



Campbell River Seniors' Centre Society

A Society Since 2008

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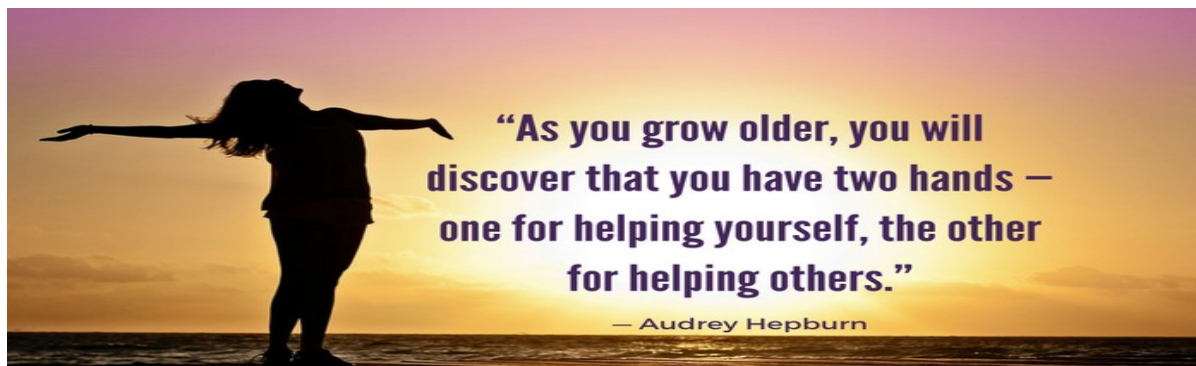
Newsletter

July
2022

Was it just me or was June really really busy?

We had a very successful garage sale, led by one of our favourite volunteers, Georgia Munro. She wanted me to thank everyone who participated by donating goods, setting up the tables, pricing all the great items, and staffing the event over two days. The baking table was a big success, as we knew it would be, and we made more money on the Friday than we did for the whole week of the garage sale we had last year! Thanks again to Sam and Bernadette for the delicious hotdogs on the Saturday. And many thanks to Ruth, the human cash register, for being there both days! And Betty – thanks for selling memberships!

It was heartening the way everyone pitched in to make the event a big success, so thankyou! And thanks to the ReStore for taking it all away afterwards!



Our first dance studio rental took place on the 24th when Volunteer Campbell River held its 6th Triple B fundraiser. Our kitchen did the burgers, yours truly got her Serving it Right renewed, and a great time was had by all. The community was very generous with lots of donated prizes, so be sure to put it on your calendar for next June! We even got thanked by neighbours across the street who enjoyed the music!

Our membership fee of \$25 has been dropped to \$15 for the rest of the calendar year, and we are pleased (and relieved) to let everyone know that we now have over 200 members. We are learning to live with Covid, and we are looking forward to getting a full slate of programs and activities running again. Fit For

Health and Tai Chi have stopped for the summer, but we expect that classes will start up again in September.

Over the next few weeks, we plan to finally get the library moved into the lobby, and get a Senior's Information Network office set up in Jessie's store room. We've had the electrician in and the whole area now has power! Let the front desk know if you want to help move the books and puzzles! It will be a Thursday event, and hopefully Thrifty's will let us borrow some shopping carts to help make it happen.

Climate Change?

Those of us who spend a lot of time in the main room have noticed that keeping the place warm, or cool, is a challenge. Usually the complaints are that the room is too cold, but last week it was hitting 26 degrees! Yes, I've talked to the building manager, and he advised that the dental office in the mall is also having issues, so he is going to get the HVAC repair company in to see what is going on. HVAC stands for heating, ventilation and air conditioning, by the way!

Bingo

All of my whining and pleading seems to be paying off – not only do we have Rick calling bingo on Wednesdays, but we now have Josie calling on Fridays. And we also have a new caller, Susan, to back everyone up! Excellent!!

Janitorial Services

Gary has kindly been taking care of this for months, but has been temporarily felled by a problem with his Achilles tendon. We've contacted several companies about contracting for cleaning services, but to no avail. So if you know of someone with a company we can set up a contract with, PLEASE let us know! It's only for about 7 or 8 hours a week....but can be a long term arrangement.

Covid Side Effects??

I'm not sure if it is due to social distancing, spending so much time alone or with limited social interaction, or simply the times we live in, but nearly everyone is a bit grouchier than normal. We seem to be generally short-tempered, and quick to criticize. Your Board has spent some time discussing this, and we've decided to declare the Centre to be a drama-free zone. If your behaviour is unkind or disrespectful towards other members, you can expect to be called out, and you may receive a warning under our Code of Conduct. Name calling, yelling, and bullying will not be tolerated.

There comes a time in life when you walk away from all the drama and people who create it. Surround yourself with people who make you laugh, forget the bad, and focus on the good. Love the people who treat you right. Life is too short to be anything but happy.

Our volunteers have the right to undertake their work free from aggression or verbal abuse and the Board expects volunteers and members to be treated with courtesy and respect. Aggressive or abusive behavior may include:

- threats of physical harm or actual physical harm
- behaviour or language (verbal or written) that may cause volunteers or members to feel offended, afraid, threatened or abused
- insulting or degrading language
- personal grudges toward certain volunteers or members
- making serious allegations against volunteers or members without any evidence

The Board also believes that comments aimed not at us but at third parties are unacceptable because of the effect that listening to or reading them may have on our volunteers and members.

July 2022 Weekly Calendar				
Monday	Tuesday	Wednesday	Thursday	Friday
Centre closed Kitchen Closed	Centre closed Kitchen Closed	Centre Open 10-3 Lunch 11-12:45	Centre Open 10-3 Lunch 11-12:45	Centre Open 10-3 Lunch 11-12:45
Pool 10am	Pool 10am	Line Dancing 10-12 Card Room	Arts & Crafts 10-12 Jessie's Room	Line Dancing 10-12 Card Room
To be scheduled: AED class Computer & Cell Phone classes		50/50 Sales 12:15 Draw 12:30 Bingo 12:30	Cards & Games Main Room 1 pm (Mexican Train, Canasta, Scrabble, etc)	50/50 Sales 12:15 Draw 12:30 Bingo 12:30
Any interest in indoor lawn bowling? Please sign up!		Cribbage 12:15-2:30 Jessie's Room	Pool for Beginners 1pm Pool Hall	Mexican Train in Jessie's Room

What else is coming up?

September – a Wildlife raffle of donated paintings and sculpture

October – another garage sale

November – a craft sale

***** Issues of Interest to Seniors in our Community *****

Every week we get inquiries about accommodation – affordable, available, and safe. People are downsizing, being evicted so landlords can renovate and increase rents, or moving into assisted living or long term care. There is nothing sadder than an 82 year old taxpayer who is staying on a friends couch as they have nowhere else to go.

People need access to transportation – not just local but also for out-of-town appointments.

Income is not keeping up with the cost of living. Seniors are hurting.

More funding is needed for existing programs – there are more than 40 people on the waiting list for Better at Home services, and secure funding is needed for the Senior's Information Network. The City needs to support our Seniors' Centre with increased space, and help with utilities.

What can YOU do? Raise your voice! Talk with Isobel Mackenzie, our Seniors Advocate.

BC Seniors Advocate Town Hall in Campbell River

*Everyone is invited to the Campbell River Seniors' Centre, 1434 Ironwood Rd. (next to Thriftys in Ironwood Commons) on July 6th from 11:00 AM to 12:00 noon, for a **Town Hall Meeting on Seniors' Needs and Issues.***

BC Seniors Advocate Isobel Mackenzie wants to hear from seniors, their loved ones and others who live in the Campbell River area. You are invited to share what is working and not working for seniors in this community.

Ms. Mackenzie will also discuss the role of the Office of the Seniors Advocate, outline concerns she is hearing from seniors throughout B.C., current and recent studies of seniors' issues undertaken by her Office, and other matters of interest. Attendees are invited to participate in a question and discussion about what matters to them.



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