



Campbell River Seniors' Centre

Newsletter

September 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 Street

Phone 250-914-4401

Website

www.crseniors.ca



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

With Helen away having a knee replaced we've not much news to report. She is doing very well and the doctor is exceptionally pleased with her recovery and should be back "running" the Centre as soon as she can. She is not doing well with sitting around with nothing to do but watch the dust collect on her rooster & chicken collection and not able to anything about it. Thankfully her friend Glen has put her onto the Blue Jays.

Helen will be back next month and will have something to report then. She does thank everyone for keeping the Centre running so smoothly.

We will be having the Pot Luck on Thursday, September 24th, 2015. We're sorry to have to keep changing the day from month to month but are trying to see what day works best as the Friday did not work out well for the entertainment as they have prior engagements.

Please have your food at the Centre by 4:15



CLOSURES:

Monday, September 7th, 2015 – Labour Day

IMPORTANT NOTICES:

Friday, September 11th & 25th, 2015 - Advance Care Planning
Saturday, September 12th, 2015 - Volunteer Fair in Spirit Square
Wednesday, September 16th, 23rd, 30th, 2015 - Final Gifts
Thursday, September 17th, & 24th, 2015 - Social Dance
Tuesday, September 22nd, 2015 – All Candidates Meeting -
More info to follow

Tuesday, September 8th, 2015 – Wendy's Yoga starts -
New members welcome
Wednesday, September 9th, 2015 – Bev's Yoga starts -
Existing members welcome back



Good News!!!! The Board has now finalized a rental agreement for outside groups to use our premises. There will be a brochure available at the front desk in the coming days for those interested.



Advance Care Planning – at the C.R. Seniors' Centre on Friday, September 11th, 2015 at 10:00, Session 1 Nuts & Bolts. This program is a 2 part program put on by The Hospice Society and helps us with our final wishes clear for our families. You must attend Session 1 in order to attend Session 2 on Friday, September 25th, 2015 at 10:00, Questions & Answers. The second set of dates are October 6th & October 20th, 2015. Limited to 10 persons. Please sign up at the front desk.

Documentary Film Night at the Library.
The National Film Board fall program presents a new, relevant, thought provoking documentary on September 16th, 2015 at 5:30 – 7:30. This will be an ongoing program.

Shih Tzu puppies for sale:

4 Adorable Shih Tzu puppies for sale; 3 males and 1 female. First shots, paper-trained, healthy and Vet checked. Please call Paulette at 250-923-4761.



"Final Gifts" End of Life Planning workshops at the Community Centre

End of life planning; it's an overwhelming task and easy to procrastinate. This series of 4 workshops is an opportunity to find out what matters most, learn what you don't know, and work at it one step 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, financial adviser and insurance agent. Have your questions answered in a supportive, interactive small group. Be kind to those you leave behind by planning ahead.
Part 1 starts Wednesday, September 16th, 23rd, 30th & Oct. 7th, 2015 from 1:30 – 3:15 in room 2 of the Community Centre. Part 2 will be in October. This workshop 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 or Boyd's at 250-287-2240.

"It is one of the most beautiful compensations of life that no person can sincerely try to help another without helping her or himself"
Ralph Waldo Emerson



Social Dance - Barb Shore is offering dance lessons on Thursdays, September 17th & 24th, 2015 from 1:00 – 2:00 in the Yoga & Dance Studio. The lessons will also be on Thursdays, October 15th, 22nd & 29th, 2015 and Thursday, November 5th, 2015. Come with or without a partner.

Our dartboard is up and ready to be used. Sign up at the front desk and get together in teams or just come in and practice yourself.



"Fit for Health" will be starting up again Monday, September 14th, 2015 in the center court of The Mall from 10:30 – 11:30. Come on down get some exercise, have fun then head on down to the Senior Centre for a delicious lunch.



The C.R. Seniors' Centre would like to send out a Thank You to Windsor Plywood for supplying a backboard for the dart board at a reduced rate to us. Also, Thank You to Canada Flooring Campbell River for carpeting so that the darts will not get damaged if they should fall on the floor. Both Companies very generously sold the carpeting and a backboard for our dartboards to us at an excellent price.

It is companies like them that help our seniors lead healthy active lives. And we Thank You very much.

Silver Fox Run

Campbell River's 1st SILVER FOX RUN for Seniors will be held on September 30th, 2015 in partnership with the City of Campbell River Parks, Recreation & Culture Dept. The walk begins and ends at the Community Centre from 1:00 – 3:00. Come join the fun; walk, run, wheel or ride. We will have pledge forms for Cancer Research.

Non-Profit Fair

On Saturday, September 12th, 2015 in Spirit Square put on by The Volunteer Centre. We will have a display along with 25 other volunteer organizations. Come out support us, have a BBQ lunch hosted by Daybreak Rotary and listen to some lively music.



Ladies pool will be starting up in September, date not assigned as yet. If you're interested in playing, there is a sign up sheet at the front desk. Even if you have never held a pool cue, come out and learn. There are several members who are more than willing to teach anyone that would like to play.

Yes, I have OCD
Old, Cranky and Dangerous



Sitting on the side of the highway to catch speeding drivers, a State Police Officer sees a car pattering along at 22 MPH. He thinks to himself, this driver is just as dangerous as a speeder! So he turns on his lights and pulls the driver over. Approaching the car, he notices that there are 5 old ladies – 2 in the front seat and 3 in the back – wide eyed and white as ghosts. The driver, obviously confused, says to him "Officer, I don't understand, I was doing exactly the speed limit! What seems to be the problem?"

"Ma'am," the officer replies, "you weren't speeding, but you should know that driving slower than the speed limit can also be a danger to other drivers."

"Slower than the speed limit? No sir, I was doing the speed limit exactly....Twenty-Two miles an hour! The old woman says a bit proudly."

The State Police Officer, trying to contain a chuckle explains to her that "22" was the route number, not the speed limit. A bit embarrassed, the woman grinned and thanked the officer for pointing out her error. But before I let you go, Ma'am, I have to ask....Is everyone in the car all right? These women seem awfully shaken and they haven't muttered a single peep this whole time," the officer asks.

"Oh, they'll be all right in a minute officer, We just got off of Route 119."

