



Campbell River Seniors' Centre Society

A Society Since 2008

February Newsletter

Message from President Dot Muir

Happy Saint Patrick's day to all of us who have a little Irish in our DNA.

A big shout out to the Ladies at Berwick by the Sea. Your hard work and generosity is much appreciated. Your donation of \$500.00 will be put to good use. Thank you.

Income Tax will be back Wed and Friday starting Feb. 26th running until April 30th. Ask at the desk for an income tax package and bring it in. Either leave it filled out at the desk, or you can consult with the tax person in Jessie's room. This is a free service for all seniors.

The CR library and the Literacy group are offering computer training. How to use your computer, browse the internet and set up e-mail. A sign-up sheet will be at the front desk. If you are interested, please give name, phone number and what you are interested in learning.

There is also a sign-up sheet for Boyd's funeral home, offering advice on wills, end of life care etc. Lunch is free to the first 40 names on the sheet. This will be held in Jessie's room starting at 11:30. March 11th is the date.

Our monthly Crib Tournament is the 3rd Thursday of the month, March 20th is the date at 11:00. \$10.00 buy in, cash prizes. Order and pay for your lunch. It will be delivered to you at our half time. Play four games break then play four more.

Our morning men's pool starts between 9 and 10 and everyone is welcome to come play. Afternoons are usually open so come on over and play with a friend.

We always have crib boards and extra cards, and different games available in the dining room.

Every member is welcome to set a morning game time with friends. Come on in have a coffee and enjoy. Members can bring non-member friends in. One never knows they may enjoy and join. If not just have fun.

Thursday afternoons at 1:00 is scrabble time. New members are welcome to join them.

Does anyone in our membership have basic line dance knowledge? We are looking for a beginner class as we have a few members interested but our line dance group is advanced and does not take beginners. Anyone who is interested in this ask for me, Dot and we can talk. I am always in on Monday and Friday from 10 - noon.

Well, I can't think of anything else so everyone have a good month, stay happy and healthy.

Take Care
Dot

Info Corner

Memberships

- We are pleased to welcome many new members who have joined up this year. We look forward to getting to know you.
- A big thank you to our past members who have renewed for another year
- If you have not yet renewed please pop in when you can to do so. We'd love to see you.

Wanted

Kitchen help

- volunteers for cashier and sandwich makers.
- an XL commercial grade stock pot if anyone has one they no longer need.

Musicians

- We are looking for Musicians. We would like to start a Tuesday afternoon Jam from 1:00 to 3:00. Please pass on the message if you know someone.

Please contact Dot at 250-923-9119

Garage Sale Fundraiser

- This will be happening in the near future. With Spring on it's way what better time for us all to purge our unwanted never used and gently used items. As always we appreciate your donations. Date for drop offs will be posted.

January & February Potluck Dinners

Thank you to all who participated





January & February Birthdays

On the last Friday of each month we celebrate members who have travelled around the sun once again. Cake is served at 12:30 to dining room patrons.



January Birthdays - Joanne, Dan, Carol, Jan, Elna



February Birthdays - Shirley, Susan, Lillian, Marie, Marlene, Kathy, Georgia, Irene

Body Facts and Fun

- Normal blood pressure for a human is 120 over 80
- Normal pulse rate is 72 times per minute
- Proper body temperature is 98.4F or 36.9C

Did you hear about the guy whose whole left side was cut off ? *He's all right now !*

Why did the brain go for a run ? *To jog it's memory !*

Four ways to get a printed copy of this Newsletter

1. Print your own from the newsletter emailed to your home.
2. Print your own from the link on our website
3. Pick up a printed copy at the front desk.
4. Have a printed copy mailed to your home.

Information on Website

Our schedule of monthly activities: crseniors.com/activities

A copy of this newsletter: crseniors.com/newsletters

The one page Constitution: crseniors.com/about/constitution

The 8-page By-Laws document: crseniors.com/about/bylaws

17 Board positions and names of 14 directors: crseniors.com/about/board

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