



Message from the Board

Our volunteer appreciation lunch this year will be held on September 22nd.

One of the people who volunteers in the kitchen is Marie-Ann, but we know her as Sam. She's one of the baking team who delights us with pies and muffins and all things tasty. And she also calls bingo!

Sam was born in Langford, near Victoria, one of 10 children. From a very early age, she wanted to be a car mechanic, but then, at the ripe old age of 5, she started baking with her Mother and hasn't stopped. That hobby turned into a career when she started working in hospital kitchens, including St. Paul's in Vancouver, and spent her working life as a member of hospital dietary/nutrition teams.

She has 3 sons, and the highlight of her year is baking for Christmas with her grandchildren. She gets lots of orders for sausage rolls, and donates gift baskets to the less fortunate. Sam calls bingo weekly at the Legion, and donates baskets of baking every week.

There is a television program on television called "Beat Bobby Flay" where contenders get to challenge Iron Chef Flay with their specialty dish – Sam says that she would put her sausage rolls up against his any time. We know that she makes hers from scratch and have no doubt that she would win!

Last year she started canning, and is now delighting us with her berry jams! On behalf of the Centre and those of us addicted to her pies and muffins, thank you!

Free coffee, tea and cake

Volunteer Campbell River is holding its annual Volunteer Fair on Saturday, September 15th from 10 until 2 at the Community Centre.

Our Seniors' Centre will be having an information table, staffed by Linda and Karen. Feel free to drop by and say hello, and visit some of the other information tables with Volunteer Opportunities.

There is also a silent auction, and prizes, as well as free coffee, tea, and cake donated by Thrifty's.

Kitchen Liaison - Maureen Nelson

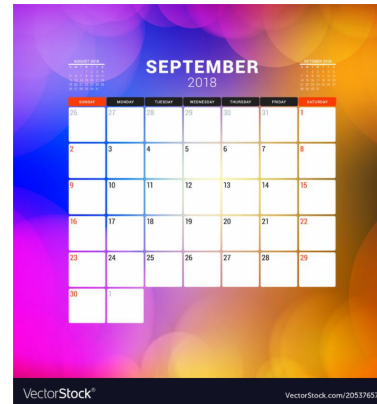
Weekly Lunch Menu

Calendar of Activities

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

[Monthly Calendar](#)

Note; beginners line dancing starts up again on Tuesday, the 4th of September, from 9:30 until 10:30.



The Centre will be closed on Monday, September 3, for Labour Day.

Yoga -- summer hours

Starting in October we will change the start time for yoga to 9:00 am instead of 9:30 am.

September classes start at 9:30 am.

CR Seniors Computer Group

The Computer Group will meet on the 3rd Tuesday of the month as usual.

Tuesday, 10:00 to 11:30 am, September 18, "Further Beginner iPad"

Tuesday, 10:00 to 11:30 am, October 16, "Windows and Android"

Seniors' Centre Hours

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

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

250-914-4401

[Seniors' Centre Website](#)