



Campbell River Seniors' Centre

Newsletter

October 2015

2015 Executive



Fun for Seniors

President	Helen Whitaker
Vice-President	Bev Birce
Treasurer	Doug Vater
Secretary	Jean Driscoll-Bell
Past President	Jim Best
Kitchen Manager	Helen Whitaker
Member at Large	Jan Askew
Member at Large	Wayne Bernard
Member at Large	Sterling Campbell
Member at Large	Bernie Charpentier
Member at Large	Debbie Dickie
Member at Large	Karen Driscoll
Member at Large	Linda Hutchings

Campbell River Seniors' Centre

The Common Mall

1414 Ironwood Street

Phone 250-914-4401

Website

www.crseniors.ca

Gobble till ya



News & Views

9:30 - 3:00

Programs

Lunch 11:00 - 1:00

Bingo

Mexican Train

Card Games

Crib

Hearts

Euchre

Bridge

Crafts

Pool Tables

Yoga

Line Dancing

Drawing

Pot Luck Dinners

Entertainers/Speakers

50/50 Draw

Hi from Helen,

Thank you to all who called and wrote notes of encouragement to me this past month. I have made a relatively straight forward recovery and have a strong new knee. And a very special thank you to the volunteers who made such an extra effort over the summer to keep the Centre open and available.

David P.You were a mainstay in the kitchen. Thank You.

Alan and David....Thank You for fixing the pool table.

Sterling C.Thank You for organizing the All Candidates Meeting, and to the team that assisted you. There has been very positive feedback on the meeting from the candidates, from attendees and from the press. Well done! Such events reflect well upon seniors as a voting demographic and upon the Seniors' Centre as a facilitating organization.

Bev B.Has developed a process by which other organizations can use our space in the evenings and weekends. A huge undertaking.....Thanks Bev.

So there is good news and bad news. And lots of views accompanying!

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There are 750 plus members registered in our society. Participation in the physical and social activities is growing at an amazing rate.

The fall out:

We are not sure how to allocate space for all the growing programs.

The board is working on this issue.

We have been serving good food to an appreciative membership. We have strived to achieve consistency of quality, quantity and price, and have made progress.

We are only at the 50% mark in getting kitchen volunteers organized to times and teams that they like. And there are serious problems of internal dissent.

The kitchen services cannot continue under the present circumstances, and so the board of the CRSCS is determining a process for resolution of these issues.

We are in need of a revised and expanded Code of Conduct for all our members and volunteers, but we cannot wait for the document.

Recommendations for temporary solution options will be offered at the October board meeting.

Will keep you posted by e-mail or table top bulletins.

Helen

**BE SURE TO GET OUT AND VOTE -
MONDAY, OCTOBER 19th, 2015**



CRAFT & BAKE SALE

The Craft Ladies are hard at it making items for their upcoming craft sales. The first one will be on Saturday, October 17th, 2015 from 10:00 – 4:00 in the The Common Mall. If you have any crafts that you would like to donate, they would very much appreciate it. Also, they are asking for baked goods which is always a big money maker for The Centre. Please have your crafts and baking at The Centre on Friday, October 16th, 2015 or Saturday morning, the sooner the better so that the ladies can price the items.

The Centre will also be open to provide soup, hot dogs, sandwiches, goodies, tea & coffee for the people coming to the sale.

The other craft sale will be on November 7th, 2015 at The Community Centre. We will have more information on this craft sale in next month's newsletter.

If you're interested in joining the ladies for crafts they are always looking for new members to help make crafts for the sales.

Please contact Katie Defert at 250-923-7159 if you can help with the craft sale and Jan Askew at 250-923-4858 if you would like to help in the kitchen.

Thank You and be sure to come down and support this worthwhile cause.



Your library has so much to offer!

Book a session with one of our librarians to explore our many services, such as how to use our catalogs, check out eBooks and eMagazines, study languages online, help you with computer problems and find information on a specific topic. To book an appointment call 250-287-3655 or e-mail campbellriver@virl.bc.ca



The Senior Centre has been asked if we would like to do a concession at the Sportsplex on Saturday, October 24th, 2015 for the Home Show which is on from 10:00 – 4:00. We will be serving hot dogs, sandwiches, tea/coffee and some goodies. We are in need of people to make sandwiches, help serve the food and to do cash. We will be starting at 8:00 to to make sandwiches & get set up and will close down around 2:00 – after the lunch hour.

If you would like to help out with this worthy fund raiser, please contact Jan Askew at 250-923-4858 or e-mail The Centre at crscs@shawlink.ca and leave a message.

Come on out as we have had a lot of fun at all of the concessions that we've done and also made good money for The Centre. Hope to see you there.

Thank You

CLOSURES:

Monday, October 12th, 2015 – Thanksgiving Day



Diana Dingwall from CRESST, Campbell River Emergency Support Services will be at The Centre to speak on preparing for **“THE BIG ONE”** on Thursday, October 8th, 2015 at 10:00.

Please sign up at the front desk so that we know how many members will be attending.

Thank You

Bev Birce

Activities Coordinator

The front counter is in need of help as they are short of people to man the desk. If you can spare a morning or afternoon to answer the phone and greet people, please phone The Centre at 250-914-4401 or e-mail crscs@shawlink.ca

Thank You



A recent study revealed that people who did volunteer work at least once a week outlived those who did none, by 2 ½ to 1. That implies that doing something for other people is a powerful contributor to health and long life.



On **Friday, October 30th, 2015** we will have a **Halloween Pot Luck** from **4:00 – 6:00**. Come **dressed up in your best Halloween costume** and have some **fun**. There **will be prizes given out to the 3 best costumes** and will also have **entertainment**.

Please have your food at The Centre by 4:15. Come on out for a **lot of fun, good food and great entertainment**.



**“Final Gifts” - End of Life Planning
Part 2 workshops at The Community Centre.
What matters most?**

This series of 5 workshops is an opportunity to learn what you need to know, and work through each step, one at a time. With information, stories and support. I'll guide you through the labyrinth leading you to a real sense of accomplishment and peace of mind. Presentations by a lawyer, funeral director, health care worker, and hospice. Have your questions answered in a supportive, interactive small group. Be kind to those you leave behind by planning ahead. Part 2 starts Wednesday, October 28th, 2015, continuing November 4th, 18th, 25th and December 2, 2015 from 1:30 – 3:15 in room 2 at The Community Centre. This workshop series is limited to 12 participants. Facilitated by Margaret Verschuur of “Final Gifts” and sponsored by Boyd's Funeral Services Ltd. “Quality Care You Can Trust”. This workshop is free but registration is required. Please call Margaret at 250-204-3709 for more information or The Community Centre at 250-286-1161 to register.

**“Someday is not a day of the week”
Janet Dailey**

OCTOBER 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
Sept. 28 9:30-10:30 Yoga 10:30-12:00 Line Dancing 10:30-11:30 Fit for Health 11:00-3:00 Crafts 12:00-3:00 Crib 12:00-3:00 Mexican Train	Sept. 29 9:30-10:30 Yoga 10:00-12:00 Drawing 1:00-3:00 Bingo	Sept. 30 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 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	2 9:30-10:30 Yoga 10:30-12:00 Line Dancing 12:00-2:30 Euchre 12:00-3:00 Mexican Train
5 9:30-10:30 Yoga 10:30-12:00 Line Dancing 10:30-11:30 Fit for Health 11:00-3:00 Crafts 12:00-3:00 Crib 12:00-3:00 Mexican Train	6 9:30-10:30 Yoga 10:00-12:00 Advance Care Planning Session 1 10:00-12:00 Drawing 1:00-3:00 Bingo	7 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"	8 10:00 C.R. Emergency Support Services 10:30-11:30 Fit for Health 11:00-1:00 Hot Dogs 1:00-3:00 Bingo 50/50 Draw	9 9:30-10:30 Yoga 10:30-12:00 Line Dancing 12:00-2:30 Euchre 12:00-3:00 Mexican Train
12 THANKSGIVING DAY CLOSED	13 9:30-10:30 Yoga 10:00-12:00 Drawing 1:00-3:00 Bingo	14 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	15 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	16 9:30-10:30 Yoga 10:30-12:00 Line Dancing 12:00-2:30 Euchre 12:00-3:00 Mexican Train
19 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	20 9:30-10:30 Yoga 10:00-12:00 Advance Care Planning Session 2 10:00-12:00 Drawing 1:00-3:00 Bingo 1:00 Board Meeting	21 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	22 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	23 9:30-10:30 Yoga 10:30-12:00 Line Dancing 12:00-2:30 Euchre 12:00-3:00 Mexican Train
26 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	27 9:30-10:30 Yoga 10:00-12:00 Drawing 1:00-3:00 Bingo	28 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"	29 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	30 9:30-10:30 Yoga 10:30-12:00 Line Dancing 12:00-2:30 Euchre 12:00-3:00 Mexican Train 4:00 – 6:00 Halloween Pot Luck