



Campbell River Seniors' Centre Society

A Society Since 2008

October 2025 Newsletter

Message from President Dot Muir

Hi all, Happy FALL...

Our center is becoming a busy place, always something happening, and some things are not what they look like.

The board stays on top of the goings on, and the rumors are always looked into and resolved. Once again, I invite whoever has a concern to come to me or take it to the board. We want a place to enjoy what we do and respect each other.

Our volunteers are the backbone of our organization, without them we would have no programs or a kitchen, without the members we would not need a centre. We are all important so, as such, a little kindness and a lot of respect for each other makes for a successful place for seniors to enjoy.

Take care everyone and enjoy what you do,
Dot

Happy Thanksgiving



The Centre will be closed on Thanksgiving Monday. Our amazing Kitchen Staff and Volunteers will be serving a short order turkey lunch on Friday October 10, at the usual lunch time 11-1.

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 has been discounted at \$15 rather than \$25 in consideration of a shorter term until renewal time in January 2026.

Community Paramedicine Vitals Clinic

Amanda Zahara is a Community Paramedic in Campbell River. The next Vitals Clinic will be Wednesday, October 15th from 9:30 to 12:30. Amanda will also be giving an introductory presentation starting at 10:30 on how to and when to use our AED Defibrillator (please note that this is not a formal certification).

Sign up sheet is at Front Desk.

[Community Paramedic Website](#)

Handicap Aids Available

The Centre has various mobility aids that are given by donation and available to members. We have recently had donations of bathroom mobility aids. Ask at the front desk.

Men's Adult Briefs

The Centre has received a very large donation of X-Large overnight adult men's briefs. Approximately \$8,000 worth, so yes, a very large donation! The briefs are boxed, and members are invited to take a box / boxes. Ask at the Front Desk. Cost is by donation.

Events & Times to Play

Computer Basic Course

Continues every Thursday after from 1 to 3 pm - beginners computer skills training. Bring your own if you have one. Join Jesse in Jessie B Room.

Sign up sheet at front desk.

Chair Yoga

Chair Yoga with Donna is very popular! Every Tuesday at 10 am in the dance room. It is free for members and a \$3 drop-in fee for non-members. Consider our \$15 discounted membership fee, that amount is equivalent to paying five \$3 drop-in fees.

Pillow and mat are optional.

Cribbage Tournament

Thursday October 16th, 11 am – 2 pm. A \$10.00 entry fee, cash prizes split 50/50 in Jessie B Rm. Order and pay for your lunch before the tournament starts, and it will be delivered at half time.

Mahjongg

Join Marcia at the Centre on Mondays at 10 am in Jessie B 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 Rentals

Square Dancing - Also very popular, coordinated by the Campbell River Ripple Rocket Square Dancers (Mireille & Linda) continues every Saturday from 1-3 pm in the Dance Room. Dress is casual.

The Centre is closed on Saturdays so enter through the back side door.

Book Club - Meets Tuesday Oct14th this month 10:30 to noon in the Jessie B Room.

September Birthdays

From Left to Right

Louise
Cecilia
Darlene
Steve

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.



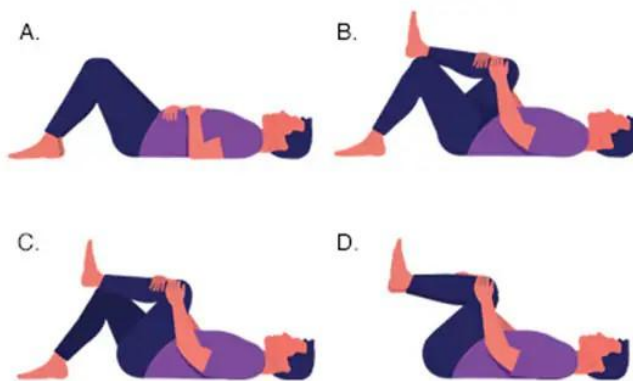
Article of Interest

7 Exercises 15 minutes a day for relieving back pain

Exercise 1. Knee-to-chest stretch

Lie on your back with your knees bent and your feet flat on the floor (A). Using both hands, pull up one knee and press it toward your chest (B). Tighten the muscles in your belly and press your spine to the floor. Hold for five seconds. Return to the starting position and repeat with the other leg (C). Go back to the starting position. Then repeat with both legs at the same time (D). Repeat each stretch 2 to 3 times. Do the full routine once in the morning and once in the evening if possible.

For all 7 exercises go to [Mayo Clinic Adult Health](https://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/back-pain/stories/2015-06-16-7-exercises-15-minutes-a-day-for-relieving-back-pain) or in a search engine (like Google) enter Mayo Clinic Back Pain Stretches.



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