 14. Recording ribbon
- 19. That woman
- 20. Bring to court
- 22. Had a debt
- 23. Cozy room
- 24. Use a shovel
- 25. Animal's foot
- 26. Racing circuit
- 27. Foundation
- 28. In the sky
- 29. Bankroll: slang
- 31. Sprint
- 32. Parking area
- 34. Is able to
- 35. Butter square
- 36. Wharf
- 37. Carries on, as war
- 38. Let go of
- 39. Talk wildly
- 40. Region
- 41. Cause of distress
- 43. Dines
- 45. 2,000 pounds
- 46. Lincoln nickname
- 47. Mom's boy
- 49. Perform

DOWN

- 1. Decorate again
- 2. Surmount (obstacles)
- 3. Roofing metal
- 4. Crafty

1	2	3	4		5	6	7	8		9	10	11
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44						45					46	47
48						49					50	
51						52					53	

Solution is on page 140



Sometimes the gift we have to give
Seems very small indeed,
But often it's the little things
That fill the greatest need.

*A shielding hand to break a fall,
A smile, a warm handshake
Are help for all our weaknesses
That serve for goodness sake.*

Encouragement or words of praise
Are lodestones filled with power
That swing the pendulum of hope
Through that sustaining hour.

*Sometimes the one who climbs the hill
Just needs a little shove,
An earnest prayer in his behalf
Will lift two souls above.*

No person is too small or poor
To do some thoughtful thing,
The little grace notes that you add
May make a sad heart sing.

*Kindness is the language spoken
That every kindred knows,
And from each little seed we sow,
A sweet remembrance grows.*

Remedies We'd Rather Forget



Odor Would Chase Anything Away

WHEN I WAS in elementary school, in Butte, Montana, in the 1930s, at the first sign of a sore throat or a cough, my mother would rub my chest with goose grease and cover it with a mustard plaster, which was kept heated with a wet, hot towel.

When the mustard plaster became hot, the goose grease liquefied and went into my pores and cleaned them out—or maybe the odor did the trick.

If my throat became sore, she would put a piece of bacon rind inside a cloth and tie it around my neck. I wore this to school all day.

Sometimes she would replace this with a string to which she had tied a bag of asafetida, which had a horrible odor.

These methods were meant to ward off germs and cure the situation. Perhaps they did. All I know for sure was that they were uncomfortable and obnoxious. However, eventually the cold and sore throat would improve and get better.

—Al Finley, Spokane, Washington

Mother Knew Best

WHENEVER my sister Verda and I acted the least bit listless, our mother would run for the bottle of vermifuge, supposedly a remedy for worms. Parents thought listlessness was a symptom of worms.

We didn't mind, as vermifuge had a flavor of licorice and we suffered no aftereffects.

Another remedy was castor oil in orange juice. If we acted as if we were coming down with a cold, this is what we got.

Mother would fix the "highball" of juice and oil, then add a little baking soda so it would fizz.

Then she'd hand it to us with a

firm command of "Drink up!"

We always got results.

—Lenore Billows, Trail, Oregon

Painted Sun 1951

I'LL NEVER FORGET that old-fashioned antiseptic, Mercurochrome, that vile, neon orange-pink solution that my mother would dab on my cuts as a child.

It stung as though it were pure vinegar, mixed with battery acid!

The orange-pink stained your skin long after the wound had healed.

—Lois Gibson-Cowls
Amsterdam, New York

Watkins to the Rescue!

IN THE MID-1960s, when I was about 8, my next-older sister, Barb, and I were spending the night at our grandparents' home in Columbus, Nebraska.

I had a nagging cough from a recent cold that only presented itself when I lay down. That night, we'd gone to bed and, of course, I started to cough.

Suddenly, Grandpa opened the door to our room and never said a word or turned on a light, but started spraying some kind of mist in the air.

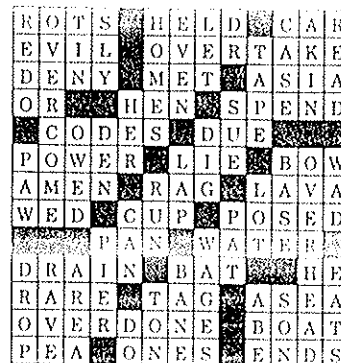
It was dark, and he obviously wasn't aware of how much he was spraying, because it was turning into a fog. Our eyes were watering and, by then, we both were coughing and ducking under the covers, hacking and laughing.

Grandpa was the Watkins man for the area, and the product was supposed to stop a hacking cough.

—Beth Rice, Columbus, Nebraska

These remedies are shared for fun and are not recommended for use.

CROSSWORD 61



In the good old days:

Close your eyes.....And go back....
Before the Internet or the MAC,
Before semi automatics and crack

Before chronic and indo
Before SEGA or Super Nintendo

Way back.....

I'm talkin' bout hide and go seek at dusk.

Sittin' on the porch, Hot bread and butter.

The Good Humor man,
Red light, Green light.

Chocolate milk,
Lunch tickets,
Penny candy in a brown paper bag.

Playin' Pinball in the corner store.

Hopscotch, butterscotch, doubledutch
Jacks, kickball, dodgeball, y'all!

Mother May I?
Red Rover and Roly Poly

Hula Hoops and Sunflower Seeds,
Jolly Ranchers, Banana Splits
Wax Lips and Mustaches

Running through the sprinkler
The smell of the sun and lickin' salty lips....

Wait.....

Watchin' Saturday Morning cartoons, Fat Albert, Road Runner
He-Man, The Three Stooges, and Bugs,

How Well Do You Know Your Slogans?

REMEMBER WHEN it seemed that nearly every product had some kind of snappy slogan? This list was sent to us by Charles C. Fishburne Sr. of Winston-Salem, North Carolina, who wonders how many readers know what the slogans represented.

Just for fun, try to come up with the product or company connected with each slogan. The answers are listed upside down at the bottom of the page.

1. "You'll wonder where the yellow went when you brush your teeth with _____."
2. "Hasn't scratched yet," _____.
3. "Trust your car to the man who wears the star," _____.
4. "Keep that schoolgirl complexion," _____.
5. "_____, for the smile of beauty; _____, for the smile of health."
6. "Drink a bite to eat at 10, 2 and 4," _____.
7. "Sleep like a kitten," _____.
8. "Nature in the raw is seldom mild," _____.
9. "Not a cough in a carload," _____.
10. "His master's voice," _____.
11. "A little dab'll do ya," _____.
12. "Fifty million times a day, at home, at work or on the way, there's nothing like a _____, nothing like a _____."
13. "If it hasn't a hole, it isn't a _____."
14. "Don't put a cold in your pocket," _____.
15. "Clotheslines are for the birds," _____.
16. "Go _____—and leave the driving to us."
17. "Built to last 100,000 miles," _____.
18. "The best part of wakin' up, is _____ in your cup."
19. "I'd walk a mile for a _____."
20. "Exciting things happen when it's _____."

ANSWERS 1. Pepsodent. 2. Bon Ami. 3. Texaco. 4. Palmolive. 5. Ipana, Sal Hepatica. 6. Dr. Pepper. 7. C&O Railway. 8. Lucky Strike cigarettes. 9. Old Gold cigarettes. 10. Victor and RCA Victor products. 11. Brylcreem. 12. Coca-Cola, Coke. 13. Life Saver. 14. Kleenex tissues. 15. Westinghouse dryers. 16. Greyhound. 17. Pontiac. 18. Followers. 19. Camel cigarettes. 20. Evening in Paris.

**INCOME TAX SERVICE 2008
WILL BE DONE AT:
RENFREW COMMUNITY CENTRE
2929 EAST 22ND AVENUE**

PLEASE CALL 604 257 8388 TO BOOK AN APPOINTMENT

**APPOINTMENTS START AT
10:00 AM
TUESDAY, THURSDAY AND FRIDAY**



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

BUMPER STICKERS SEEN ON RETIREE'S CARS

**I asked my wife if old men wear boxers or briefs?
She said Depends.**
www.pmcaregivers.com/Humor.htm

**The only trouble with retirement...
you never get a dam day off.**
www.pmcaregivers.com/Humor.htm

PROGRAM NOTES

for April

ARTS, HEALTH and SENIORS PROJECT

The AHS Project will be moving from Friday mornings to Tuesday mornings, beginning in April.

Carmen, Yoko, and Cheryl of the Arts Project requested this change of day. Donna, Mac and Annitta subsequently discussed this request with the Tuesday Senior participants. The consensus was that this would be acceptable providing other current Tuesday programs were not adversely affected.

We have therefore made some adjustments to accommodate these changes. There will be alternative activities on Tuesday mornings for those of you who do not wish to participate in the Arts Project. Suggestions by you include table games, i.e. Scrabble, Current Events, Exercises, and opportunity to use the treadmill. Please let Annitta or Mac know if there are other activities we can include Tuesday's or Friday's.

On the days of the Mystery Trip, we will ask that the art project is shortened so you can enjoy both.

Tai Chi has been transferred from Tuesday to Friday mornings.

Thanks to all of you who participate in the "Think Tank" planning sessions. Your participation can only make the programs we offer better.

Our heartfelt thanks to you, Fatima for the wonderful meals you made for us while filling in for Audrey. The meals were delicious, the desserts divine, and the home baked goodies for afternoon tea were real treats. We also benefitted from your knowledge of nutrition ... and help with computer programs.

Highlights for April

Gardening with Jean

Monday, April 7

10:30 – 11:30

Thursday, April 10

1 – 2 pm

Jean has graciously volunteered to lead several small groups in container planting. This is our first gardening effort and it should be fun. Garden groups will be limited to 5 people each so if you're interested see Annitta to register.



Aloha...Hawaiian Day

Kona Serenaders' will entertain us in the afternoon. You all really enjoyed them last time, so wear your best Hawaiian outfits and get ready to dance the hula!! Let's make it a theme day. If you don't have a "Hawaiian" outfit, wear bright colors. We'll supply colorful leis for everyone.



Presentations

Homeopathic Medicine

El Cecchetto
Tuesday, April 22
1:00 pm

HandiDart Presentation

Tuesday, April 29
1:00 pm
Come get your questions answered.

Entertainment

Monday, April 14
1:00 pm
Woojie and Singa
Classical guitar duo

Wednesday, April 30
Alexis
Classical Piano
1:00 pm

Stuart's Luchtime concerts
Friday, April 4
Thursday, April 10
Wednesday, April 16
Monday, April 28



Celebrate Earth Day

Monday April 21
Theme for the day will be "celebrating our planet". All activities will revolve around this.

Irene's Pampering Salon

Thursday, April 3
Monday, April 7
Thursday, April 17
Friday, April 25
Come get your hands massaged and fingernails painted.

STEP OUT TRIP

Trolls in West Vancouver

Wednesday, April 23

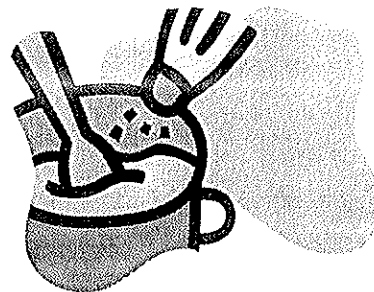
One of our favorite places!! Cost to be announced.

ANNUAL MEMBERSHIP DUES

Membership in Renfrew Collingwood Seniors' Society is still just \$5.00 per year...and **membership renewals are now due**. Your membership is effective from April 1 to March 31. Some of you have already renewed your membership for 2008 and we thank you. For those of you who have not renewed your membership, Iris will accept your membership fees and issue renewal cards between 11:00 am and 2:30 pm, Monday to Friday. Also, Laura will be accepting membership renewals at RenCol on Tuesdays and Fridays. For those who are unable to come in during this time, there will also be a table at the **Annual General Meeting on Saturday, June 14th** where you may renew your membership prior to the meeting.

WELCOME BACK

AUDREY



April

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 Arts & Health Workshop Scrabble Active Games	2 Spice of Life Pool Noodle Hockey	3 Art Collage Class Irene's Nail Salon Carpet Bowling	4 Tai Chi Stuart's Lunchtime Concert Bingo	5
6	7 "Hangman" Gardening with Jean Irene's Nail Salon	8 Arts & Health Workshop Scrabble Scenic Drive "Deas Island"	9 Trivia Challenge Flower Arranging	10 Spice of Life Gardening with Jean Table games	11 New, Views Attitudes Bingo	12
13 	14 Spice of Life Woojie & Sinji Classical Brazilian Guitar	15 Art & Health Workshop Scrabble Musical Bingo	16 "Music in the Morning" DVD Mix Stuarts Lunch Concert Carpet Bowling	17 Hawaiian Day Theme Irene's Nail Salon Kona Seranadors On Steel Guitars	18 News, Views & Attitude Bingo	19 
20	21 Earth Day Celebration Creative Art Project	22 Art & Health Workshop Scrabble Homeopathic Medicine Presentation	23 Restaurant Outing Troll's at Horseshoe Bay	24 "Music in the Morning" DVD Mix Creative Art Project	25 News, Views & Attitude Bingo	26
27 	28 Spice of Life Stuart's Lunch Concert Picture Bingo	29 Art & Health Workshop Scrabble Handi Dart Presentation	30 Trivia Challenge Alexis Classical Piano			