



Campbell River Seniors' Centre Society

A Society Since 2008

Message from the Board

Our Volunteer Appreciation Lunch on the 22nd was a resounding success. Thanks to everyone who helped with setting up and cleaning up, and thanks to Dos and her catering crew for the delicious food!

There are many services in our town available to seniors but navigating to the best one for your circumstances can be a challenge. Some help is on the way. It's called the Seniors' Hub. All of the organizations that support seniors in Campbell River will participate. The Board approved in principle being a member of this project. We are looking forward to having accurate information available to our members regarding issues like accommodation, transportation, health services and home support. Marcia and Doug are representing the Seniors Center and will keep us informed on developments.

October 20th is voting day for the City election. We are inviting all the candidates for Council to attend an All Candidates meeting on Wednesday, October 10th at 4:30 in the afternoon. If you have specific issues you want addressed, please pass your questions to Karen or Marcia before the 10th!

We are working on a program of activities to carry us through December, including an OctoberFeast and another of Dos' great Friday dinners in December.

As always, contact a board member if there is anything you want us to work on at the Centre!

Latin Dancing may be coming soon

Fun and exercise using basic Latin Dancing steps..

No partner needed. You can dance on your own or in a group circle.

Sign up sheet is at the front desk.

Starts the first Wednesday of November - that's the 7th.

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

The Centre will be closed on Monday,
October 8, for Thanksgiving Day.

2018 OCTOBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	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	31	1	2	3

Free Printable Calendars From towncalendars.com

Yoga

October classes start at 9:00 am.

Tech Savvy Classes

You may notice classes being held in Jessie's Place on Wednesday and Friday mornings, from October 17 to November 2.

Registration is closed as the classes are full and the waiting list is full. This program was made possible by a Government of Canada "New Horizons for Seniors" grant that covered all of the costs for an instructor and the Samsung tablets.

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, October 18, "Further Beginner iPad"

Tuesday, 10:00 to 11:30 am, November 20, "Windows and Android"

Halloween Potluck

Friday, October 26th, from 4:00pm until 6:00pm

Please drop your food contribution off by 3:45pm.

Volunteer Spotlight

The trouble with being born with a green thumb is that your house soon becomes a jungle and you run out of room! That's why you see starter plants on the counter at the Centre. For a minimum donation of \$1, Centre member Candy brings in a variety of plants to help you green up your own space. She uses the donations to buy soil and pots!

Candy is also a regular at bingo, calling out the numbers when someone yells that they have a small kite, the letter X, the love letter, and all the other strange-sounding patterns that spell success. She helps Wayne sell 50/50 tickets.

Born in Powell River, she has lived on Texada, the Lower Mainland, and spent 38 years in Port Alice. She jokes that every summer she had to have her webbed feet doctored – Port Alice gets 12 feet of precipitation every year!!

Married for 51 years, she has two boys, and didn't get around to becoming a police officer. She loves the opportunity to meet people, and loves bingo. When asked what she wants to see at the Centre, she indicated that we need a source of accurate and helpful information on subjects like home care. She was delighted to hear that there is a project under way.

Be sure to say hello to Candy on Tuesdays and Thursdays, buy some plants, and buy some 50/50 tickets!

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](#)
