



Campbell River Seniors' Centre Society

A Society Since 2008

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crscsfrontdesk@shaw.ca

Newsletter

November
2021

Message from the President

My apologies if you haven't been receiving the newsletter – we were trying to work from several different lists, but we think we have things down to one list and will try again. If you don't get a copy via e-mail, please let us know what the correct e-mail address is!

October has been an IT month – over the years, the Centre's presence on the Internet has been spread across at least three different web sites, and over a dozen different email addresses. In many cases, passwords are a distant memory!

To simplify things, only the following website and email addresses will be officially supported:

- crseniors .com – our main web page
- crscsfrontdesk@shaw.ca – General Delivery Mail Box
- crscspresident@shaw.ca - Marcia
- crscsvicepresident@shaw.ca – Maureen
- crscstreasurer@shaw.ca – Genevieve
- crscsactivities@shaw.ca – (vacant)
- crscsmembership@shaw.ca – Dot
- crscsnewsletter@shaw.ca – Newsletter articles/subscriptions

We hope to establish control of the cFacebook page shortly.

Kitchen News

Well, the freezer was acting up, but Gary found some room in his home freezer, and that helped tide us over until we got things working again.

Many thanks to Kim at Foggdukkes – she has donated a very large container of pralines and cream ice cream!! I hear that ice cream goes well with pie!

And now for the bad news ... Dos tripped over a hose and has wrecked her wrist. She will be out of commission for at least six weeks. So if you have ever wanted to cook for 20+ people....or to help someone else prep food for lunch, please talk to Maureen or Dot. We can use help – even a few hours will help.



Does anyone have one of those wooden drying racks that they aren't using? We have a washing machine, but rely on the dry air at the Centre for drying tea towels and aprons that we need in the kitchen.

It would be great if someone could step up and learn how Frances copes with the dishes. We really appreciate that two students from Robron help out on Thursday afternoons, but I'm sure Frances would enjoy some time off.

It would also be great if someone would volunteer to learn how our cash register works in order to give Thomasine a break every now and then! Don't be shy!

Membership

January is coming really quickly, so we will be asking everyone to renew memberships, starting at the end of November. If you volunteered to help with this in past years, please plan to help again. It involves working with a partner and checking membership cards at a table near the entrance. Shifts are only a few hours, and we can make sure we work around your availability!

Activities

Fit for Health is proving to be really popular, and the classes have already outgrown the card room! We had 27 people show up on Monday for the 10:30 class, so from now on, classes will move to the front lobby area, as well as Jessie's Room if we need more space. These classes aren't strenuous, but they do give you a good workout, whether you stay seated, or stand up for more of a challenge.

Be sure to sign up in the lobby for cards, crafts, and games. This is just to indicate your interest, and isn't written in stone. With enough people, we can arrange for instructors. Other members are willing to show you how to play mahjongg, how to play pool, how Mexican Train works, and even how to play Bid Euchre. Let us know if you want the arts and crafts group to start up again, and there is still some space in the line dancing class.

Programs

Fly Tying is going to take place on November 19th from 1 until 3 in the card room, and we are working with the City to get one of their firefighters to teach us how to use the AED defibrillator.

Geri is going to hold another session for Advanced Care Planning on November 17th and 24th, and the Seniors' Hub is going to be available to answer questions in Jessie's Room on the 10th from 10 until 12.

Raffle!!

We have had some wonderful items donated to the Centre for a fundraiser, so tickets will go on sale shortly - \$2 a ticket, or 3 for \$5. The grand prize is a hand-made quilt worth over

\$500. We also a painting by Grabert of a rowboat valued at \$375, and a stained glass eagle head donated by one of our members that would sell for at least \$200. Everything will be on display at the front desk in the very near future. The draw will be held on December 10th at the holiday dinner!



Turkey with all the fixin's!

Take my word for it – this event sells out every year. Dos and her team will be putting on a 2021 Christmas luncheon on Friday, December 10th from 11:00 until 1:00. Turkey and veggies and salads and lots of gravy, followed by trifle. There will be NO extra tickets available on the day, so get your tickets early! The price has gone up a bit, but is still a bargain at \$15 a ticket. We are already working on door prizes. And the winning raffle tickets will be drawn as part of the program. See you there!



Nat King Cole Christmas at the Tidemark

On Thursday, December 9th at 7:30 - a Nat King Cole Christmas!
Starring New York recording artist and actor James Rich.



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.