

November 2025 Newsletter

Message from President Dot Muir

One more month and it is Christmas.....

I am pleased to say our Texas Hold'em was a success. We had fourteen players for a fun day. This will be held on the last Thursday of each month. So, see you all on Nov. 27th.

November 17th we are having a workshop on aging and falling. This is an event worth attending.

November 14th Lidia and her group of knitters etc. will be putting on the yearly craft sale. 10-2:00 Friday the 14th.

Garage sale on November 21-22 cut off for donations is November 14th.

Come one, come all to OUR Christmas tree decorating POTLUCK party November 18th. Decorating time 3:30, Potluck supper 5:00. We had a great time last year; I am looking forward to all your decorating skills again this year.

Christmas dinner is planned for December 19th Tickets are on sale after November 15th. There is a limited amount so first come first served.

CALLING ALL BAKERS!!!

On December 10th we will be having our Christmas bake sale. Your contribution is much appreciated. Please have it into the Center by 9 am December 10th.

Have a happy healthy month.
Take Care
Dot



The Centre will be closed Tuesday November 11th to show respect for armed forces members who have died in the line of duty.

The Royal Canadian Legion will be holding a Remembrance Day parade and ceremony at Spirit Square. Be there at 10:45.

Set The Date

Craft Sale

November 14th 10 - 2, Annual Craft Sale of various crafts by our resident Crafts / Knitting group. Tables are available for outside Crafters at \$20. Inquire at front desk.

Aging and Falling Class

November 17th 10-11, Coordination and presentation by Mend BodyWorks Physiotherapy, Campbell River.

Christmas Tree Decorating Potluck Dinner

November 18th, tree decorating at 3:30, dinner at 5:00. Bring a dish or pay \$10.

BYOB Closed Party, Member and Guests only! Bring a Christmas ornament and decorate the tree. Signup at front desk.

Garage Sale

Friday November 21st & Saturday November 22nd, 10 am - 3 pm.

Donations gladly accepted. Dropoff on or before Friday November 14th.

Saturday Only Hot Dog, Chips & Water/Soft Drink \$9.00 Saturday Only

Membership Drive

Saturday November 22nd, 10 - 3. The Membership Committee will be hosting an Open House Membership Drive for New Members. Come see what we are all about. Have coffee/tea and a pastry with us in Jessie B Room. There will also be a raffle for New Members for a lunch for two. Someone will greet you at the Front Desk.

Membership fee is \$25, if you join that day it will be valid for rest of 2025 and 2026.

Community Paramedicine Vitals Clinic

Wednesday, November 15th from 9:30 to 12:00. Come meet Amanda Zahara, our Community Paramedic in Campbell River, and discuss your healthcare needs, get your blood pressure checked and other health care discussions.

Events & Times to Play

Chair Light Weights Exercises

Chair Yoga with Donna is very popular, every Tuesday at 10 am in the dance room (please note it will be cancelled Remembrance Day, Nov 11th).

In addition, Donna has added Chair Light Weights Exercises, Thursdays 9:30 - 10:00 am. Bring your own light weights.

Fly-Tying

Tuesday, November 18th, 1 to 3 pm with Don Daniels. Come for lunch and then join Don in the card room to get into tying fly patterns and other fly angling info. No cost!

Cribbage Tournament

November 20th, 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.

Texas Hold'Em Tournament

The Texas Hold'em Tournament debuted on October 30th. Judging by the response, attendees had a positive experience. **Thank you, Dot and Heidi!**

NEXT ONE: November 27th, 11 am to 3 pm. A \$5.00 entry fee (all money goes back to winners). Order and pay for your lunch before the tournament starts and it will be delivered at half time.



October Birthdays

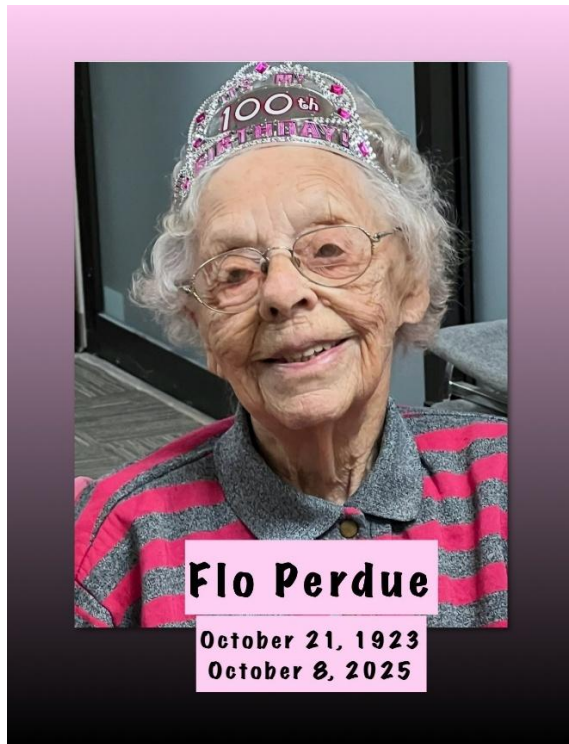
From Left to Right

Judy
Babs
Moe
Connie

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.



Additional Highlights & Information



Flo's Celebration of Life

Flo's son, Don Perdue, sent the following message of thanks:

On behalf of myself and my brothers, Mike and Kevin Perdue, I send huge thanks to President Dot and the Kitchen staff and volunteers for putting together my Mom's (Flo Perdue) celebration of life service. The food was wonderful.

Two tables worth of dominoes players showed up, and happy stories were told as we remembered my Mom. And then, two rousing tables of dominoes players went at it, playing spider at one table & chickenfoot at the other. I'm sure Mom and the dominoes players who preceded her were smiling with joy at our fun and reminiscing down here on Earth. Sincerely, Don Perdue.

The ShoeBox Project for Women

The fund raisers are asking community members to help vulnerable women in our community feel special this Holiday Season by creating a Shoebox gift worth \$50 that any woman would love. Donation ideas: \$10 Gift card, a few daily essentials, some little luxuries, something warm and an inspirational message.

We have details and a wrapped Shoebox at the Front Desk ready for donations.

Campbell River Cinema

The Campbell River Cinema offers a senior (65+) discount of \$9.00 for all shows before 4 pm, and \$9.00 rather than \$11.75 for evening showings. Additionally, they have a Monday Senior's Special where tickets are \$7.25 for seniors (65+).

Comox Valley Young at Heart Seniors Expo

November 6, 11 am to 3 pm. at the Florence Filburg Centre. A lot of interesting and relevant exhibits. Check out their list of exhibitors.

Did you Know?

Certified guide dogs and service dogs are allowed anywhere the public is allowed. The dogs are listening and watching for commands from their handlers. They are well-trained partners. Here's how to help that important relationship ...

Please **DO NOT**; block their path, offer food, touch them or their harness, give them directions or let your dog greet them. **ALWAYS** speak to the person, not the dog.