



Campbell River Seniors' Centre Newsletter

March 2015

2015 Executive

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 Road

Phone 250-914-4401

Website

www.crseniors.ca



News & Views

The Common Mall

9:30 - 3:00

Programs

Lunch 11:00 - 1:00

Bingo

Mexican Train

Card Games

Crib

Hearts

Euchre

Bridge

Crafts

Drawing

Pot Luck Dinners

Entertainers/Speakers

50/50 Draw

Line Dancing

Yoga

Dear Members, {540 plus} of The Campbell River Seniors' Centre Society, The February 10th, Annual General Meeting was well reviewed by those that attended. Thanks to Jean Driscoll-Bell and her group who were so well prepared with ballots and a registration process. And thanks to Shirley Simpson who chaired the nominations committee and to Lynn Nash who presided over the election of the 2015 Board. Now that we have a permanent home, the needs of the society have shifted. The new board has met once but has not allocated responsibilities to the new priorities.

The kitchen is our main program. I have been focused on getting teams organized to volunteer time and expertise to make the kitchen run smoothly. There are still some unfilled "one and two hour" slots for 'dish duty'. We have a fairly streamlined process and a first class dishwasher, so please think about one shift once a week. It would be so appreciated.

We are going to resume our pot luck dinners but with some new guidelines so that they go more smoothly. Now that it is daylight longer we will have an early evening pot luck on Friday, March 20th from 4:00 pm to 6:00 pm. Please bring a buffet dish to share. The bread, buns & butter will be supplied by The Seniors' Centre. For those who don't cook and wish to buy the dinner, the charge will now be \$7.00 per person or \$10.00 per couple. The tables will be invited to the buffet table in sequence to make it easier for the pot luck volunteers to manage the service and help the guests that need help. We will hopefully have entertainment and as always good company as well as good food. Hope to see you there.

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A grant application has been submitted to B.C. Recreation Foundation. We are hoping to receive funding for new pool tables and will know by April if we have been successful.

Congratulations to the card groups that have gotten themselves organized and started. We are working on acquiring some good stable card tables.

We need to keep track of our attendance on various days, so please sign in upon arrival at The Centre. The membership policy remains the same as dictated by the bylaws of our Constitution. The Guest policy has been reviewed and revised to reflect the new demands upon the location.

We will need a spokesperson for each activity area, so that information can be better communicated to the various groups....bingo, Mexican train, cards, crafts, line dancing and yoga. Please talk amongst yourselves and choose a representative.

Hoping for lots more news next month.

Helen



CRSCS MEMBERSHIP AND GUEST POLICY

Revised February 2015

Membership is available to all persons 55 years of age {plus}

Members are required to sign in upon each visit, please record your membership number

Membership is available to persons from Campbell River and District; Area D and from all the North Island Communities

Non members are welcome as GUESTS Guests must sign the guest book

GUESTS who are coming for lunch are welcome anytime and should sign in as lunch guests

GUESTS who are coming in to try out a program are welcome to do so for three visits. After three visits, they are expected to take out a membership and they must qualify for membership under the above bylaws

CARE GIVERS who attend with a member are accepted as special guests; and they may participate in any program such as bingo or the 50/50 draw

Please be sure to check out our website at www.crseniors.ca to check out several links to keep you informed.

The links are:

Calendar – Lets you know what is happening every day

History - Lets you know what a Senior Centre is, our Mission Statement and our Goals

Our Board – Lists the members of The Board for 2015

Gallery – Pictures of past parties and activities

Links – Nine links to choose from – CPP & OAS, Handy Dart, B.C. Nurses Line, Tourism, Forecast plus several more

Meetings – Lists the AGM's for each year and the board meetings, also the Amended Constitution and By-Laws of April 29, 2014

Membership – Lets you know the cost, when and how much the reduction comes into effect, etc.

Volunteers - Lets you know where there is a need to volunteer and has a place to reply

Newsletters – Copies of the newsletter

IMPORTANT DATES:

Sunday, March 8th, 2015 - Daylight Savings Time – be sure to turn your clock forward 1 hour before going to bed on Saturday, March 7th, 2015
Friday, March 20th, 2015 - First day of Spring – Yeah!!



The Craft Ladies are working very hard getting ready for their next craft sale and are in need of supplies. If anyone has any of the following you would like to donate to them:

- Any colour of embroidery floss
- Any colour of card stock
- Glue guns and glue sticks
- Scissors
- All kinds of yarn, especially cotton
- Cotton material
- White glue



All donations would be greatly appreciated.
Thank You



The kitchen volunteers are very grateful to those members that very generously donated Corelle plates. We have replaced our old heavy ones we were using but still need more if anyone could donate any that you no longer need.

If anyone has Corelle spaghetti plates that you no longer want, they would also be welcomed. Spaghetti plates are a cross between a lunch plate and a soup bowl and much easier to eat things like spaghetti & noodles out of. If anyone has aprons of any size that you no longer need, we also have a few gentlemen volunteering in the kitchen and could use some LARGE aprons to fit them if you have any to donate.

Thank You to Peggy Smythe for her donation of plates.
Also a HUGE THANK YOU to Mary Thurston for very generously donating a Kitchen Aide food processor which was very high on the kitchen's wish list. Thank You Mary.

Answers to last month's quiz:

B.C. Geography:

1. Mineral Creek...Gold River
2. Over cook a honey maker...Burnaby
3. Dickens character...Oliver
4. Cat's rug...Kitamat
5. Soup Stream...Campbell River
6. Balcony...Terrace
7. Sense of purpose...Mission

If you live long enough, you'll make mistakes.
But if you learn from them, you'll be a better person.

Only Irish coffee provides in a single glass all four essential food groups: Alcohol, Caffeine, Sugar, and Fat
-Alex Levine
Happy St Patrick's Day
YourBirthDayQuotes.com



Good Ol' Boys

A Florida senior citizen drove his brand new Corvette out of the dealership. Taking off down the road, he pushed it to 80 MPH, enjoying the wind blowing through what little hair he had left. "Amazing", he thought as he flew down I-95, pushing the pedal even more. Looking in his rear view mirror, he saw a Florida State Trooper, blue lights flashing and siren blaring. He floored it to 100 MPH, then 110, all of a sudden he thought, "What am I doing?" I'm too old for this! And pulled over to await the trooper's arrival. Pulling in behind him, the Trooper got out of his vehicle and walked up to the Corvette. He looked at his watch, then said "Sir, my shift ends in 30 minutes, today is Friday, if you give me a new reason for speeding – a reason I've never heard before – I'll let you go." The old gentleman paused then said, "3 years ago my wife ran off with a Florida State Trooper. I thought you were bringing her back!"
"Have a good day, sir" replied the Trooper.

Thanks to Sterling Campbell for the joke. If you have a chuckle you would like to share in the newsletter, pass it along.

MARCH 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 Life 11:00-3:00 Crafts 12:30-3:00 Crib 12:00-3:00 Mexican Train</p>	<p>3 10:00-12:00 Drawing 1:00-3:00 Bingo</p>	<p>4 9:30-10:30 Yoga 10:00-12:00 Mexican Train 11:00-3:00 Crafts 10:30-3:00 Bridge 1:00-2:30 Hearts 12:00-3:00 Mexican Train</p>	<p>5 10:00-12:00 Drawing 10:30-11:30 Fit for Life 11:00-1:00 Hot Dogs 1:00-3:00 Bingo 50/50 Draw</p>	<p>6 9:30-10:30 Yoga 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 Life 11:00-3:00 Crafts 12:30-3:00 Crib 12:00-3:00 Mexican Train</p>	<p>10 10:00-12:00 Drawing 1:00-3:00 Bingo</p>	<p>11 9:30-10:30 Yoga 10:00-12:00 Mexican Train 11:00-3:00 Crafts 10:30-3:00 Bridge 1:00-2:30 Hearts 12:00-3:00 Mexican Train</p>	<p>:12 10:00-12:00 Drawing 10:30-11:30 Fit for Life 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 Life 11:00-3:00 Crafts 12:30-3:00 Crib 12:00-3:00 Mexican Train</p>	<p>17 10:00-12:00 Drawing 1:00-3:00 Bingo</p>	<p>18 9:30-10:30 Yoga 10:00-12:00 Mexican Train 11:00-3:00 Crafts 10:30-3:00 Bridge 1:00-2:30 Hearts 12:00-3:00 Mexican Train</p>	<p>19 10:00-12:00 Drawing 10:30-11:30 Fit for Life 11:00-1:00 Hot Dogs 1:00-3:00 Bingo 50/50 Draw</p>	<p>20 9:30-10:30 Yoga 10:30-12:00 Line Dancing 12:00-2:30 Euchre 12:00-3:00 Mexican Train 4:00 Pot Luck</p>
<p>23 9:30-10:30 Yoga 10:30-12:00 Line Dancing 10:30-11:30 Fit for Life 11:00-3:00 Crafts 12:30-3:00 Crib 12:00-3:00 Mexican Train</p>	<p>24 10:00-12:00 Drawing 1:00-3:00 Bingo</p>	<p>25 9:30-10:30 Yoga 10:00-12:00 Mexican Train 11:00-3:00 Crafts 10:30-3:00 Bridge 1:00-2:30 Hearts 12:00-3:00 Mexican Train</p>	<p>26 10:00-12:00 Drawing 10:30-11:30 Fit for Life 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>*Yoga & Line Dancing E Wing</p>	<p>*Crafts, Drawing, Crib, Bridge, Hearts & Euchre Jessie's Place</p>	<p>*Mexican Train Main Hall</p>	<p>*Fit for Life Centre Court The Common Mall</p>