



Campbell River Seniors' Centre Newsletter

July 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



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

Marriage: A woman marries a man with the belief she can change him.
She can not.
A man marries a woman with the belief she will not change.
And she does!!

Hi From Helen:

News & Views

No news really but a couple interesting observations about us. The presentation that was made to City Council about progress at the Senior Centre is on the website and it is quite an impressive list of achievements. The hard work of the board and all the volunteers made this success happen. The Canada Day Committee will be honouring our volunteers with a tea at the Museum. There are over 65 of us and is something to be proud of. There will be a full report of activities and possible plans at the General Meeting on July 21st, 2015. Put that date on your calendar. Come and be informed and participate in any discussions.

CLOSURES:

Wednesday, July 1st, 2015 – Canada Day

Wednesday, July 1st, 2015 – No Yoga

IMPORTANT DATES:

Tuesday, July 14th, 2015 – 10:00 Better Meals in Jessie's Room – Will explain the meals they have available to seniors

Tuesday, July 21st, 2015 – General Membership Meeting

Friday, July 31st, 2015 – Corp. Hay from the RCMP – Will speak on "Senior scams and what to be careful of"

Friday, July 17th, 2015 – Last day for Bev's Yoga until Wednesday, September 9th, 2015



SILVER FOX RUN

Campbell River's 1st **SILVER FOX RUN** for Seniors! Walk, run, wheel or ride for Cancer Research. This event is in partnership between the Campbell River Seniors' Centre Society and the City of Campbell River Parks, Recreation & Culture Dept. The walk begins and ends at the Community Centre 401-11th Ave. Wednesday, September 30th from 1:00 – 3:00.

Keep this date open as it promises to be a fun filled afternoon and will have more information closer to the date.



The C.R. Seniors' Centre would like to give a great big Thank You to Evelyn Naf who very generously donated a high end walker which she has no need for any more. The Centre is very fortunate to have members like Evelyn who donate to us.



The kitchen committee & all the kitchen volunteers would like to give an extra special Thank You to Ian Grant, Rhonda Buysse & The Students from Robron Centre Community Access Program for donating a copy of their recipe book which their students put together. There are some great recipes in the book and will put it to good use. Thank You so much.

I have been a member of the C.R. Seniors' Centre for the past 6 years and was very active until approx. 2 years ago when my health failed. At this time I am looking for a female companion to share my home with me and offering free room & board in exchange for menial help. I have chronic COPD and mobility issues with walking and tire very quickly. My home is located within ½ block to the city bus, enjoys a lovely ocean view to watch the cruise ships, is centrally located and features lovely grounds. This could be a win-win situation for the right person. Must be trustworthy. If this interests you, please call me at 250-287-2914 and we can discuss details further. No heavy housecleaning involved. I look forward to hearing from those who may be interested.

Joyce Pelletier

It is better to be small and shine
Than to be great and cast a shadow



After being married for 50 years, a husband looked over at his wife and said "fifty years ago we had a cheap house, a junk car, slept on a sofa bed and watched a 10 inch black & white TV. I got to sleep with a hot 23 year old girl every night."

Now, I have a \$750,000.00 house, \$45,000.00 car, a nice big bed, a large screen TV but I'm sleeping with a 69 year old woman. It seems to me that you're not holding up your side of things.

The wife was a very reasonable woman. She told him to go find a 23 year old girl and she would make sure that he would once again live in a cheap house, drive a junk car, sleep on a sofa bed and watch a 10 inch TV.

Aren't Older Women Great!! They really know how to solve an old guys problems.

JULY 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>June 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>June 30 9:30-10:30 Yoga 10:00-12:00 Drawing 1:00-3:00 Bingo</p>	<p>July 1 CANADA DAY CLOSED No Yoga</p>	<p>2 10:00-12:00 Drawing 11:00-1:00 Hot Dogs 1:00-3:00 Bingo 50/50 Draw</p>	<p>3 9:30-10:30 Yoga 10:30-12:00 Line Dancing 12:00-2:30 Euchre 12:00-3:00 Mexican Train</p>
<p>6 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>7 9:30-10:30 Yoga 10:00-12:00 Drawing 1:00-3:00 Bingo</p>	<p>8 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>9 10:00-12:00 Drawing 11:00-1:00 Hot Dogs 1:00-3:00 Bingo 50/50 Draw</p>	<p>10 9:30-10:30 Yoga 10:30-12:00 Line Dancing 12:00-2:30 Euchre 12:00-3:00 Mexican Train</p>
<p>13 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>14 9:30-10:30 Yoga 10:00 Better Meals 10:00-12:00 Drawing 1:00-3:00 Bingo</p>	<p>15 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>16 10:00-12:00 Drawing 11:00-1:00 Hot Dogs 1:00-3:00 Bingo 50/50 Draw</p>	<p>17 9:30-10:30 Yoga 10:30-12:00 Line Dancing 12:00-2:30 Euchre 12:00-3:00 Mexican Train</p>
<p>20 10:30-12:00 Line Dancing 11:00-3:00 Crafts 12:30-3:00 Crib 12:00-3:00 Mexican Train</p>	<p>21 9:30-10:30 Yoga 10:00-12:00 Drawing 1:00 GENERAL MEETING</p>	<p>22 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>23 10:00-12:00 Drawing 11:00-1:00 Hot Dogs 1:00-3:00 Bingo 50/50 Draw</p>	<p>24 10:30-12:00 Line Dancing 12:00-2:30 Euchre 12:00-3:00 Mexican Train</p>
<p>27 10:30-12:00 Line Dancing 11:00-3:00 Crafts 12:30-3:00 Crib 12:00-3:00 Mexican Train</p>	<p>28 9:30-10:30 Yoga 10:00-12:00 Drawing 1:00-3:00 Bingo</p>	<p>29 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>30 10:00-12:00 Drawing 11:00-1:00 Hot Dogs 1:00-3:00 Bingo 50/50 Draw</p>	<p>31 10:00 RCMP 10:30-12:00 Line Dancing 12:00-2:30 Euchre 12:00-3:00 Mexican Train</p>