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## Newsletter for August 2019



Campbell River Seniors' Centre Society

A Society Since 2008

### President's Message - Linda Tucker

Good News! The "Meeting Room" is being added to our 4 year lease provided by the City of Campbell River.

Use of the "Yoga and Dance Studio" continues on a month-to-month basis. As long as the mall owner Alan Edie has no renters for the space we can use it at no rental cost to us! It will, however, be rented in September and October to Elections Canada. During these months we will probably double up our use of the "Meeting Room" to keep our programs going. Details to be announced soon.

### Vice President's Report - Maureen Nelson

I am looking for a volunteer to be responsible for coordinating the kitchen volunteers and keeping the communication link between our Cook and the Board up-to-date on a daily basis. This position is responsible for business pertaining to the food service function of our kitchen.

### Garage and Plant Sale - Katie Defert

Our June 21st annual garage and plant sale was huge success. We brought in \$1,242.95 for our Seniors Centre. The sale inspired an anonymous donation of \$500 more!

Thank you to everyone who gave their items, plants, time and dollars so freely. It was a job well done!

### Kitchen Report

The menu of daily hot entrees is prepared every week.  
The current weekly menu can be seen by clicking on the button below.



## Calendar of Activities

The Centre will be closed  
on Monday, August 5th  
for BC Day

Monthly Calendar

## Activities Director

**Latin Dancing** - Fun and Exercise - Basic Latin Steps  
No Partner Needed - Dance on your own or in a group circle  
Thursdays, September 5th to 26th, 10 to 11  
Sign up sheet is on the front desk.

**Book Club** - "The Heaviness of Things that Float "  
Wednesday, August 14th, 1:00 to 2:00 pm, Jessie's Room

## Facilities Director - John Peter

Our AED automated external defibrillator equipment has been brought up-to-date by 3 volunteers from our yoga group: Don Sass, Frank Jameson and Mike Kenny.

Don is doing the Monthly and Annual inspections. The Daily inspections will be done with the help of the front desk.

## Crafter's Group

Our Crafter's Group is looking for new members.

Can you knit, crochet, sew, bead, embroider, quilt , macramé, or would you like to learn how? We would love to have you come and join us on Mondays, in Jessie's Room at the Centre. You can do your own thing, or help us make items for our Craft Sales. If you have any questions, please talk to Katie Defert.

Thanks! We hope you will join us!

## 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](http://www.crseniors.ca) 250-914-4401 [crscs@shawlink.ca](mailto:crscs@shawlink.ca)