



# Campbell River Seniors' Centre Society

A Society Since 2008

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Newsletter

May  
2022

**We're baa-aack!!** It has taken us a while but our membership is now over the 200 mark! Plus the kitchen is having to post "Sold Out" on the menu board more frequently! More and more organizations are renting our rooms, and our activities calendar is finally filling up again. Now if we can just get enough volunteers to open on Mondays and Tuesdays...

Our Easter lunch and parade went over well, and Georgia and her grandkids were the winners of the Easter basket! Our May event is an **Arts and Crafts and Bake Sale on Friday, May 6<sup>th</sup> and Saturday, May 7<sup>th</sup>** in the Centre lobby. Please check the calendar as there is a lot going on, and more to come!

### **Help Wanted:**

Hector, our Friday Bingo caller, has had to withdraw, so if you aren't busy Fridays from 12:30 until 2:30, please see Marcia or Rick.

Volunteer with greenish thumb needed to water and tidy up plants once a week.

Dishwasher to help out for a couple of hours on Friday afternoons. We can feed you lunch and train you....

Occasional muscle needed to set up tables and chairs for events, and then put everything back after the event!

Sandwich makers, (preferably with FoodSafe) for a couple of hours in the kitchen. Flexible schedule!

Cashiers for a couple of hours to help with arts and crafts and bake sales??

Anyone got an insurance background to help the board confirm the coverage we have i.e. making sure our renters and membership are completely covered?

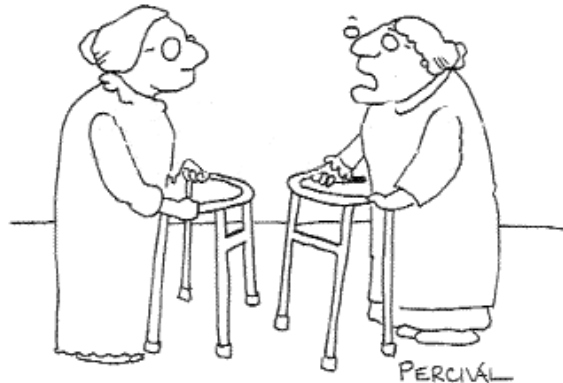
Anyone got expertise in using Mac computers, especially database spreadsheets? Would someone be willing to set up our monthly calendar of events?

*Please see Marcia or any board member if you are interested.....and thankyou!!*

## Upcoming Classes

We are partnering with the Library and will be offering courses on Wednesday and Thursday afternoons. Check the lobby for sign-up sheets and times....

- Everything you wanted to know about Smart Phones.
- How to use FaceTime and Zoom
- Internet Safety
- Your questions answered...



*"The trouble with today's generation is that they can't stand on their own two feet."*

Each session will be for one hour, and limited to 10 students.

## Seniors' Hub

Good News! In the belief that our Seniors' Centre should be able to provide accurate and timely information about programs in the community, the Board has agreed to set up a work station for the use of the Campbell River Senior's Information Network, also known as The Hub. It will be staffed with trained volunteers and be available to help you cut through red tape and find you assistance with accommodation, health services, transportation, and support.

## Citizens for Quality HealthCare

Citizens for Quality Health Care is an organization that needs our help! Seventeen years ago, the Vancouver Island Health Authority planned to downsize the CR Hospital to a triage centre, and build a new hospital 40+ kms south of our City. The Citizens lobbied and we have new hospitals in CR and in Courtenay. Now there are questions about how and why pathologist services are being moved out of Campbell River. The lobby group is demanding an independent investigation into the situation, and needs us to contact:

- Adrian Dix, Minister of Health for B.C. – [hlth.minister@gov.bc.ca](mailto:hlth.minister@gov.bc.ca)
- John Horgan, Premier of B.C.- [premier@gov.bc.ca](mailto:premier@gov.bc.ca)
- Kathy MacNeil – President and CEO of Island Health – [louise.Carlow@viha.ca](mailto:louise.Carlow@viha.ca)
- Michele Babchuk – MLA for the North Island – [michele.babchuk.mla@leg.bc.ca](mailto:michele.babchuk.mla@leg.bc.ca)

We need to ensure that Campbell Riverites are getting the quality of health care we deserve.

**Advance Care Planning** is running another pair of sessions - May 18<sup>th</sup> and 25<sup>th</sup> – from 10 until 12 in Jessie's Room. Be sure to sign up in advance – at the front desk or in the lobby!

Anyone have a piano to donate to the Centre? How about a spare ping pong table?

## Weekly Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Centre closed Kitchen Closed</p> <p style="text-align: center;">Tai Chi Beginner 10 am Card Room</p> <p style="text-align: center;">Fit For Health 10:45 am Lobby</p> <p><b>To be scheduled:</b> AED class Any interest in indoor lawn bowling? Please sign up!</p>	<p>Centre closed Kitchen Closed</p> <p>White Cane Group Monthly 1 pm Jessie's Room</p>	<p>Centre Open 10-3 Lunch 11-12:45</p> <p style="text-align: center;">Line Dancing 10-12 Card Room</p> <p style="text-align: center;">Fit For Health 10:45 am Lobby</p> <p style="text-align: center;">50/50 Sales 12:15 Draw 12:30 Bingo 12:30</p> <p style="text-align: center;">Cribbage 12:15-2:30 Jessie's Room</p> <p style="text-align: center;">Computer and Cell Phone classes 1 pm Jessie's Room</p>	<p>Centre Open 10-3 Lunch 11-12:45</p> <p style="text-align: center;">Arts &amp; Crafts 10-12 Jessie's Room</p> <p style="text-align: center;">Fit For Health 10:45 am Lobby</p> <p>Cards &amp; Games Main Room 1 pm (Mexican Train, Canasta, Scrabble, etc)</p> <p style="text-align: center;">Pool for Beginners 1pm Pool Hall</p> <p style="text-align: center;">Tai Chi Beginner 1 pm Advanced 2 pm Card Room</p>	<p>Centre Open 10-3 Lunch 11-12:45</p> <p style="text-align: center;">50/50 12:15 – 12:30 Bingo 12:30 - 2</p> <p style="text-align: center;">Line Dancing 10-12 Card Room</p> <p style="text-align: center;">50/50 Sales 12:15 Draw 12:30 Bingo 12:30</p> <p style="text-align: center;">Mexican Train in Jessie's Room</p>

### What's Your Name, Again?

Two elderly ladies had been friends for many decades. Over the years they had shared all kinds of activities and adventures. Lately, their activities had been limited to playing cards a few times a week.

One day when playing cards, one looked at the other and said, "Now don't get mad at me. I know we've been friends a long time, but I just can't think of your name. I've thought and thought, but I can't remember it. Please tell me what your name is."

Her friend glared at her. For at least three minutes she just stared and glared. Finally she said, "How soon do you need to know?"





The CR Seniors' Centre is holding an

AND **ARTS**  
**CRAFTS**

and Bake Sale

Fri and Sat 10 - 3

at the Seniors' Centre

*Free Entry!*