



Campbell River Seniors' Centre Society

A Society Since 2008

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Newsletter

September
2022

Inflation is now at 7.7%. About the only thing that hasn't had a price increase in the past year is frozen vegetables! Our kitchen is doing a fabulous job preparing nutritious meals every day, but we can't keep prices down any longer. Reluctantly we are increasing the price of our entrees from \$8 to \$9, and the price of some desserts will go up by \$.50 effective September 1st.



	<u>April 2021</u>	<u>April 2022</u>
Vegetable oil	\$ 6.48	\$10.83
Coffee	5.37	6.00
Pasta	2.54	3.00
Bread	3.03	3.37
Flour	4.72	5.28
Onions	4.14	5.28
Chicken breasts	12.58	15.32
Ground beef	9.19	10.82

These prices are according to the CBC. By the way, fresh vegetables have gone up by 8.2%. We will still offer frozen entrees at slightly lower prices.



Can you spare a couple of hours in the afternoons to help out our dishwashers? We have modern equipment, but could use some help with the bussing and putting away part.....

Monthly message....

Lots and lots going on this month – Booksale books are bringing in donations; Chair Fitness classes start again on the 8th, we have a hearing clinic on the 8th and 9th, and we are going to have a poker tournament on the 22nd! There is an Open House on the 15th will all the mayoral and council candidates invited, and we will be starting our Smart Phone and Visual Media workshops at last. The Centre will be open on Friday, the 30th for Truth and Reconciliation Day. And our lease has been renewed for another year!

Thanks to Rick and Genevieve and Shurlee for all the help with the library move, and thanks to Maureen for finding the room dividers at the ReStore!

Nora, our decorating queen, mentioned that she saw an OPEN sign at a local thrift store and thought it would be just what we need to attract more attention. The sign was gone when she went back to the store, so she went out and BOUGHT A NEW SIGN and DONATED it to the Centre!! Thank you, thank you, thank you!!



Attention Arts and Crafters

We will be holding an arts and crafts sale on Saturday, November 19th, and need your help. We need sewists and knitters and people who crochet, but we also have a supply of plastic decorations that need to be painted for Christmas! Please see Lidia in Jessie's Room on Thursday mornings after 10!

Garage Sale-ers

Got More Stuff? Make room for Christmas and donate your extras to the Centre. Georgia and her crew will be having another two-day Garage Sale on October 28th and 29th. Contributions greatfully received until the Friday before. Helpers to sort and do pricing are needed! Please leave your name at the front desk.

And yes, Sam and Bernadette will be there selling hotdogs!



What?? Eh??

We are delighted to announce that Ears to You is bringing their mobile hearing clinic to the Centre on Thursday and Friday, September 8th and 9th. They can accommodate a maximum of 18 people, so be sure and sign up at the front desk to reserve your spot!! For every member they assess, they will be making a donation to the Centre!



Smart Phone, Zoom, and Digital Media Classes



Arija will be offering two classes this month – on Thursday, the 8th she will hold a session about Smart Phones – your chance to find out what all those buttons can do. And on Thursday, the 22nd she will talk about visual media – Zoom and face-time meetings with your family and friends. Sign up in the lobby – class sizes are limited! (Arija works for the library and is a recent grad with up-to-date knowledge!)

Thanksgiving Dinner

Save the date! Tickets will go on sale soon for our Thanksgiving dinner! It will be on Thursday, October 6th and the menu is Roast Beef with Yorkshire Pudding! There will be no regular lunch that day.



FIT FOR HEALTH

Classes are Back!! Starting on Thursday the 8th of September, at 10:45 in the Card Room and again on Mondays at 10:45. If there is enough interest, the City is considering holding a second class!

If you know of one of our members who is ill, has lost a loved one, or could just use some cheering up, please leave a note for Dos at the front desk and she will send a card. You can reach her at 250-830-1757 or etook@telus.net.

DVD and Blue Ray Movie Library

The Centre has a small number of movies available for loan to members, similar to our book and puzzle libraries.

Please ask at the Front Desk for a list if you are interested.