



Campbell River Seniors' Centre Newsletter



January 2015

2014 Executive

President	Helen Whitaker
Vice-President	Bev Birce
Treasurer	Doug Vater
Secretary	Jean Driscoll-Bell
Past President	Jim Best
Kitchen Manager	Jan Askew
Publicity	Karen Driscoll
Greeter	Bernie Charpentier
Activities	Debbie Dickie
Privacy Officer	Sterling Campbell
	Wayne Bernard



Campbell River Seniors' Centre

The Common Mall

Ironwood Road

Phone 250-914-4401

Website

www.crseniors.com



The hardest thing to give is...in!

News & Views

A new beginning in a New Year.

The long standing activities; bingo and Mexican train have sorted out themselves, their supplies and their needed space. Jessie's Place, the room with carpet and low ceiling is home to crafts, cards and drawing.

Crib and bridge are underway and there is a sign-up sheet for other card games. The drawing group is a free, no pressure, fun, drop-in session on Tuesdays and Thursdays at 10:00.

The City of Campbell River Recreation Department has several instructors that are really tuned into seniors. They will be conducting "Fit For Health" exercises {some sitting in a chair exercises} in the Centre courtyard of the Campbell River Common. The Classes are on Mondays & Thursdays 10:30 – 11:30 starting January 12th. Give It a Try!! Those who took the project classes really enjoyed themselves. **And it is FREE!** Can't beat that! I am looking forward to be able to tie up my shoelaces without such a struggle.

The 2014 board will see their term out by ironing out some of the wrinkles of settling into a new place. We have stayed within our budgets; both for the kitchen and for the renovations to the rest of the areas. Decisions that involve more expenditures for programs have been deferred to the incoming board. There has been a membership surge.

Continued on page 2

The Common Mall

9:30 - 3:00

Programs

Lunch 11:00 - 1:00

Bingo

Mexican Train

Crib

Card Games

Crafts

Drawing

Pot Luck Lunches

Speakers

50/50 Draw

Line Dancing

Yoga

Continued from Page 1

Welcome to the new members that have never been part of the Society.

The present programs welcome new members. If you have an interest that is not available....please find some like minded friends and seek a time and place on the schedule.

We are a volunteer driven, self structuring society. Much of the volunteer activity can be done at the committee level. We have an archives committee and a decorating committee. We could do with an events {party} planning group. Think about the time, expertise, energy that you have to give and find a place with us. There is a need for volunteers with governing expertise.

But mostly there is a need for kitchen volunteers. Have you got two or three hours to be part of a prep crew, a serving crew or a cleanup crew? Food safe is needed by just one member of the team...we can all peel vegetables and share a coffee while we do it. Or come in at 2:00 and empty the coffee urns, gather and rinse the stray cups. We have great cashiers but back up volunteers are always needed.

Let me know when you can start. Leave a message for Helen at the Senior Centre 250-914-4401 or at home 250-926-0108.

The B.C. Seniors' Advocate, Ms. Isobel MacKenzie will be holding a Town Hall type meeting at The Seniors' Centre at The Common, Tuesday, January 13th. Please come...10:00 a.m. To noon. Morning refreshments will be served.



We will have a pot luck on Friday, January 16th. Please have your food at The Centre between 11:30 – 11:45 and will eat at 12:00. Also, Please be prepared to bring a dish to feed at least 5 people or a single person will be charged \$5.00 a couple \$7.00.

The kitchen volunteers would like to thank the wonderful people who very generously donated Corelle dishes to us. To Mary Thurston thank you and also your donation of CD's. Unfortunately we do not know who the other generous members were that donated the dishes. We would like for you to let us know so that we can publish your names in our newsletter. Thank You again.



Working people frequently ask retired people what they do to make their days interesting? Well for example, the other day, Mary my wife and I went into town to shop. When we came out, there was a cop writing out a parking ticket.

We went up to him and I said, 'Come on man, how about giving a senior citizen a break? He ignored us and continued writing the ticket. I called him an idiot. He glared at me and started writing another ticket for having worn out tires. So Mary called him a jerk. He finished the second ticket and put it on the windshield with the first. Then he started writing more tickets. This went on for about 20 minutes. The more we abused him, the more tickets he wrote.

Just then our bus arrived and we got on and went home.

We try to have a little fun each day now that we're retired. It's important at our age!

IMPORTANT DATES:

Tuesday, January 13th, 2015 from 10:00 – 12:00 Town Hall meeting with Ms. Isobel MacKenzie

Tuesday, February 10th, 2015 from 1:00 – 3:00 - Annual General Meeting

Please come out and hear and read the annual reports from the members of the board. Bring your membership card and be prepared to vote in the new board for 2015. Societies thrive when members participate. Helen

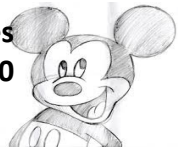


LINE DANCING

Line Dancing will be from 10:30 to 12:00 on Mondays and Fridays in the "E Wing".



We are now starting Art Classes Tuesdays & Thursdays from 10:00 – 12:00 in Jessie's Place.



YOGA

Your Seniors' Centre is happy to announce that the Yoga program has moved to the Campbell River Common Mall in the "E Wing" on January 5th, 2015. We are unhappy to announce that we are currently at capacity. We ask your patience and hope that you will put your name on a waiting list until we have some space. If you were hoping to join the Yoga program you can contact Bev (instructor) through e-mail bbirce@telus.net. Please give me your name, phone number and e-mail address. When there appears to be some space I will contact the people on the list. Our hours will be: Monday, Wednesday and Friday 9:30 a.m. to 10:30 a.m. We will be doing approximately 1/2 hour of yoga and 15 minutes of weights for upper body. If you know of any retired fitness instructors who would be willing to donate an hour of their time, please have them contact me.

Bev Birce
Instructor



CRAFTY CORNER

Firstly, congratulations to Gloria Erickson who won the raffle for the Snowman hooked rug that was raffled off on December 17th. Hope that you enjoy it Gloria. A very special Thank You to Margaret Cole who made the rug and was our best ticket seller!! Good on you Margaret! We made \$85.00 on the sale of raffle tickets and \$222.10 at the craft sale. A Great Big Thank You to Deena Bowerman, Margaret Cole, Doreen Forryan, Kathy Hannin, Maureen Nelson, Joyce Pelletier, Helen & Fred Schmuland and Doris Sinclair for manning the tables during the craft sale. We will meet Wednesdays for the Craft Group from 11:00 a.m. - 2:00 p.m. in Jessie's Place. We also welcome any new members who would like to join us.

We hope you all had a wonderful Christmas and New Years with your loved ones and that you all enjoy much happiness, prosperity and most of all, Good Health in 2015. If you would like further information please contact Joyce Pelletier at 250-287-2914 or e-mail joypell@shaw.ca See you in 2015.

Joyce Pelletier
Craft Committee