



### Message from the Board

Several people have asked about Jessie's Room – who is Jessie!?!

Jessie Belcher was the first treasurer for the Society and was instrumental in drafting a Charter of Rights for Seniors. She brought her ideas to the Board and after some re-drafting, presented the recommended Charter to City Hall. Councillor Ron Kerr and his Recreation and Culture Committee took it under their wing and the Charter was adopted by City Hall. Jessie was presented with a framed copy of the Charter by Mayor Jakeway in 2014. She had moved to Campbell River in 1947 and is a life member of the Seniors' Centre.

The charter's seven principles are:

- The City of Campbell River Seniors' Charter recognizes principles of age friendly communities for older persons.
- The City of Campbell Rive recognizes the specific challenges of the aging process and the valuable contribution seniors make to society.
- The City of Campbell River recognizes the value of programs and initiatives that promote the health and well-being of seniors.
- The City of Campbell River recognizes the value of diverse learning opportunities for seniors.
- The needs of seniors will be considered in planning initiatives such as land use, transportation, parks and community facilities.
- The City of Campbell River recognizes the value of programming and social gathering spaces for seniors.
- The City of Campbell River recognizes the value of maintaining and enhancing the prominence of quality educational opportunities for learning for all ages and stages of life.

### Quote of the Month

You can't help getting older, but you don't have to get old.

- George Burns

## Kitchen Liaison - Maureen Nelson

We are hiring a grant funded summer student for the kitchen to do dish washing and maybe help with prep.

We have some new racks to hold lids and trays. Also it is time to do another deep cleaning of the kitchen. We will be calling a work bee soon.

We passed our health inspection!

New steel shelving is on order.

[Weekly Lunch Menu](#)

## Calendar of Activities

### Web Site

To view the latest monthly calendar of activities click on the button below.

[Monthly Calendar](#)

Also available at Front Desk.

June 2018						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

The Centre will be closed on Monday, July 2, for Canada Day.

## Yoga -- summer hours

We will continue to have yoga classes during the summer but there may not be an instructor in attendance. We have several lay leaders who will help with the class. Please attend at your own risk.

We will be closed on Statutory Holidays the same as the Seniors Centre.

## CR Seniors Computer Group

The topic for the monthly meeting in Jesse's Place on Tuesday, June 19 at 10:00am is "iPad for Beginners".

We are a group pf computer users learning as we go. Some of us have a little more experience than others. First time participants are welcome.

# Malarkey Mummers Entertain on June 18



If you've never seen a Mummers play, now is your chance as the Seniors Centre is hosting a troupe of nine performers from Black Creek on Monday June 18 at noon in the Centre's main room to perform "Jack in the Green".

"Our play, like all mummers plays, deals with evil vs good, dark vs light and cycles of death and rebirth," says Summer Joy, writer and director of the play. "These polar opposites take the form of Jack Frost and Jack Green, who both want to rule the Earth, with a cast of characters who help make sure the right one wins."

The play is based on the ancient Green Man mythology of the British Isles and Europe, Joy says, which focuses on the male energy so vital in the fertility and rebirth process.

"Eggs, which so obviously represent fertility, also feature largely in our play, as does a rabbit - well you know what rabbits are like," Joy says.

The play is about half an hour long, and comes complete with elaborate costumes, music, pythonesque humour, good fun, and, of course, lots of malarkey.

Write up presented with thanks to Mike Davies, Campbell River Mirror

## Seniors' Centre Hours

Monday to Friday, 9:30am to 3:00pm

Lunch counter from 11:00am to 12:45pm

290-914-4401

[Seniors' Centre Website](#)