



Campbell River Seniors' Centre Newsletter

May 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

Having a permanent home at The Common is allowing the Board to focus on the programs that are established and those that have been requested. Keep your eye on the calendar for the talks and information sessions that are upcoming.

We have received a matching grant from the Recreation Foundation of British Columbia. Two new pool tables, 4' 5" x 9' with Boston pockets will be delivered and installed sometime in the next month.

Jessie's Place has had the rest of the windows receive an opaque finish. Thank you to one of our honourable members for a very generous donation towards this project.

Our membership continues to grow. As we are still a volunteer driven organization, we need our volunteer ration to grow as well. Just an hour a week makes a difference.....

A reminder to all members that in order to maintain our role in the community, it is imperative that only designated persons speak on behalf of The Seniors' Centre.

There is a suggestion box on the shelf outside the party door. Please use it to register any creative ideas, concerns, complaints and solutions that you may have.

Helen

CLOSURES:

Monday, May 18th, 2015 - Victoria Day

Monday, May 18th, 2015 - No Yoga

Friday, May 1st, 2015 - No Line Dancing

Monday, May 4th, 2015 - No Line Dancing

Monday, May 18th, 2015 - No Line Dancing



Seniors' Round Table Discussion & Tea

Friday, June 5th, from 1:00 – 3:00

C.R. Seniors' Centre – Main Room

Discussing issues that affect a balanced lifestyle.

Free Admission – Public Welcome

Sponsored By:

The Federal Liberal Seniors' Commissioner,
Shirley McLoughlan for
North Island – Powell River

“Great News” for those members who have been waiting on the list to get into yoga. We have found a teacher willing to teach one day a week until the end of May. I will be contacting those who are on the list, if you are not on the list and would like to participate, you can e-mail The Centre to the attention of myself at CRSCS@shawlink.ca This will be a beginners class which will be meeting on Tuesdays starting April 28th at 9:30 until May 26th. There is no cost for the program but you must bring a mat. If this class is successful, the instructor has indicated that she would start again in the fall.

Bev Birce
Activities Coordinator



Starting this month and on a regular basis we will have speakers and hope you will attend. The speakers have been picked because it was determined that our membership will gain some benefit from them. You are not obligated to purchase or participate in their services, it is just for informational purposes. The first speaker is on Friday, May 1st at 10:30 in Jessie's Room and the topic will be on “Better Meals” who will give a short presentation and have samples of food. The second speaker will be Dennis Richardson on Friday, May 22nd at 10:30 in Jessie's Room. He will be speaking on “Living well, leaving well” estate planning by Purple Shield Canada. Please sign up, a sheet will be at the front desk if you are interested in attending.

Also, we will need volunteers to meet, greet and thank the speakers, if you are interested in helping out, please contact Bev Birce through The Seniors' Centre at 250-914-4401 or e-mail The Centre at crscs@shawlink.ca

The pot luck on April 17th was well attended with a lot of delicious food. As always the entertainment with Dan & Friends was toe tapping good fun.

We will be having another pot luck on Wednesday, May 20th from 4:00 to 6:00.

Please have your food at The Centre by 3:45 so that we can eat by 4:00.

Please everyone provide a dish, otherwise we will be charging \$7.00 a person, \$10.00 per couple

Thank You.



The **B O G O** cards are starting to sell well. They are \$15.00 each, you can go to each of the 9 restaurants that participating 5 times and are good until the end of December 2015. The list of restaurants are below:

Banners Restaurant -	Buy One entree, Get One free
Popsey's Restaurant -	Buy One entree, Get One free
Misty Fin's -	Buy One appetizer, Get One free
Fusilli Grill -	Buy One appetizer, Get One free
Boston Pizza -	Buy One lunch menu, Get One free
Beijing House -	Buy One crisp duck appetizer, Get One free
Amy's Asian Foods -	Buy One salad roll, Get One free
Sundance Java Bar -	Buy One breakfast or lunch item, Get One free
BaBa Gannouj -	Your choice – Buy One, Get One free

Jan Askew (in the kitchen) on Wednesdays from 9:30 – 2:00 & also Wayne Bernard (50/50 seller) between 11:00 – 1:00 on Thursdays before bingo will be selling them. The Volunteer Centre are giving The Seniors' Centre a portion of the ticket sales, so come in and support The Centre and get free meals and appetizers.



The Campbell River Seniors' Centre and especially the Kitchen Committee would like to send out a great big Thank You to Dakota Murphy & Rhonda Buysse from Robron Centre Community Access Program for coming in every Monday, Wednesday and Friday to wash our dishes. Not only does Dakota wash the dishes, he puts them away and cleans the tables. With them coming in helps out the kitchen tremendously.

Also, a huge Thank You to Rhonda and her husband Kelly Buysse for coming in on Friday, April 17th to wash all the dishes at the pot luck dinner. All 3 of these volunteers are a great asset to The Campbell River Seniors' Centre. We are truly lucky and grateful to have them.

Krafty Korner News

At our Craft & Bake Sale that was held on Saturday, April 18th, there were approximately 40 venders present, it was a beautiful sunny day and think that many were out in their gardens as attendance was down. However, we sold \$369.00 worth of crafts and baking. Thank You to Sheila LeMottee for her lovely britches dish cloths, they are always a hit. Many thanks to the following ladies for manning the tables: Margaret Cole, Katie Defert, Ruth McRenolds, Ruth Ott, Joyce Pelletier, Helen Schmuland and Eva Syvertsen.

The Craft Ladies



An elderly Florida lady did her shopping and upon returning to her car found 2 males in the act of leaving with her vehicle. She dropped her shopping bags and drew her handgun, proceeding to scream at the top of her lungs, "I have a gun and I know how to use it. GET OUT OF THE CAR!" The men didn't wait for a second threat. They got out and ran like mad. The lady somewhat shaken proceeded to get into the driver's seat but couldn't get the key into the ignition. She tried and tried and then realized why, it was the same reason there was a football, frisbee, and 6 pack of beer in the back seat. A few minutes later, she found her own car parked 4 or 5 spaces farther down. She drove to the police station to report her mistake. The sergeant to whom she told the story couldn't stop laughing. He pointed to the other end of the counter, where 2 pale men were reporting a car jacking by a mad, elderly woman described as white, less than 5 feet tall, glasses, curly white hair and carrying a handgun.

Moral of the story? If you're going to have a senior moment....make it memorable!

MAY 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
27 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	28 9:30-10:30 Yoga 10:00-12:00 Drawing 1:00-3:00 Bingo	29 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	30 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	1 9:30-10:30 Yoga 10:30 Speaker – Better Meals 12:00-2:30 Euchre 12:00-3:00 Mexican Train
4 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	5 9:30-10:30 Yoga 10:00-12:00 Drawing 1:00-3:00 Bingo	6 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	7 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	8 9:30-10:30 Yoga 10:30-12:00 Line Dancing 12:00-2:30 Euchre 12:00-3:00 Mexican Train
11 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	12 9:30-10:30 Yoga 10:00-12:00 Drawing 1:00-3:00 Bingo	13 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	14 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	15 9:30-10:30 Yoga 10:30-12:00 Line Dancing 12:00-2:30 Euchre 12:00-3:00 Mexican Train
18 CLOSED VICTORIA DAY No Yoga or Line Dancing	19 9:30-10:30 Yoga 10:00-12:00 Drawing 1:00-3:00 Bingo	20 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 Pot Luck	21 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	22 9:30-10:30 Yoga 10:30-12:00 Line Dancing 10:30 Speaker - Living Well, Leaving Well 12:00-2:30 Euchre 12:00-3:00 Mexican Train
25 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	26 9:30-10:30 Yoga 10:00-12:00 Drawing 1:00-3:00 Bingo	27 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	28 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	29 9:30-10:30 Yoga 10:30-12:00 Line Dancing 12:00-2:30 Euchre 12:00-3:00 Mexican Train