

Newsletter for September 2019



President's Message - Linda Tucker

We will hold our yoga classes in the "multi-purpose room" in September and October.

Two of the line dancing classes will be held at the Community Centre. Beginners line dancing will be held there on Thursdays, 9am to 10am. Advanced line dancing will be held there on Mondays, 9am to 10 am.

One class, Improver Line Dancing will be held in the "multi-purpose room" on Fridays from 10:15 until noon.

As half the year is over and as I look forward to the Fall season, I take this moment to thank all the volunteers for all the work they do at the Centre.

I remind members that your input is very important to me, so please continue to give me your suggestions and ideas.

Vice President's Report - Maureen Nelson

The exercise program of the City's Recreation Department called "Fit for health", which is a series of chair exercises, will be held at the Community Centre on Tuesday and Thursday mornings from 11:00am to 11:40am.

We are looking for a volunteer to look after the front desk on Tuesdays from 9:30am to 3:00pm. If you are interested, please contact Linda or me.

General Membership Meeting

A meeting of the membership will be held in the main room on Wednesday, September 25, at 1:00 p.m. The purpose of the meeting is to consider a change in the membership fee from \$20 to \$25 for next year (2020).

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.

[Weekly Lunch Menu](#)

Calendar of Activities

The Centre will be closed
on Monday, September 2nd
for Labour 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

[Book Club](#) - "Lisette's List" by Susan Vreeland
Wednesday, September 11th, 1:00 to 2:00 pm, Jessie's Room
First time participants are welcome!

Facilities Director - John Peter

With the help of a volunteer team, we moved items to accommodate the Common's temporary two-month paying tenant in the Yoga and Dance Studio room.

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 250-914-4401 crscs@shawlink.ca

[Seniors' Centre Website](#)