



## August 2025 Newsletter

### Message from President Dot Muir

One more month gone by, sure wish time would slow down!

A couple things happening at the center:

We have an instructor for chair yoga starting Sept 16th. Welcome Donna Attfield. Donna is an experienced instructor as this was a part of her job at Yuculta. We are looking forward to the program and thank her for her time in bringing chair yoga to our Centre.

Tuesday Sept 16 at 10:00 will be the start date followed by each Tuesday unless notified of a change. Members are free, non-members will pay a \$3.00 drop-in fee. There is a signup sheet at the front desk. Please provide your name and membership # plus telephone number or non-member name and phone number.

Cribbage will be back on the third Thursday of each month starting in September.

We are sorry to say our long-term janitor has given notice and will be done by the end of July. We thank you Lori for your years of service! We extend a warm welcome to Tom Stark who will be taking Lori's place.

We are also looking for a replacement for a secretary. Anyone who would like to take this position please leave your name at the front desk. We thank Diane for all her work and organizing the secretary job. Due to personal commitments she has had to give up her position. Again, thank you Diane, we all enjoyed having you aboard and miss you already!

Take care everyone. Have a good August and Happy BC Day!  
Dot



The Centre will be open on BC Day,  
Aug. 4th. Join us for some Bingo. Hot  
dogs, soda and chips will be sold.

## Announcements

### Winner of Canada Day Raffle

*Congratulations to Marlene Wocks*

The winner of our Canada Day Raffle, now the owner of a beautiful print titled 'Pacific Safari'.

The artist is Bill Maximick, a well known Comox artist who worked on the seas for many years and is known for his detailed artwork. This professionally framed Giclee print is numbered 12 of 150, donated by Lorraine Wilson.



### Membership Discount

As of August 1st, the New Member Fee will be discounted at \$15 rather than \$25 in consideration a shorter term until renewal time in January.

### Community Paramedicine Vitals Clinic

Amanda Zahara is a Community Paramedic in Campbell River. Her role is to support the community in many ways. She does community events such as Vitals clinics and CPR demonstrations. She also will take on patients on a referral basis and will do house visits on a weekly basis. Her services support the 65 and older population with chronic disease management as well as palliative care. You can chat with your doctor and see if a home visit service would benefit your health care needs. There is no cost as it is free to the public, covered under BC Ambulance programs. If you have any questions you can reach her by the contact information below. There is also a link to the Community Paramedicine info page.

Our first Vitals Clinic in July here at the Centre was well attended.

The next Vitals Clinic will be Wednesday, August 13th from 9:30 to 12:30. Come meet Amanda on Aug 13th and discuss your healthcare needs, get your blood pressure checked and other health discussion.

Amanda Zahara  
Community Paramedic Campbell River  
BC Emergency Health Services  
Provincial Health Services Authority  
E: CP.CampbellRiver@bcehs.ca | C: 250-202-5378  
Monday-Friday 0800-1600

[Community Paramedic Website](#)

### Chair Yoga

Starting September 16th, 10 a.m. a chair Yoga session will be held in our Dance room. It will be free for members and a \$3 drop-in fee for non-members.

### Handicap Aids Available

The Centre has various mobility aids that are given by donation and available to members. They are free to borrow on a sign-out basis (canes, wheelchairs, walkers and shower chairs). Ask at the front desk.

### Medical Appointment Transport

Island Health 1.844.940.6617

## Raffle Time

### Pig Raffle

Win \$50 Worth of Scratch Tickets

\$2.00 each or 3 for \$5.00



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## Wanted

### Area Carpet

The Centre could use a large area carpet, at least 12 x 12 in good condition. We appreciate you!

### Garden Produce

If you have extra gardened fruit or vegetables, bring them in. Our Kitchen will use them or if they don't need them, they will go on the sharing table.

### Kitchen help

- Volunteers for cashier, sandwich makers, dish washing, etc. We need help! Please talk to Josie if you are interested.
- We are still looking for an XL commercial grade stock pot if anyone has one they no longer need.

Please contact the Centre at 250-914-4401

## July Birthdays

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

August 29th is our next Birthday Cake Day, come in to enjoy a free piece of cake and join us in celebrating our August Birthday Guys and Gals.



## Fun and Games Come Join us!

**Mahjongg** meets at the Centre on Mondays at 10 in Jessie's Room. This is NOT the computer tile matching game - it is a Chinese tile game from the mid - 1800s. There are over 40 variants, and the one we play is known as American Mahjongg - a version developed on a US Military base in 1937.



The American version uses 8 jokers, as well as a playing card with acceptable patterns that change annually. We also use display racks and pusher bars to manage the tiles. The game is very popular in the States, and you can even take cruises and play Mahjongg at Sea. We hear that there are professional players out there, but here at the Centre we don't play for money.

We have taught many people how to play through Elder College and would like to invite everyone to come and watch, or come and play. Most of us have sets to use, so just bring your curiosity and enthusiasm !

Marcia (coordinator)

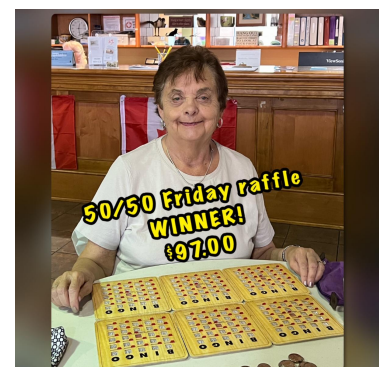
**Cribbage** returns in September.

**Pool Sharks** daily at 10 a.m Come try out our tables.

### Bingo and 50/50 draws

Monday, Wednesday and Fridays opens with a 50/50 draw. Bingo games begin at 12:30 p.m. The buy in fee is free for members and a \$3 drop-in fee for non-members. Bingo cards are 6 for \$1 each game.

Congratulations to **Cecilia** the winner of \$97 at Friday's July 28th 50/50 draw.







*Debbie and Dela*  
Our cheery 50/50 Volunteers



## Weekly Menu format by e-mail

For members who receive the weekly menu by e-mail. On some cell phones emails may display better if you click on the part of the menu at the top that reads in blue font; [these announcements are viewable as a webpage, click here](#).

## Information on Website

We appreciate your patience as our Website is being updated

Our schedule of monthly activities: [crseniors.com/activities](http://crseniors.com/activities)

A copy of this newsletter: [crseniors.com/newsletters](http://crseniors.com/newsletters)

The one page Constitution: [crseniors.com/about/constitution](http://crseniors.com/about/constitution)

The 8-page By-Laws document: [crseniors.com/about/bylaws](http://crseniors.com/about/bylaws)

17 Board positions and names of 14 directors: [crseniors.com/about/board](http://crseniors.com/about/board)

250-914-4401 | [Crseniors.com](http://Crseniors.com) | [Facebook.com/crseniors](https://Facebook.com/crseniors)

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