



Campbell River Seniors' Centre

Newsletter

November 2015

2015 Executive



Fun for Seniors

Campbell River Seniors' Centre

The Common Mall

1414 Ironwood Street

Phone 250-914-4401

Website

www.crseniors.ca



Lest We Forget

News & Views

Hi from Helen

We are coming to the end of our first year in The Common. How far we have come in just ten months! Over 800 members have been registered this year. Many took out memberships to check us out and to be supportive. Some now attend occasional events; and a few attend regular programs. The really important number is that between 70 – 150 members sign in on a daily basis.

We run exercise programs, lunch programs, and programs that promote socialization. Quite frankly we are bursting at the seams, and the board is aware that space allocation needs to be addressed.

Apologies to the members who have volunteered and not been called. We are trying to define specific roles and expectations and day and time requirements for the various volunteer spots that need to be filled. The kitchen needs a closing up person on Wednesdays and Fridays from 1:30 – 3:15 p.m. There is a very simple posted routine to follow and there is someone to work with you the first few times. There will be more about the desk volunteering and committee work in the next newsletter.

The Board meets about once a month and many of the major policies are in place. We are in need of Board members with a genuine interest in our current and future initiatives. Also, we need someone with business and accounting expertise for advice and direction. As there is not a nominating committee in place this year, we are asking individuals to consider how they can contribute. Please give it some thought.

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9:30 – 3:00

Programs

Lunch 11:00 – 1:00

Bingo

Mexican Train

Card Games

Crib

Hearts

Euchre

Bridge

Crafts

Pool Tables

Darts

Yoga

Line Dancing

Drawing

Pot Luck Dinners

Entertainers/Speakers

50/50 Draw

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As well as our internal successes, we are working to be and to be seen to be contributors to our community. Congratulations to the craft ladies for their recent success at the craft sale in The Mall.

Deena Bowman, Doris Campbell, Margaret Cole, Katie Defert, Elaine Gordon, Kathy Hannin, Ruth Ott, Charlene Robertson, Shirley Simpson, Judy Stromme, Eva Syvertsen, and Mary Thurston. Well done, craft team.

And a big thank you to the kitchen ladies for providing catering to other agencies:

Jan Askew, Camelia Bayers, Wayne Bernard, Margaret Cole, Marilyn Dean, Katie Defert, Linda Hutchings, Maureen Nelson, David Porter, Hazel Poslowsky, Shirley Simpson, Shirley Smith and Eva Syvertsen.

Helen

From the Suggestion Box:

Thank you to all who have left signed suggestions. The Board and Committees appreciate your comments and feedback.

1. There was a concern expressed about the use of walkers in The Centre, particularly about sitting on them at the tables. This is a completely acceptable practice in organizations that are not regulated by health service policies, but the concern for safety was shared and appreciated.
2. There was a concern that we were not conducting bingo call backs according to regulations, but again....as we are not a licensed bingo game we are not governed by gaming rules. But it seems that good practice has begun, and that is a good thing.
3. There have been two complaints about bingo cards spread on the tables during the lunch hours. We will compromise by asking bingo players to not access cards till 12:00 noon. And to not spread the cards out early. We may have to limit the number of cards that a person may play.
4. A suggestion that the society place hand sanitizers about the facility has been acted upon. At present there is one at the sign in desk, one in the washroom hall and one by the cashier at the lunch counter. Volunteers in the kitchen must use soap and water. And a reminder that to effectively use hand sanitizer solution the hands must be dry.
5. The request for a longer aid stick for the pool tables was discussed with the players and found to not be a pressing issue.
6. The Concerns expressed about members behavior towards one another will be addressed, in direct conversations and then by invoking a Code of Conduct for our Society. I will try to work on such a document to have ready for each of us to sign when we renew our 2016 memberships.
7. One unsigned note complimented the seasonal decorations. Thank you Simone Grieken.
8. One unsigned note complimented how well the All Candidates Meeting was conducted. Thank you to Sterling Campbell and team.
9. There was a verbal suggestion that we place a wreath at The Cenotaph on Remembrance Day again this year. Thank you to Maureen Nelson for looking after this for the Society.

Helen Whitaker

President and Keeper of the Suggestion Box

CLOSURES:

Wednesday, November 11th, 2015 – Remembrance Day



Bev Birce will be giving a talk Nov. 10th, 2015 on "Knowing Your Bladder" at 10:30 in Jessie's Room. Please sign up at the front desk if you're interested in this talk.

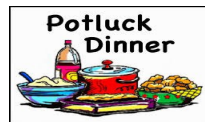
PLEASE put your phone number on the sign up sheet and also PLEASE if you are signing up for any talk or for someone doing a presentation, that you show up or at least phone The Centre to say that you are unable to make it. This is to respect the speaker and/or presenters for their work and time to come and set up.

Thank You

It's okay to dislike someone, or even dislike someone for no reason.
But it's not okay to disrespect, degrade, and humiliate that person.

Members have been inquiring about the "Fit for Life" program which is held at The Sportsplex. The classes are Mondays and Wednesdays from 10:30 – 11:30 and is one level up from "Fit for Health" which is in The Common Mall. The cost for one drop-in class is \$6.00, 10 visits is \$37.00, 3 months is \$121.00, 6 months is \$157.00, 9 months \$202.00 and 1 year is \$235.00.


If anyone would like any further information regarding the "Fit for Life" contact The Sportsplex at 250-923-7911.



Our next Potluck will be on November 20th, 2015 and will have entertainment with "Friends of Dan". We will not be having a Potluck in December.




The Centre has been asked to do The Toy & Craft Sale for the third time on Saturday, November 28th, and Sunday, November 29th, 2015. We have always done well and made a lot of money for The Centre. Please contact Jan Askew at 250-923-4858 or e-mail The Centre at crscs@shawlink.ca and leave a message if you would like to help out as we will need members on Friday which will be prep day, and on Saturday and Sunday we will need cashiers, sandwich makers, hot dog & onion cookers, counter people to sell hot dogs, chili, soups and goodies and of course dish washers. We will keep the shifts to about 4 hours or for however long you can provide. It is a lot of fun, please consider helping out as many hands make for light work!

The "Hearts Club"  will be having a short reflection meeting on November 4th, 2015 at 1:00 to discuss a time and day to try and accommodate more members participation. If you are not able to attend please contact Rob Johnson at 250-203-7588.

The Craft Ladies are at it again!! They will be at The Community Centre on Saturday, November 7th, 2015 and are asking for crafts and baking to make their sale a success.

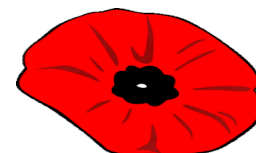
Please have any baking or crafts at The Centre before 3:00 on Friday, November 6th, 2015 or after 8:30 on Saturday morning. Thank You.

Cremation
My last chance to have a smoking hot body

Please be advised if it snows,  The Centre will be closed. If you are unsure whether The Centre will be open, phone 250-914-4401 as we do not want to put any of our volunteers, some are in at 7:30 and others who live outside the city limits in any danger of driving on slippery roads. ALSO, "Fit for Health" will also be cancelled. Thank You.

NOVEMBER 2015

LUNCH EVERY DAY 11:00 - 1:00



Monday
9:30 – 3:00

Tuesday
9:30 – 3:00

Wednesday
9:30 – 3:00

Thursday
9:30 – 3:00

Friday
9:30 – 3:00

<p>2 9:30-10:30 Yoga 10:30-12:00 Line Dancing 10:30-11:30 Fit for Health 11:00-3:00 Crafts 12:30-3:00 Crib 12:00-3:00 Mexican Train</p>	<p>3 9:30-10:30 Yoga 1:00-3:00 Bingo</p>	<p>4 9:30-10:30 Yoga 9:30-12:00 Mexican Train 10:30-3:00 Bridge 11:00-3:00 Crafts 12:00-3:00 Mexican Train 1:00-2:30 Hearts 1:30-3:15 "Final Gifts"</p>	<p>5 10:00-12:00 Drawing 10:30-11:30 Fit for Health 11:00-1:00 Hot Dogs 1:00-2:00 Social Dance 1:00-3:00 Bingo 50/50 Draw</p>	<p>6 9:30-10:30 Yoga 10:00-12:00 Advance Care Planning 10:30-12:00 Line Dancing 12:00-2:30 Euchre 12:00-3:00 Mexican Train</p>
<p>9 9:30-10:30 Yoga 10:30-12:00 Line Dancing 10:30-11:30 Fit for Health 11:00-3:00 Crafts 12:30-3:00 Crib 12:00-3:00 Mexican Train</p>	<p>10 9:30-10:30 Yoga 10:00 - 12:00 "Know Your Bladder" 1:00-3:00 Bingo</p>	<p>11 REMEMBRANCE DAY CLOSED</p>	<p>12 10:00-12:00 Drawing 10:30-11:30 Fit for Health 11:00-1:00 Hot Dogs 1:00-3:00 Bingo 50/50 Draw</p>	<p>13 9:30-10:30 Yoga 10:30-12:00 Line Dancing 12:00-2:30 Euchre 12:00-3:00 Mexican Train</p>
<p>16 9:30-10:30 Yoga 10:30-12:00 Line Dancing 10:30-11:30 Fit for Health 11:00-3:00 Crafts 12:30-3:00 Crib 12:00-3:00 Mexican Train</p>	<p>17 9:30-10:30 Yoga 1:00-3:00 Bingo 1:00 – 3:00 Board Meeting</p>	<p>18 9:30-10:30 Yoga 9:30-12:00 Mexican Train 10:30-3:00 Bridge 11:00-3:00 Crafts 12:00-3:00 Mexican Train 1:00-2:30 Hearts 1:30-3:15 "Final Gifts"</p>	<p>19 10:00-12:00 Drawing 10:30-11:30 Fit for Health 11:00-1:00 Hot Dogs 1:00-3:00 Bingo 50/50 Draw</p>	<p>20 9:30-10:30 Yoga 10:00-12:00 Advance Care Planning 10:30-12:00 Line Dancing 12:00-2:30 Euchre 12:00-3:00 Mexican Train 4:00 – 6:00 POT LUCK</p>
<p>23 9:30-10:30 Yoga 10:30-12:00 Line Dancing 10:30-11:30 Fit for Health 11:00-3:00 Crafts 12:30-3:00 Crib 12:00-3:00 Mexican Train</p>	<p>24 9:30-10:30 Yoga 1:00-3:00 Bingo 1:00 Board Meeting</p>	<p>25 9:30-10:30 Yoga 9:30-12:00 Mexican Train 10:30-3:00 Bridge 11:00-3:00 Crafts 12:00-3:00 Mexican Train 1:00-2:30 Hearts 1:30-3:15 "Final Gifts"</p>	<p>26 10:00-12:00 Drawing 10:30-11:30 Fit for Health 11:00-1:00 Hot Dogs 1:00-3:00 Bingo 50/50 Draw</p>	<p>27 9:30-10:30 Yoga 10:30-12:00 Line Dancing 12:00-2:30 Euchre 12:00-3:00 Mexican Train</p>
<p>30 9:30-10:30 Yoga 10:30-12:00 Line Dancing 10:30-11:30 Fit for Health 11:00-3:00 Crafts 12:30-3:00 Crib 12:00-3:00 Mexican Train</p>	<p>Dec. 1 9:30-10:30 Yoga 1:00-3:00 Bingo</p>	<p>Dec. 2 9:30-10:30 Yoga 9:30-12:00 Mexican Train 10:30-3:00 Bridge 11:00-3:00 Crafts 12:00-3:00 Mexican Train 1:00-2:30 Hearts 1:30-3:15 "Final Gifts"</p>	<p>Dec. 3 10:00-12:00 Drawing 10:30-11:30 Fit for Health 11:00-1:00 Hot Dogs 1:00-3:00 Bingo 50/50 Draw</p>	<p>Dec. 4 9:30-10:30 Yoga 10:30-12:00 Line Dancing 12:00-2:30 Euchre 12:00-3:00 Mexican Train</p>