



## September 2025 Newsletter

### Message from President Dot Muir

Hi all, me again!!

Lots going on this month:

Sept 16, 10 am chair yoga. We have a lot signed up. Takes place every Tuesday. Pillow and Yoga mat are optional. Bring your water, you will need it :) Thanks again Donna for your time.

Sep 11, 1 to 3 pm basic computer training. Jesse has put a lot of time into this computer program. He has spent his time looking for donations of computers for your use plus other tools he will need to conduct his class. Pier Street Computers kindly donated 4 but do bring your own if you have one. The class will begin with how to use e-mail. Please let him know what you would like to learn to do so he can plan your needs for future classes.

September 18<sup>th</sup>, 11 am Crib Tournament. \$10.00 entry fee, cash prizes, 50/50. Order and pay for your lunch before the tournament starts and it will be delivered at half time.

Josie has some yummy lunches planned for you. Bring a friend, have lunch and then play some bingo. Our bingo crowd has increase so much we have set up a screen in the dance room which some folks prefer, they say it's quieter and warmer. This has been working well. Thank you, bingo crew.

**We desperately need a SECRETARY! Anyone out there willing to take this on? Please come in and see us.**

We would like to set up a texas hold'em tournament. Anyone willing to help with this? Also, if anyone has a texas hold'em set/s they no longer need, we could use them. Thank you.

Shuffleboard anyone? Tuesday Sept 09<sup>th</sup>, 11:30 am to TBD, \$2.00 to enter and winners take all.

Happy September, enjoy what we have left of sunshine.  
Take Care,  
Dot

## Happy Labour Day



The Centre will be open on Labour Day for Bingo only.

Hot dogs, soda and chips will be sold by the Bingo Crew for \$9.00.

## Raffle Time

### Pig Raffle

Win \$50 Worth of Scratch

Ticket \$2.00 each or 3 for \$5.00

Draw to be held on October 10th



## Announcements

### 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.

The next Vitals Clinic will be Wednesday, Sept 17th from 9:30 to 12:30. Come meet Amanda on Sept 17th 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

[Community Paramedic Website](#)

## Events & Times to Play

### Shuffleboard

Tuesday, September 9th, 11:30 am to TBD - \$2.00 buy in, winner takes all.

### Computer Basic Skills Course

Starting Sep 11<sup>th</sup>, every Thurs after from 1 to 3 pm - beginners computer skills training. Bring your own if you have one. The class will begin with how to use e-mail.

*Sign up sheet at front desk.*

### Chair Yoga

Starting Sep 16th, every Tues at 10 am 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. Pillow and mat are optional.

*Sign up sheet at front desk.*

### Cribbage Tournament

September 18<sup>th</sup>, 11 am. A \$10.00 entry fee, cash prizes split 50/50. Order and pay for your lunch before the tournament starts and it will be delivered at half time.

### 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.

### Private

**Square Dancing** - Starts Saturday September 13th 1-3 pm (every Saturday after) in the Dance Rm (*the Centre is closed on Saturdays so enter through the back side door*)

**Book Club** - Start Sept 9th, 10:30 to noon (1st Tues of month) in Jessie B Room

## Bingo & 50/50 Draw

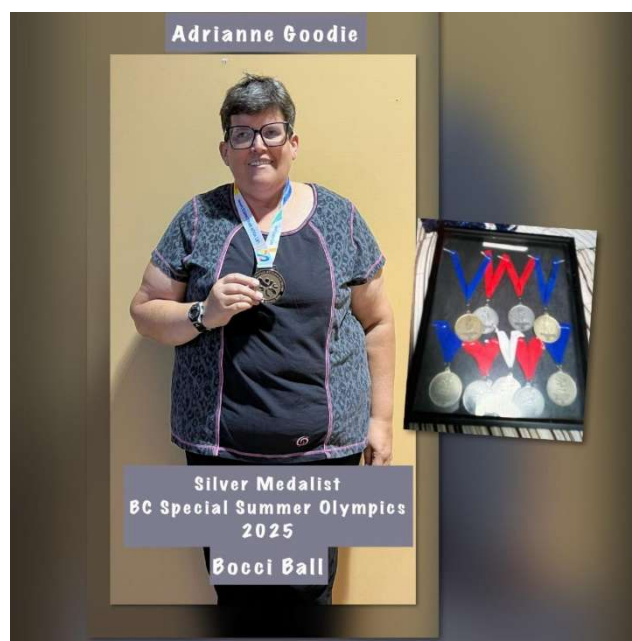


Monday, Wednesday and Fridays opens with a 50/50 draw. Bingo games begin at 12:30 p.m. Buy in is free for members and a \$3 drop-in fee for non-members. Bingo cards are 6 for \$1 each game.

Our Bingo times have gotten so popular we have expanded playing area into the Dance Room. Our last two 50/50 draws have had a winning pot over \$100.

## Congratulations Adrienne

Congratulations to Adrienne Goodie, Therese's daughter, and Sam's niece, who has won a total of 10! medals since starting to compete for Campbell River.



## August Birthdays

From Left to Right

Dayle  
Bonnie  
Debbie  
Linda



## 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 Dot or Josie if you are interested.
- We are still looking for an XL commercial grade stock pot if anyone has one they no longer need.

## 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](#).

## Website Information

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: [crseniors.com/about/board](http://crseniors.com/about/board)

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