



Campbell River Seniors' Centre Newsletter

June 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

A presentation was made to the City Council on Monday, May 25th, 2015. Please check our website or find a copy of the talk at the desk to read it all. And remember our Facebook page for a visit and "like".

I went to City Council to thank them for supporting us, and to tell them about what we have been able to achieve in our first 20 weeks.

And there are so many more thank yous to be spoken.

We have wonderful volunteers.....but this month I am going to mention that "Little Things Mean a lot".

Shirley Smith - picks up the laundry on Fridays.....and returns fresh towels and aprons to the kitchen.

Verda Schneider - washes down the tables while she is waiting for the Handy Dart transportation

Glen Jenks - takes care of the plastic recycle.

All these efforts add to our organization in a meaningful way. So thank you to those who see a way to contribute and 'Just Do It'.

Cheers

Helen

Correction: In last month's newsletter under "News & Views" – the suggestion box on the shelf, should have read "outside the pantry door – not panty door".



The Centre will be setting up a **"BORROW BOOK"** at the front desk for anyone wishing the use of a cane or walker. If anyone would like to borrow a wheel chair, it is for **"weekends only"**.

The Centre would like to give a great big Thank You to Nora Henry for the donation of 4 canes. Thank You very much Nora, they will be put to good use.

The Tuesday Yoga class is doing well and still has room for more participants. Wendy has agreed to do another month and will continue until June 30th. Sign up and come on down on Tuesday mornings between 9:30 – 10:30 and be ready ahead of time please. Also, please wear comfortable clothing and bring a yoga mat.



The Centre is wanting to bring in speakers and would like to know what topics would be of interest to you, if you have any requests, subjects or ideas, please contact me through The Centre at 250-914-4401 or e-mail at crscs@shawlink.ca or leave a message at the front desk. Thank You
Bev Birce
Activities Coordinator

The kitchen is in need of volunteers!! Please consider giving 3 – 4 hours of your time as volunteers that are in the kitchen now are going on holidays. We need people to make sandwiches, prep work, serving and to do cash. A cook would be a great help as well. Please see Helen Whitaker or Jan Askew at the Centre, phone 250-914-4401 or e-mail crscs@shawlink.ca and leave a message if you can help out. Thank You



We have arranged to have a Licensed Practical Nurse come to The Centre to give our members foot care every **"FIRST"** Tuesday of the month starting Tuesday, June 2nd. She has 40 years of experience and can deal with patients with diabetes and other health considerations and is also recognized as a health care provider for the Dept. of Veterans Affairs. Her receipts are tax deductible and is giving us a reduced rate of \$30.00 a treatment. This is \$10.00 off from the regular price. Each session is approximately 40 minutes in length where she clips nails, files calluses, examines your feet and will let you know of any further problems with them.

Date: Tuesday, June 2nd

Time: 11:00 – 1:00

Once a month, First Tuesday

If you are interested, please sign up at the front desk.

Thank You,

Bev Birce

Activities Coordinator



Line Dancing will be continuing during the summer months on their regular days of Monday & Friday from 10:30 – 12:00. Debbie Dickie will be teaching only until June 19th and returning Sept. 14th. The line dancing members have decided to continue on their own. Still come out and continue the fun and maybe come up with some new moves.



The C.R. Garden Club invites the C.R. Seniors' Centre members to join them in an escorted tour next February 16th – 18th, 2016 to Seattle's Northwest Flower & Garden Show. They will be staying at The Tulalip Resort and Casino for 2 nights, included is accommodation, bus travel and show tickets for 1 day. Those that aren't into gardening can stay at the Casino or shop nearby. The bus will also stop at Bellis Fair in Bellingham on the way back. The cost is \$449.00 per person, double occupancy. Call Island Fever Travel at 250-287-3221 for more details.

Seniors Roundtable Discussion and Tea
Campbell River Senior Centre – Friday, June 5th 1:00 – 3:00
Free Admission

An invitation to seniors to a roundtable discussion on the issues that affect a balanced lifestyle.

- Hosted by Shirley McLoughlan, Federal Liberal Seniors Commissioner for North Island-Powell River and former politician, who brings her vast knowledge of how politics works and how to get things done at all levels of government.
- Moderated by MP candidate for North Island-Powell River, Peter Schwarzoff. Peter will help to summarize participants concerns and discuss the Liberal policies that relate to seniors.

Bring your concerns and possible solutions. The more voices heard the stronger the message.

Sponsored by: North Island-Powell River Federal Liberal Association.

The Pot luck held on Wednesday, May 20th, 2015 was not as well attended as the past ones. A survey was handed out that evening as well as on the following Thursday.

We received 50 handouts back, the questions that we asked were:

1. Do you like the Wednesday or what day would you like the pot luck on? Wednesday or any day was fine.
2. Do you like the 4:00 – 6:00 or what time would you like? 38 members like the 4:00 – 6:00 time.
3. Would you like the pot lucks every month or every second month? 32 members like it every month.
4. Do you want entertainment? 48 members would like entertainment.
5. The entertainers want to be paid now, would you be willing to donate a \$1.00 for them?
43 members said they would donate \$1.00.

For the members that want the pot lucks at 5:00 to 7:00, please understand that the members that have to clean up will then not get out until closer to 8:00, not to mention that we have a janitorial staff that come in and clean and it is putting them behind by an extra hour.

The next pot luck will be Wednesday, June 17th. Please have your food at the Centre by 4:15 and will eat at 4:30. We do not have entertainment at this time but are working on getting someone.

Again, we would like to send out a great big Thank You to Rhonda & Kelly Buysse for coming in to wash all our dishes. This helps out tremendously as it gives the kitchen volunteers a chance to sit down and enjoy the evening. Thank You Rhonda & Kelly.

Thank You,
Jan Askew



Two grandmothers were chatting when one reveals her secret to getting her grandchildren to visit. Gertrude said my daughter-in-law stopped making my grandchildren send their “thank you” notes. Each year I send them a card with a generous cheque inside. I always used to get a thank you but not any more and I never hear from them. Mildred said, “my daughter never made my grandchildren send “thank you” notes and I too send very generous cheques. However, for the past several years I hear from them within a week after they receive it. In fact, they each pay me a personal visit.” “Wow”, remarked Gertrude. I wish mine would do that. Mildred told her it's simple. Do what I do.....

.....Don't sign the cheque!

JUNE 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>1 9:30-10:30 Yoga 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>2 9:30-10:30 Yoga 10:00-12:00 Drawing 11:00-1:00 Foot Care 1:00-3:00 Bingo</p>	<p>3 9:30-10:30 Yoga 9:30-12:00 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>4 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>5 9:30-10:30 Yoga 12:00-2:30 Euchre 12:00-3:00 Mexican Train 1:00-3:00 Roundtable Discussion & Tea</p>
<p>8 9:30-10:30 Yoga 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>9 9:30-10:30 Yoga 10:00-12:00 Drawing 1:00-3:00 Bingo</p>	<p>10 9:30-10:30 Yoga 9:30-12:00 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>11 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>12 9:30-10:30 Yoga 10:30-12:00 Line Dancing 12:00-2:30 Euchre 12:00-3:00 Mexican Train</p>
<p>15 9:30-10:30 Yoga 10:30-12:00 Line Dancing 11:00-3:00 Crafts 12:30-3:00 Crib 12:00-3:00 Mexican Train</p>	<p>16 9:30-10:30 Yoga 10:00-12:00 Drawing 1:00-3:00 Bingo 1:00 Board Meeting</p>	<p>17 9:30-10:30 Yoga 9:30-12:00 Mexican Train 11:00-3:00 Crafts 10:30-3:00 Bridge 1:00-2:30 Hearts 12:00-3:00 Mexican Train 4:00-6:00 Pot Luck</p>	<p>18 10:00-12:00 Drawing 11:00-1:00 Hot Dogs 1:00-3:00 Bingo 50/50 Draw</p>	<p>19 9:30-10:30 Yoga 10:30-12:00 Line Dancing 12:00-2:30 Euchre 12:00-3:00 Mexican Train</p>
<p>22 9:30-10:30 Yoga 10:30-12:00 Line Dancing 11:00-3:00 Crafts 12:30-3:00 Crib 12:00-3:00 Mexican Train</p>	<p>23 9:30-10:30 Yoga 10:00-12:00 Drawing 1:00-3:00 Bingo</p>	<p>24 9:30-10:30 Yoga 9:30-12:00 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>25 10:00-12:00 Drawing 11:00-1:00 Hot Dogs 1:00-3:00 Bingo 50/50 Draw</p>	<p>26 9:30-10:30 Yoga 10:30-12:00 Line Dancing 12:00-2:30 Euchre 12:00-3:00 Mexican Train</p>
<p>29 9:30-10:30 Yoga 10:30-12:00 Line Dancing 11:00-3:00 Crafts 12:30-3:00 Crib 12:00-3:00 Mexican Train</p>	<p>30 9:30-10:30 Yoga 10:00-12:00 Drawing 1:00-3:00 Bingo</p>	<p>July 1 CLOSED Canada Day</p>		