



President's Message

First of all, thank you to everyone who voted for me. I pledge to do my best to prove that your support pays off—for our members and for our Centre.

It has been a whirlwind, we thought that the yoga/dance studio didn't need to be vacated until May, but we actually needed to be out by February 22!! And it turns out that we will be sharing the new space with the chair exercise (Fit for Health), so there is some juggling with schedules to take place. Thank you to the yoga people, Derek, Gary & Tim, Allan Edie & Dave, for all your help moving.

I have met with Maureen Nelson our new VP, and I have been actively recruiting volunteers to look after the vacancies on our new board. Marcia is continuing the second year of her term as Treasurer, and when Bev and John get back from points south, Bev will again be secretary, and John will look after the facility. Maureen and John will be sharing kitchen liaison duties until someone volunteers-Hint, Hint.

Debbie Krzyzanowski is our new front desk person on Monday, and she has agreed to take over as Activity Director. Jean Driscoll-Bell will be back on the board to handle special events like Volunteer Appreciation, the Christmas lunch, Spring tea, and similar events that only happen once a year.

Bob is continuing his wonderful role as head of communications, and Ann has a steady hand by leading memberships. Doug is offering his guidance as our Past President. We still need someone for fundraising, and someone for constitution and by-laws. Don't be shy!!

I am confident that with your support the next two years will be excellent and we can bring the Centre to its potential.

Linda Tucker
President

Kitchen

We are still looking for help for a dishwashing afternoon shift.

Maureen says, "I am looking for an Assistant Kitchen Liaison. I will train. Please contact me at maureen2010@outlook.com or leave a message at the front desk."

Six kitchen volunteers will be taking the Foodsafe Level 1 class offered by North Island College. A couple of volunteers are interested in the next group to be arranged. The Centre is paying the \$600 cost of the course.

Weekly Lunch Menu

Calendar of Activities

Renovations are
ongoing. Some
activities are
rescheduled already.
And may be
rescheduled again.

Monthly Calendar

Please be patient as we manage the changes.
One relocated room. One new room. One new
twice-weekly keep fit activity: chair exercise.
Solid outer walls in place of glass walls in the
billiards area and in Jessie's Place.

Saint Patrick's Day Pot Luck

Friday, March 15 (two days early)

4:00 p.m until 6:00 p.m.

Please have food at
Centre by 3:45



Our Board, taken at the AGM on Feb 6



from left: Marcia, Bob, Bev, Ann, John, Linda, Doug, Maureen.

Photo by Wylie Leeson

American Mahjongg

Feel free to check out American Mahjongg on Monday afternoons at 12:15 and find out about this popular tile game. Sit with one of our players and we will explain as we go. We have handouts!

Income taxes

Tax season is approaching. Doug Vater will assist with tax returns again this year. You can drop in on Wednesdays from 10:30am until 1:00pm starting on March 20th and going to April 24th.

Defibrillator

Automated External Defibrillator

The Center has an Automated External Defibrillator. The machine is mounted on the wall beside the bookshelves behind the front desk. It was provided by the City and we need some trained members to use it - in case we ever need it.

If you are interested in taking a one-day course on how to use the AED, please add your name at the front desk. The course includes some CPR training.



And also, if you have first aid training, we would like to know!
Please add your name to the list at the front desk.

Volunteer Spotlight - by Marcia

This month I managed to catch up with Linda, our new President, and discovered that we were both born in the Ottawa Valley. She is from Carleton Place and I'm from Ottawa. I don't think we qualify as "Valley Girls", though.

As a child, she wanted to be a bookkeeper and do something with numbers, and she has managed to work in offices and do accounting most of her life. While here on the island visiting her sisters, she met a fellow named Derek, and moved to CR to be with him. Derek just retired from Thrifty's after 28 years. So now they have more time for camping.

Linda loves to travel, and got to visit China last year. She also enjoyed Barbados and the Bahamas. And in March she is off to Puerto Vallarta for a couple of weeks. She loves to read mysteries and romance, and if she had time, she would be bowling, and playing softball.

Linda used to sing in her church choir, and loves dancing – especially line dancing these days. What she likes most about the Centre is the way she was so warmly welcomed! She has made some great friendships.

Seniors' Centre Hours and Contact Info

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

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

www.crseniors.ca 250-914-4401 crscs@shawlink.ca