



# Campbell River Seniors' Centre

## Newsletter

August 2015

### 2015 Executive



### Fun for Seniors

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

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

The General Membership Meeting on July 21<sup>st</sup>, 2015 was well attended.

There was no real news but an interest in being updated on our progress in various areas of The Society.

In early summer the Board decided to let the programs already started get fully organized before starting any new ones. This proved to be a good decision.

One of our members, Linda Rose K. offered to help with a grant proposal to the Federal Government. A small committee was struck and a grant application was submitted on July 10<sup>th</sup>, 2015. We will not know until the spring of 2016 whether or not the grant will be successful. Thank You so much Linda Rose.

We have had a generous donation to our Society from Grieg Seafood. Grieg Seafood are known corporate citizens, and have given us money towards the purchase of some equipment. Thank You Diane at Grieg Seafood!

A note to those who have volunteered and not been called....my apologies. Your name may have been missed or overlooked by me this past busy 8 weeks. There are still several areas that need to be filled. Mondays....dish washing from 10:00 - 12:00. It is an easy to use system and the kitchen crews are fun to work with. Also 'close up' teams are needed. Someone to drop in at 1:30 or so....wash the tables and empty the coffee urns...finish up in the kitchen....make sure that no one is sleeping in the library...then turn out the lights. Can you help in this area? Someone will work with you the first couple of weeks to see if you like the job or not....give it a try. Leave your name for me, Helen Whitaker or Jan Askew at the desk at The Centre.

I will be away from The Centre August 15<sup>th</sup>, 2015 to September 30<sup>th</sup>, 2015. I will be back with a new knee!!!!

Helen

**CLOSURES:**

Monday, August 3<sup>rd</sup>, 2015 – B.C. Day

**IMPORTANT NOTICES:**

No Yoga – Mondays, Wednesdays & Fridays – Resuming  
Wednesday, September 9<sup>th</sup>, 2015

No Yoga – Tuesdays – Resuming Tuesday, September 8<sup>th</sup>, 2015

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“Advance Care Planning” allows you to have a say in the health care you will receive if you become too ill to speak for yourself. Come and learn about it, why it's important and how to complete your own plan! The program is free and sponsored by the C.R. Hospice Society by knowledgeable facilitators. This program is limited to 10 members each session, therefore you need to sign up at the front desk. The dates for Class 1 “Advance Care Planning - Nuts & Bolts” are Friday, September 11<sup>th</sup>, 2015 from 10:00 – 12:00 or Tuesday, October 6<sup>th</sup>, 2015 from 10:00 – 12:00. Class 2 “Questions & Answers” are Friday September 25<sup>th</sup>, 2015 from 10:00 – 12:00 or Tuesday, October 20<sup>th</sup>, 2015 from 10:00 – 12:00.

You **MUST** attend Session 1 before attending Session 2.

Bev Birce  
Activities Coordinator

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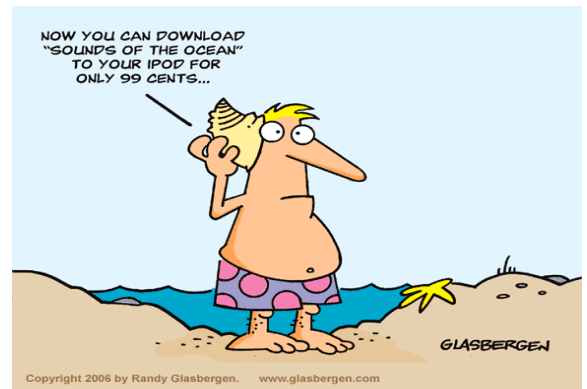
The Kitchen Volunteers would like to send out a great big Thank You to Norbert and Katrina Meding for very generously donating veggies to us. We have put them to good use in soups, muffins and just used as a vegetable. Thank You so much Norbert & Katrina and as Norbert explained their garden is exploding and we couldn't be happier for them. If anyone has an exploding garden, we would be more than happy to receive of your bounty and be sure to put anything donated to good use. Even apples, any other fruit or berries as they ripen for us to use right away or freeze for pies & crisps. Thank You.



On Tuesday, August 4<sup>th</sup>, 2015, we will have entertainment with Doug McGillis from 10:30 – 11:30. Come on out and sing along with Doug, stay for lunch and then have a game of bingo at 1:00. What a fun day! If there is a good turn out, we may have Doug come back.

The C.R. “Better at Home” program is designed to help Seniors remain independent and stay in their own homes. Come on out to The Centre on Tuesday, August 25<sup>th</sup>, 2015 to hear what they are all about. Also, if anyone is interested, they are looking for volunteers to do friendly visiting, grocery shopping or transportation assistance.

Bev Birce  
Activities Coordinator



Did you get an iPad as a gift and don't know what to do with it? Come on down to The Centre with your iPad and I will help you through the basics. If you have any questions, write them out and leave them at the front desk and I will research them.

iPad for Beginners -  
Tuesday, August 11<sup>th</sup> at 10:00.

Bev Birce  
Activities Coordinator

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If you know of any of our members that are sick, in the hospital, that have passed away or that have a family member that has passed away, please let The Senior Centre know. We will have a card sent out to them as we want them to know we care.

You can either leave a message at the front desk at 250-914-4401 e-mail [crscs@shawlink.ca](mailto:crscs@shawlink.ca) or contact Paulette at e-mail [pzrich@telus.net](mailto:pzrich@telus.net) or phone 250-923-4761.

Thank You.

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An Invitation has come to us to participate in a workshop titled "Life in Residential Care". It's a free workshop sponsored by The Alzheimer Society. The date of the workshop is August 21<sup>st</sup>, 2015 from 10:00 – 12:00 noon. It will be of interest to those with a parent, spouse or friend with dementia. If you're interested, please pre-register at New Horizons with Laurel Lewis phone 250-287-7166 extension #221 or e-mail [llewis@parkplaceseniorsliving.com](mailto:llewis@parkplaceseniorsliving.com)



The C.R. Seniors' Centre Volunteers were treated to a tea hosted by The Canada Day Committee and The Museum on Canada Day. And what a treat it was! Not only did we have delicious sandwiches and yummy goodies. There were also greetings by Carol Chapman from the Canada Day Committee, our own Mayor Andy Adams, Claire Trevena member of the Legislative Assembly of B.C, Councilors Ron Kerr, Marlene Wright & Colleen Evans, Fire Chief Ian Baikie & the very handsome RCMP Inspector Jeff Preston in his red serge. The Museum Volunteers were just wonderful with refilling our tea & goodie trays and then we had a beautiful Canada Day Cake. If that wasn't enough at the end we were treated to The Legion Pipe Band who came right into The Museum and played for about 10 minutes. There were about 50 of us volunteers who enjoyed the afternoon tea. A Great Big Thank You to Carol, The Museum, Mayor Adams and everyone else that made this such a successful day.



An elderly farmer in Florida owned a large piece of land with a pond in the back. He fixed it up nicely with picnic tables, a horseshoe pit and some fruit trees. One evening he decided to go down to the pond and pick some fruit. As he neared the pond, he heard voices shouting and laughing with glee. As he came closer, he saw it was a couple of women skinny dipping. He made the women aware of his presence and they went to the deep end. One of the women shouted to him, "we're not coming out until you leave!" The farmer replied "I didn't come down here to watch you ladies swim naked or make you get out of the pond". Holding up his bucket, the farmer said "I'm here to feed the alligator."



# AUGUST 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
<b>3</b>  <b>CIVIC HOLIDAY</b>  <b>CLOSED</b>	<b>4</b> 10:00-12:00 Drawing 10:30 Doug McGillis 1:00-3:00 Bingo	<b>5</b> 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	<b>6</b> 10:00-12:00 Drawing 11:00-1:00 Hot Dogs 1:00-3:00 Bingo 50/50 Draw	<b>7</b> 10:30-12:00 Line Dancing 12:00-2:30 Euchre 12:00-3:00 Mexican Train
<b>10</b> 10:30-12:00 Line Dancing 11:00-3:00 Crafts 12:30-3:00 Crib 12:00-3:00 Mexican Train	<b>11</b> 10:00-12:00 Drawing 10:00 iPad for Beginners 1:00-3:00 Bingo	<b>12</b> 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	<b>13</b> 10:00-12:00 Drawing 11:00-1:00 Hot Dogs 1:00-3:00 Bingo 50/50 Draw	<b>14</b> 10:30-12:00 Line Dancing 12:00-2:30 Euchre 12:00-3:00 Mexican Train
<b>17</b> 10:30-12:00 Line Dancing 11:00-3:00 Crafts 12:30-3:00 Crib 12:00-3:00 Mexican Train	<b>18</b> 10:00-12:00 Drawing 1:00-3:00 Bingo	<b>19</b> 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	<b>20</b> 10:00-12:00 Drawing 11:00-1:00 Hot Dogs 1:00-3:00 Bingo 50/50 Draw	<b>21</b> 9:30-10:30 Yoga 10:30-12:00 Line Dancing 12:00-2:30 Euchre 12:00-3:00 Mexican Train  <b>POT LUCK</b>
<b>24</b> 10:30-12:00 Line Dancing 11:00-3:00 Crafts 12:30-3:00 Crib 12:00-3:00 Mexican Train	<b>25</b> 10:00-12:00 Drawing 10:00 Better at Home 1:00-3:00 Bingo	<b>26</b> 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	<b>27</b> 10:00-12:00 Drawing 11:00-1:00 Hot Dogs 1:00-3:00 Bingo 50/50 Draw	<b>28</b> 10:30-12:00 Line Dancing 12:00-2:30 Euchre 12:00-3:00 Mexican Train
<b>31</b> 10:30-12:00 Line Dancing 11:00-3:00 Crafts 12:30-3:00 Crib 12:00-3:00 Mexican Train	<b>Sept. 1</b> 10:00-12:00 Drawing 1:00-3:00 Bingo	<b>Sept. 2</b> 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	<b>Sept. 3</b> 10:00-12:00 Drawing 11:00-1:00 Hot Dogs 1:00-3:00 Bingo 50/50 Draw	<b>Sept. 4</b> 10:30-12:00 Line Dancing 12:00-2:30 Euchre 12:00-3:00 Mexican Train