



Campbell River Seniors' Centre Society

A Society Since 2008

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Newsletter

October
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Message from the President

Well, we have just enough volunteers to remain open three days a week. But we need your help if we are going to open every weekday. We need another helper or two in the kitchen to make sandwiches, do dishes, and help with preparations. We also can use some help at the front desk – you will be fully trained – as much as you are interested in learning – and we can split shifts, juggle days, etc.

Be sure to bring a friend for lunch, and join some of our programs and activities – there are sign-up sheets in the lobby, or ask at the front desk!

Many thanks to Genevieve and Colin for downloading vaccination passports and laminating them for a small donation to the Centre. And thanks to Candy and Katie for bringing living plants into the Centre for a bit of colour!

The Centre has also received a very large and very expensive pool table as a donation from a couple in Black Creek. It is currently 'deconstructed' and sitting in Helen's Hall and will be put together some time in the next several weeks when the billiards company can fit us in. Wasn't it great to see Helen Whittaker again? She was one of the original Centre members and the pool room is named after her. She has now returned to the Prairies, but seems to have forgotten to take all this weather back with her!

Please continue to show your passports, sign in, and wear your mask when you are walking around – let's keep each other safe!

Marcia

Programs

Advance Care Planning is going to be held again in November – on the 17th and the 24th. Find out what you need to be thinking about to make sure all your ducks are in a row! We have been asked to hold an information session about the AED (Automated External Defibrillator) that hangs on the wall behind the reception desk. Some of us are already trained in its use – it is definitely a life saver. Sign up in the lobby and we will find an instructor!

Fly tying is coming back. Don Daniels (fishing writer for the Mirror) will teach you how to tie flies for fishing, or make earrings from feathers. He supplies everything – just sign up in advance.

We get a lot of e-mails that may or may not be of interest to you. Please check the bulletin board next to the washrooms for information from North Island Metis, and info about a podcast being put on by Powered By Age – a senior-led on-line event on Thursdays from 1 until 2. We can set up the TV in Jessie's room if there is enough interest. And the Genealogy Society is hosting a meeting on Thursday, October 7th at 7 by Zoom. There is also a

study on Cancer Treatment that is seeking participants over the age of 70 who have been diagnosed in the last 2 years. All this info is on the bulletin board.

Activities

Remember the chair exercises that they used to hold in the mall? Well, they are back, starting Monday, October 4th from 10:30 until 11:30 and again on Thursday mornings in the Card Room. Please sign in when you arrive and be ready to show your vaccination passport!

We are trying to start up Scrabble, Backgammon, Canasta, Hearts, and other games, plus set up more Mahjongg, Mexican Train/Chicken Foot/Spider, and similar groups. Just let us know and we will do our best to get them launched.

Kitchen News

We are delighted to advise that the Centre has received a large donation from one of our volunteers to be put towards getting a larger beverage cooler – the new Danby (3.1 cubic feet) is just too small. So if anyone has a contact for a gently used cooler, please let us know!

In spite of the fact that some of us think that liver and onions are yucky, we realize that it is really popular with our members, so we are going to try to offer it as an entrée more regularly. Check the web page or facebook for our weekly menu selection. And don't forget our great sandwiches!



Advance Care Planning

Advance Care Planning is making decisions about the healthcare you want to receive if you become unable to speak for yourself. These are your decisions to make, regardless of what you choose for your care, and the decisions are based on your personal values, preferences, and discussions with your loved ones.

This is a two day free Advance Care Workshop being held on Wednesday, 17 November and 24 from 10:00 until noon in Jessie's Room. The Workshop will help you understand the options and complete the paperwork. You can sign up at the Registration Table at the Centre. Seating is limited to 12 persons.